ON A SCALE FROM 1 TO 10, WHERE ARE YOU AT IN YOUR RECOVERY AND WHAT DOES THAT NUMBER MEAN TO YOU?

TELL ABOUT A HEALTHY RISK YOU HAVE TAKEN THIS WEEK.

HOW HAS YOUR LIFE CHANGED SINCE GETTING SOBER?

WHAT DO YOU MISS THE MOST ABOUT DRUG/ALCOHOL?

WHAT WOULD YOUR LIFE BE LIKE IF YOU WEREN'T ADDICTED TO SOMETHING?

WHAT MAKES YOUR ADDICTION POSSIBLE?

LIST YOUR BIGGEST TRIGGERS.

NAME AT LEAST THREE WAYS YOU CAN COPE WITH CRAVINGS.
Tell about someone who is supportive of your recovery and how they're supportive.

Name three of your relapse warning signs.

What's one thing you wish everyone knew about addiction?

Is it okay to take mind-altering medications if you're in recovery? Why or why not?

Is it possible to get sober without AA or NA? Why or why not?

Do you have a sponsor? If so, what's helpful and what's not?

Do you think you're going to relapse? Why or why not?

What's the difference between helping and enabling? How can you tell?
RECOVERY
TELL ABOUT A TIME YOU WERE IN DENIAL.

RECOVERY
DO YOU HAVE AN ENABLER? EXPLAIN.

RECOVERY
IS IT POSSIBLE FOR SOMEONE IN RECOVERY FOR DRUGS TO BE A SOCIAL DRinker? WHY OR WHY NOT?

RECOVERY
IS IT POSSIBLE FOR SOMEONE IN RECOVERY FROM ALCOHOL TO USE MARIJUANA WITHOUT CONSEQUENCES? WHAT ABOUT CBD?

RECOVERY
HOW HAVE DRUGS AND ALCOHOL AFFECTED YOUR HEALTH?

RECOVERY
HOW HAVE DRUGS AND ALCOHOL AFFECTED YOUR RELATIONSHIPS?

RECOVERY
HOW HAVE DRUGS AND ALCOHOL AFFECTED YOUR MENTAL HEALTH?

RECOVERY
HOW IS ADDICTION LIKE A DISEASE? HOW IS IT NOT LIKE A DISEASE?
What places do you need to avoid to protect your recovery?

Have you ever hit rock bottom? If so, what happened? If not, do you think it’s necessary to recovery?

Which is most important in recovery and why: motivation, willpower, or willingness?

Does relapse have to be a part of recovery? Why or why not?

What are three reasons you want to stop using?

What are three reasons you wish you could continue using.

What stage of change are you in and what does that mean to you?

What’s one thing your current recovery program is lacking, and what are you going to do about it?
**RECOVERY**

What's one thing you love about AA/NA?
What's one thing you can't stand about AA/NA?

**RECOVERY**

What's your definition of a 'dry drunk'?

**RECOVERY**

Tell about 3-4 important components of an effect relapse prevention plan.

**RECOVERY**

What are some of the reasons you started using/drinking in the first place?

**RECOVERY**

What situations/events do you dread managing without drugs/alcohol? What can you do instead?

**RECOVERY**

In what situation do you think you're most likely to relapse?

**RECOVERY**

If you could take a pill every day that prevented you from getting addicted to anything, would you?

**RECOVERY**

What are some of the financial consequences of your addiction?
What is something you did in active addiction that you regret?

Tell about a relationship you damaged in active addiction that you'd like to repair.

What do you need to forgive yourself for?

What haven't you tried yet to get sober?

If you could get sober by giving up 10 IQ points, would you? Why or why not? What about 20 points? 30?

What's one of the craziest things you've done for your addiction? For your recovery?

What is one of your biggest fears about living sober?

What are some ways you can manage boredom in sobriety?