

ADDICTION RECOVERY

Name:

Title:

Description: I know I'm in trouble with my recovery when I

Thought: When I experience this warning sign I tend to think

Feeling: When I experience this warning sign I tend to feel

Urge: When I experience this warning sign I have an urge to

Action: When I experience this warning sign what I actually do is

Reaction: I tend to invite others to become part of my problem by