

Recovery Circles

Inner circle: write what you are abstaining from entirely (i.e., drugs, alcohol, sex, food binge)

Middle circle: write what you want to stay away from, but is not breaking sobriety for you (i.e., hanging out with a non-sober friend, dwelling on an alcohol advertisement, late night eating)

Outer circle: write out your healthy, recovery behaviors (i.e., go to 12 step group, call sober friend, exercise)

