Recovery worksheets PDF

THE FIVE RULES OF RECOVERY

Rule 1: change your life
The first step and the first rule is to change your entire life, not only just give up your habit of using drugs but also the routine, the friends, your hangout spot change everything. Just leave your old life back and welcome the new life.

In what ways have you changed your life?

RULE 2: Be Completely Honest
It is common for addicts to lie, lie to their family and friends but when you are on the road to recovery just speak the truth and nothing else. Be honest to yourself and to others.

In what ways have you tried to be honest?

Rule 3: Ask for Help
Remember there is no shame in asking for help, always ask for help from your loved ones when you feel you can not control your cravings or desires.

Have you ever asked for help? When and from whom?

Rule 4: Practice Self-Care
The most important rule to stay on the recovery track is to practice self-care, define your hobbies and do what you love. Find yourself a job or any activity that you love. Focus on your diet and exercise.

How are your habits of self-care nowadays?

Rule 5: Don't Bend the Rules
This last rule is to keep you aware that the above-mentioned rules are not at all flexible and you need to follow them as it is.

What strategies have you applied to stick to these rules?