

## Active Recovery PHASE I

### CORE CONCEPTS---things we may have LOST along the way.....

In your notebook, please give THREE examples of how your drug/alcohol use has damaged your integrity, Spirituality, honesty, etc. Be specific and thorough~

ALSO...write about how you are incorporating these into your daily regimen.

**Integrity:** When I do the RIGHT THING and make right choices even when no one is watching and it may not get the “popular vote.”

**Responsibility:** I am aware of and follow through with my obligations to do what I **need** to be doing, not necessarily what I **want** to be doing.

**Spirituality:** Partnering with Something or Someone outside of myself as a source of strength, comfort and hope.

**Gratitude:** I express appreciation for what I have in all of my experiences, both negative and positive.

**Honesty:** I am truthful to myself and others; I realize that “half-truths” and omissions misrepresent the truth.

**Empathy:** I can imagine how others may think or feel in any given situation.

**Respect:** I have a positive feeling of esteem or admiration for another’s values, conduct and principles.

**Commitment:** If I say I am going to do something, I follow it through to completion. **\*\*think!\*\*** (*Don’t make promises you can’t keep!*)

**Initiative:** I take it upon myself to do the things that needs to be done, even if it’s not what I want to do at the time.

**Communication:** I am able to relay my feelings and needs to others honestly, and in return I genuinely listen to what they are saying to me.