

Addiction Recovery Worksheets

- OPEN UP CONVERSATIONS IN YOUR GROUP OR THERAPEUTIC SESSIONS.
- ASSIST CLIENTS IN EXPLORING ADDICTION & RECOVERY.
- DEVELOP RECOVERY SKILLS.



People you might find in your recovery

Supportive People

- They are honest with you.
- They listen with understanding.
- They want to help you.
- They don't judge you.
- They respect your choices.

Neutral People

- Good people who do not get involved in your recovery.
- They might be too busy to support you fully.
- They might not understand your situation.
- They might not be your friend.

Unhelpful/Unsupportive People

- They blame others.
- They offer you bad advice.
- They want your money.
- They make you feel bad.

Red Flag Thoughts in Recovery

Thoughts or feelings that might lead you to relapse or harm yourself. For the most part, these thoughts are negative and often come from fear or shame.

Thoughts of using	
Thoughts of relapse	
Thoughts of self-harm	
Thoughts of suicide	
Thoughts of death	
Thoughts of isolation	

Qualities of Helpers in Recovery

Circle the 3 qualities most important to you.

- ☐ Honesty
- ☐ Compassion
- ☐ Patience
- ☐ Understanding
- ☐ Supportive
- ☐ Non-judgmental
- ☐ Encouraging
- ☐ Empathetic
- ☐ Reliable
- ☐ Respectful
- ☐ Open-minded
- ☐ Calm
- ☐ Assertive
- ☐ Flexible
- ☐ Humorous
- ☐ Sincere
- ☐ Warm
- ☐ Energetic
- ☐ Patient
- ☐ Persistent
- ☐ Forgiving
- ☐ Gracious
- ☐ Kind
- ☐ Gentle
- ☐ Firm
- ☐ Fair
- ☐ Just
- ☐ Honest
- ☐ Truthful
- ☐ Straightforward
- ☐ Clear
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Addiction Education Handouts

Terry C. Jones



Addiction Education Handouts:

As recognized, adventure as competently as experience approximately lesson, amusement, as capably as concord can be gotten by just checking out a books **Addiction Education Handouts** then it is not directly done, you could bow to even more roughly this life, regarding the world.

We offer you this proper as well as easy artifice to acquire those all. We have the funds for Addiction Education Handouts and numerous book collections from fictions to scientific research in any way. in the course of them is this Addiction Education Handouts that can be your partner.

<https://stats.tinkerine.com/book/Resources/index.jsp/alero%20service%20manual%20torrent.pdf>

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