

## Spirituality Worksheets for addiction: Version 2

Spirituality can help you in recovering from substance abuse issues because to give up your substance abuse-related issues, you need to connect with the higher being so that you can seek refuge.

### Connect with Nature:

Nature has the healing capacity. It helps you recover from your

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### Meditation:

Pay close attention to the input you receive from your surroundings: Start simply noticing your environment, thoughts, feelings, and sensations without reacting to them. With practice, mindfulness will allow you to participate in your own life & experience more.

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### Breathing Exercises:

<i>Sit facing one another, first with eyes closed, then eyes open.</i>	<i>Pay mindful attention to your and others' breathing</i>	<i>Synchronise your breath with others.</i>
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### Be honest with people around you:

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Practice gratitude:

Seek help & Refuge from your creator.

Understand the negative and harmful effects of your addiction problems:

Accept your mistakes and move on: