

TAKING ACTION IN YOUR RECOVERY

STEP 4 THROUGH 10 WORKSHEET

Write down three characteristics you learned from your family of origin.

Write down three characteristics you learned after becoming an adult.

Write down three characteristics you want to work on or eliminate. (You can draw from the above list)

Write down three things you like about yourself.

Write down three things you dislike about yourself.

Was it harder to write down the like or the dislike? Or about the same?

Write down a behavior that was useful at one time but isn't anymore.

Write down a few boundaries you have set.

Write down a change you delayed making even though you knew it would make your life better.

What motivated you to finally make the change?

Has prayer and meditation ever given you the motivation to get something done? Yes or no.

Write down a source of help you received that was unexpected.

Did receiving the unexpected help change your perspective? If yes, in what way?

List one or two people that were affected by your defects of character.

Write a short plan to make amends to someone you listed above.

THANK YOU FOR PARTICIPATING

I HOPE YOU KEEP YOUR BASEMENT CLEAN 😊