

## **RECOVERY**

**ON A SCALE FROM 1 TO 10, WHERE ARE YOU AT IN YOUR RECOVERY AND WHAT DOES THAT NUMBER MEAN TO YOU?**



## **RECOVERY**

**TELL ABOUT A HEALTHY RISK YOU HAVE TAKEN THIS WEEK.**



## **RECOVERY**

**HOW HAS YOUR LIFE CHANGED SINCE GETTING SOBER?**



## **RECOVERY**

**WHAT DO YOU MISS THE MOST ABOUT DRUGS/ALCOHOL?**



## **RECOVERY**

**WHAT WOULD YOUR LIFE BE LIKE IF YOU WEREN'T ADDICTED TO SOMETHING?**



## **RECOVERY**

**WHAT MAKES YOUR ADDICTION POSSIBLE?**



## **RECOVERY**

**SHARE ABOUT YOUR BIGGEST TRIGGERS.**



## **RECOVERY**

**NAME AT LEAST THREE WAYS YOU CAN COPE WITH CRAVINGS.**



## **RECOVERY**

SHARE ABOUT THREE OF YOUR RELAPSE WARNING SIGNS.



## **RECOVERY**

TELL ABOUT SOMEONE WHO IS SUPPORTIVE OF YOUR RECOVERY AND HOW THEY'RE SUPPORTIVE.



## **RECOVERY**

WHAT'S ONE THING YOU WISH EVERYONE KNEW ABOUT ADDICTION?



## **RECOVERY**

IS IT OKAY TO TAKE MIND-ALTERING MEDICATIONS IF YOU'RE IN RECOVERY? WHY OR WHY NOT?



## **RECOVERY**

IS IT POSSIBLE TO GET SOBER WITHOUT AA OR NA? WHY OR WHY NOT?



## **RECOVERY**

DO YOU HAVE A SPONSOR? IF SO, WHAT'S HELPFUL ABOUT THE RELATIONSHIP AND WHAT'S NOT?



## **RECOVERY**

DO YOU THINK YOU'RE GOING TO RELAPSE? WHY OR WHY NOT?



## **RECOVERY**

WHAT'S THE DIFFERENCE BETWEEN HELPING AND ENABLING? HOW CAN YOU TELL?



## **RECOVERY**

**TELL ABOUT A TIME YOU WERE IN DENIAL.**



## **RECOVERY**

**DO YOU HAVE AN ENABLER? EXPLAIN.**



## **RECOVERY**

**IS IT POSSIBLE FOR SOMEONE IN RECOVERY FROM DRUGS TO BE A SOCIAL DRINKER? WHY OR WHY NOT?**



## **RECOVERY**

**IS IT POSSIBLE FOR SOMEONE IN RECOVERY FROM ALCOHOL TO USE MARIJUANA WITHOUT CONSEQUENCES? WHAT ABOUT CBD?**



## **RECOVERY**

**HOW HAVE DRUGS AND ALCOHOL AFFECTED YOUR HEALTH?**



## **RECOVERY**

**HOW HAVE DRUGS AND ALCOHOL AFFECTED YOUR RELATIONSHIPS?**



## **RECOVERY**

**HOW HAVE DRUGS AND ALCOHOL AFFECTED YOUR MENTAL HEALTH?**



## **RECOVERY**

**HOW IS ADDICTION LIKE A DISEASE? HOW IS IT NOT LIKE A DISEASE?**



## **RECOVERY**

**WHAT PLACES DO YOU  
NEED TO AVOID TO  
PROTECT YOUR  
RECOVERY?**



## **RECOVERY**

**HAVE YOU EVER HIT  
ROCK BOTTOM? IF SO,  
WHAT HAPPENED? IF  
NOT, DO YOU THINK IT'S  
NECESSARY FOR  
RECOVERY?**



## **RECOVERY**

**WHICH IS MOST  
IMPORTANT IN  
RECOVERY AND WHY:  
MOTIVATION,  
WILLPOWER, OR  
WILLINGNESS?**



## **RECOVERY**

**DOES RELAPSE HAVE TO  
BE A PART OF  
RECOVERY? WHY OR  
WHY NOT?**



## **RECOVERY**

**WHAT ARE THREE  
REASONS YOU WANT TO  
STOP USING/DRINKING?  
EXPLAIN.**



## **RECOVERY**

**WHAT ARE THREE  
REASONS YOU WISH YOU  
COULD CONTINUE  
USING/DRINKING?  
EXPLAIN.**



## **RECOVERY**

**WHAT STAGE OF CHANGE  
ARE YOU IN AND WHAT  
DOES THAT MEAN TO  
YOU?**



## **RECOVERY**

**WHAT'S ONE THING YOUR  
CURRENT RECOVERY  
PROGRAM IS LACKING,  
AND WHAT ARE YOU  
GOING TO DO ABOUT IT?**



## **RECOVERY**

**WHAT'S ONE THING YOU LOVE ABOUT AA/NA?  
WHAT'S ONE THING YOU CAN'T STAND ABOUT AA/NA?**



## **RECOVERY**

**WHAT'S YOUR DEFINITION OF A 'DRY DRUNK?'**



## **RECOVERY**

**TELL ABOUT 3-4 IMPORTANT COMPONENTS OF AN EFFECTIVE RELAPSE PREVENTION PLAN.**



## **RECOVERY**

**WHAT ARE SOME OF THE REASONS YOU STARTED USING/DRINKING IN THE FIRST PLACE?**



## **RECOVERY**

**WHAT SITUATIONS/EVENTS DO YOU DREAD MANAGING WITHOUT DRUGS/ALCOHOL? WHAT CAN YOU DO INSTEAD?**



## **RECOVERY**

**IN WHAT SITUATION DO YOU THINK YOU'RE MOST LIKELY TO RELAPSE?**



## **RECOVERY**

**IF YOU COULD TAKE A PILL EVERY DAY THAT PREVENTED YOU FROM GETTING ADDICTED TO ANYTHING, WOULD YOU?**



## **RECOVERY**

**WHAT ARE SOME OF THE FINANCIAL CONSEQUENCES OF YOUR ADDICTION?**



## **RECOVERY**

WHAT IS SOMETHING YOU DID IN ACTIVE ADDICTION THAT YOU REGRET?



## **RECOVERY**

TELL ABOUT A RELATIONSHIP YOU DAMAGED IN ACTIVE ADDICTION THAT YOU'D LIKE TO REPAIR.



## **RECOVERY**

WHAT DO YOU NEED TO FORGIVE YOURSELF FOR?



## **RECOVERY**

WHAT HAVEN'T YOU TRIED YET TO GET SOBER?



## **RECOVERY**

IF YOU COULD GET SOBER BY GIVING UP 10 IQ POINTS, WOULD YOU? WHY OR WHY NOT? WHAT ABOUT 20 POINTS? 30?



## **RECOVERY**

WHAT'S ONE OF THE CRAZIEST THINGS YOU'VE DONE FOR YOUR ADDICTION? FOR YOUR RECOVERY?



## **RECOVERY**

WHAT IS ONE OF YOUR BIGGEST FEARS ABOUT LIVING SOBER?



## **RECOVERY**

WHAT ARE SOME WAYS YOU CAN MANAGE BOREDOM IN SOBRIETY?



