Life Style Evaluation

Upon entering recovery from a drug or alcohol addiction, there are many different changes that need to be made in your life. Especially in regards to people, places, and things associated with your drinking or using. Negative patterns have been established in your life from years of abuse and neglect. It is important to change your old life styles and your stinking thinking patterns so that you don't set yourself up for failure.

Take a look at the following questions about your life. While you are completing this assignment, be completely honest. Honesty is the best way to reveal your negative thought and behavior patterns so that you can proceed to make healthy changes in your life and stay sober!

People:

Who in your life is it difficult to separate from?

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Who in your life is associated with your addiction?

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How could you communicate with these people that you are sober and need to steer clear from them?

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Who in your life would you like to get closer to?

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Where could you find sober healthy friends at?

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