

# CELEBRATE RECOVERY

Worksheet

Name \_\_\_\_\_

*“We admitted we were powerless over alcohol/drugs, that our lives had become unmanageable”*

Describe how you worry or think about drinking or using!

---

---

---

---

---

---

List all attempts you have made to quit or control your drinking and using!

---

---

---

---

---

---

Give specific example of the destructive behavior you have caused. Include the behavior toward yourself and others in your life related to your drinking or using!

---

---

---

---

---

---