

Name : \_\_\_\_\_

Date : \_\_\_\_\_

# HONESTY IN RECOVERY

1.) Write down what honesty means to you

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2.) Identify patterns where you have been dishonest

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3.) Think about situations where you have been dishonest, and how it has influenced your recovery

Situation	Dishonest	Influence on recovery

4.) Think about the negative thoughts you have had in regards to honesty.  
Write about situations that lead to these thoughts.

Negative thoughts	Dishonesty	Situations

5.) Write how these negative thoughts have impacted your behavior

Negative thoughts	Behaviors

6.) Write down your values and whether they align with your current behavior

Values	Behaviors