

SELF-SABOTAGE

Many people tend to start their recovery with self-sabotaging behaviors. We tend to derail ourselves before we even get started. Think about your recovery today. What behaviors are you doing that may be self-sabotaging or keeping you from progressing to the next level?

The following are ways that I may be self-sabotaging my recovery:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

The following is a list of items that I have been putting off that I know would help me build a stronger recovery:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Consider for a second these two lists. Be proud of yourself for being open and honest and for the awareness you have demonstrated. Recovery is not meant to be perfect. Progress not perfection. Make a commitment to yourself to work on these things, one day at a time.