

RECOVERY

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



RECOVERY

TELL ABOUT A HEALTHY RISK YOU HAVE TAKEN THIS WEEK.



RECOVERY

HOW HAS YOUR LIFE CHANGED SINCE GETTING SOBER?



RECOVERY

WHAT DO YOU MISS THE MOST ABOUT DRUG/ALCOHOL?



RECOVERY

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



RECOVERY

WHAT MAKES YOUR ADDICTION POSSIBLE?



RECOVERY

LIST YOUR BIGGEST TRIGGERS.



RECOVERY

NAME AT LEAST THREE WAYS YOU CAN COPE WITH CRAVINGS.



RECOVERY

NAME THREE OF YOUR
RELAPSE WARNING
SIGNS.



RECOVERY

TELL ABOUT SOMEONE
WHO IS SUPPORTIVE OF
YOUR RECOVERY AND
HOW THEY'RE
SUPPORTIVE.



RECOVERY

WHAT'S ONE THING YOU
WISH EVERYONE KNEW
ABOUT ADDICTION?



RECOVERY

IS IT OKAY TO TAKE
MIND-ALTERING
MEDICATIONS IF YOU'RE
IN RECOVERY? WHY OR
WHY NOT?



RECOVERY

IS IT POSSIBLE TO GET
SOBER WITHOUT AA OR
NA? WHY OR WHY NOT?



RECOVERY

DO YOU HAVE A
SPONSOR? IF SO,
WHAT'S HELPFUL AND
WHAT'S NOT?



RECOVERY

DO YOU THINK YOU'RE
GOING TO RELAPSE?
WHY OR WHY NOT?



RECOVERY

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?



RECOVERY

WHAT PLACES DO YOU
NEED TO AVOID TO
PROTECT YOUR
RECOVERY?



RECOVERY

HAVE YOU EVER HIT
ROCK BOTTOM? IF SO,
WHAT HAPPENED? IF
NOT, DO YOU THINK IT'S
NECESSARY TO
RECOVERY?



RECOVERY

WHICH IS MOST
IMPORTANT IN
RECOVERY AND WHY:
MOTIVATION,
WILLPOWER, OR
WILLINGNESS?



RECOVERY

DOES RELAPSE HAVE TO
BE A PART OF
RECOVERY? WHY OR
WHY NOT?



RECOVERY

WHAT ARE THREE
REASONS YOU WANT TO
STOP USING?



RECOVERY

WHAT ARE THREE
REASONS YOU WISH YOU
COULD CONTINUE USING.



RECOVERY

WHAT STAGE OF CHANGE
ARE YOU IN AND WHAT
DOES THAT MEAN TO
YOU?



RECOVERY

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?



RECOVERY

WHAT IS SOMETHING YOU DID IN ACTIVE ADDICTION THAT YOU REGRET?



RECOVERY

TELL ABOUT A RELATIONSHIP YOU DAMAGED IN ACTIVE ADDICTION THAT YOU'D LIKE TO REPAIR.



RECOVERY

WHAT DO YOU NEED TO FORGIVE YOURSELF FOR?



RECOVERY

WHAT HAVEN'T YOU TRIED YET TO GET SOBER?



RECOVERY

IF YOU COULD GET SOBER BY GIVING UP 10 IQ POINTS, WOULD YOU? WHY OR WHY NOT? WHAT ABOUT 20 POINTS? 30?



RECOVERY

WHAT'S ONE OF THE CRAZIEST THINGS YOU'VE DONE FOR YOUR ADDICTION? FOR YOUR RECOVERY?



RECOVERY

WHAT IS ONE OF YOUR BIGGEST FEARS ABOUT LIVING SOBER?



RECOVERY

WHAT ARE SOME WAYS YOU CAN MANAGE BOREDOM IN SOBRIETY?

