

Name: _____ Date: _____

Drug Addiction Recovery

Fill this worksheet.

Recovery Activities

The recovery activities I can use to manage this warning sign are _____

Managing Thoughts

A new way of thinking that will help me manage this warning sign is _____

Managing Feelings

A new way of managing my feelings is _____

Managing Urges

A new way of managing my urges is _____

Managing Actions

A new way of managing acting is _____

Managing Reactions

A new way of inviting people to help me is _____
