ADDICTION & STRESS WORKSHEET

NEVER GIVE UP

Second chances are important. And sometimes a third, fourth or seventh chance is needed. Many of us have experienced multiple setbacks, but the big game is not over. You get another opportunity, another chance. to gain victory. The Bible says "therighteous man falls seven times, and rises again." Get up! Get up!Get up! Try it again!

WRITING THE STORY

The consequences of addiction often monumentally add to a substance user's level of stress. These situations and penalties can be overwhelming. Indicate various ways you can positively manage stress and achieve long-term recovery. List several stressful situations you are currently facing. Examine how thinking negatively about a circumstance is defeating and makes matters worse.If you can, give an example of how your negative thoughts created or caused more trouble for you.

Choose several items from the following list that describe your choice to get up and try again.

- ☐ I have people who believe in me
- ☐ I trust that God will help me
- ☐ I have made up my mind to change
- ☐ I am receiving good medical care and treatment for my substance use disorder
- ☐ I am getting treatment for my mental health disorder