

Self Care & Relapse Prevention Worksheet

This worksheet is based on “The Ten Sober Commandments.” After you watch the video, fill in the blanks and complete each statement.

Based on Commandment #1

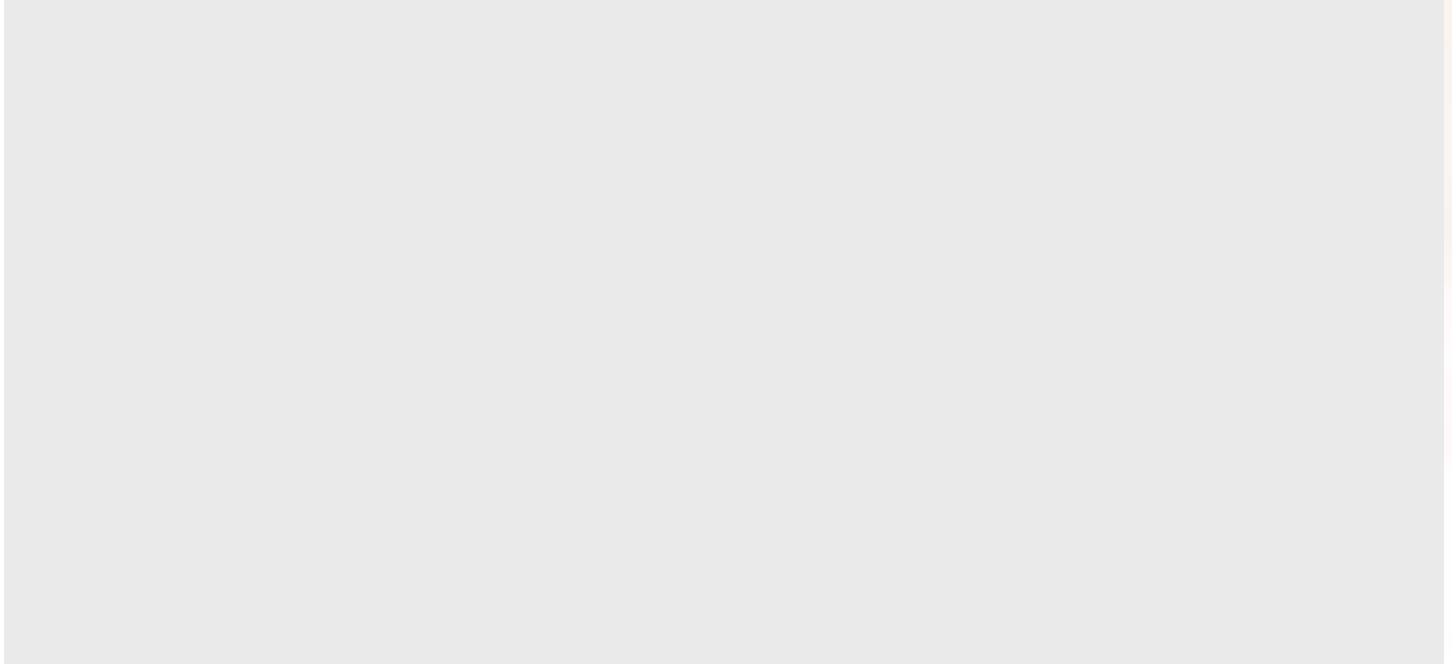
I understand that sometimes I need to spend time alone to give myself space to heal and grow. I am making a commitment to spend time alone for:

HOURS EACH DAY

What I hope to benefit from spending time alone is:

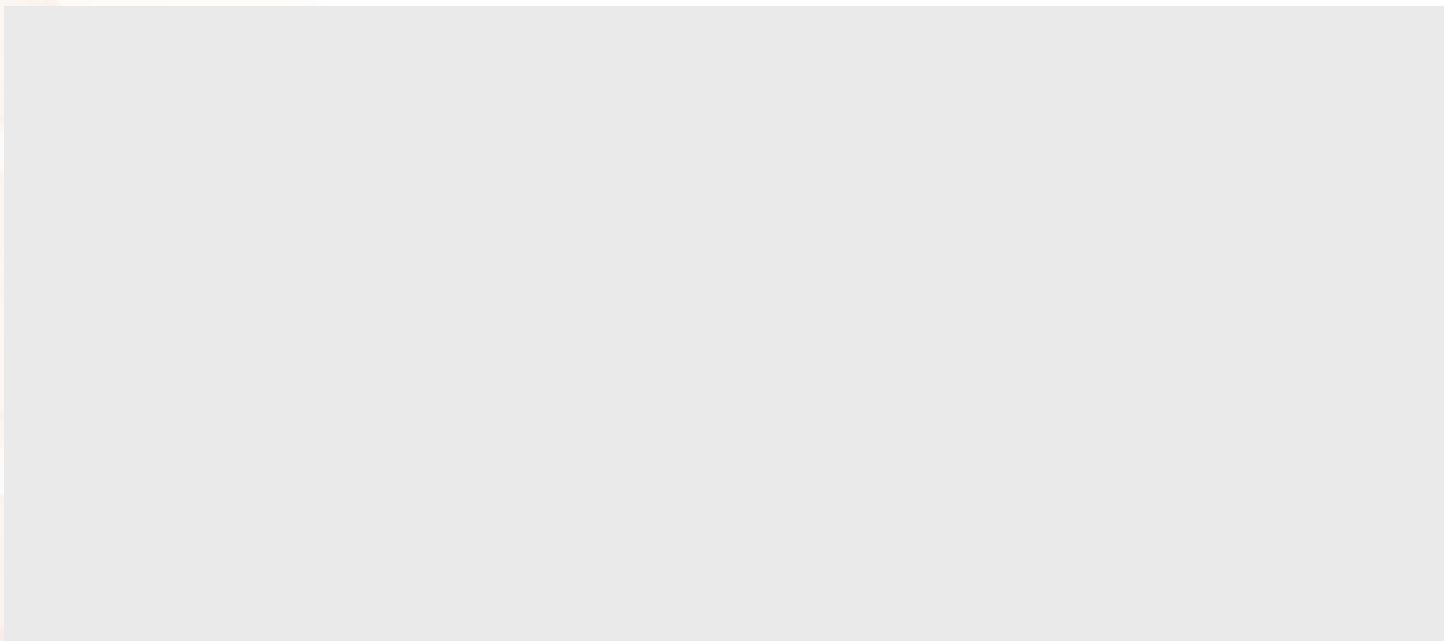
Self Care & Relapse Prevention Worksheet

- ▣ I am choosing to stay away from people, places, and things that no longer serve me. I consider the following to be high risk situations:



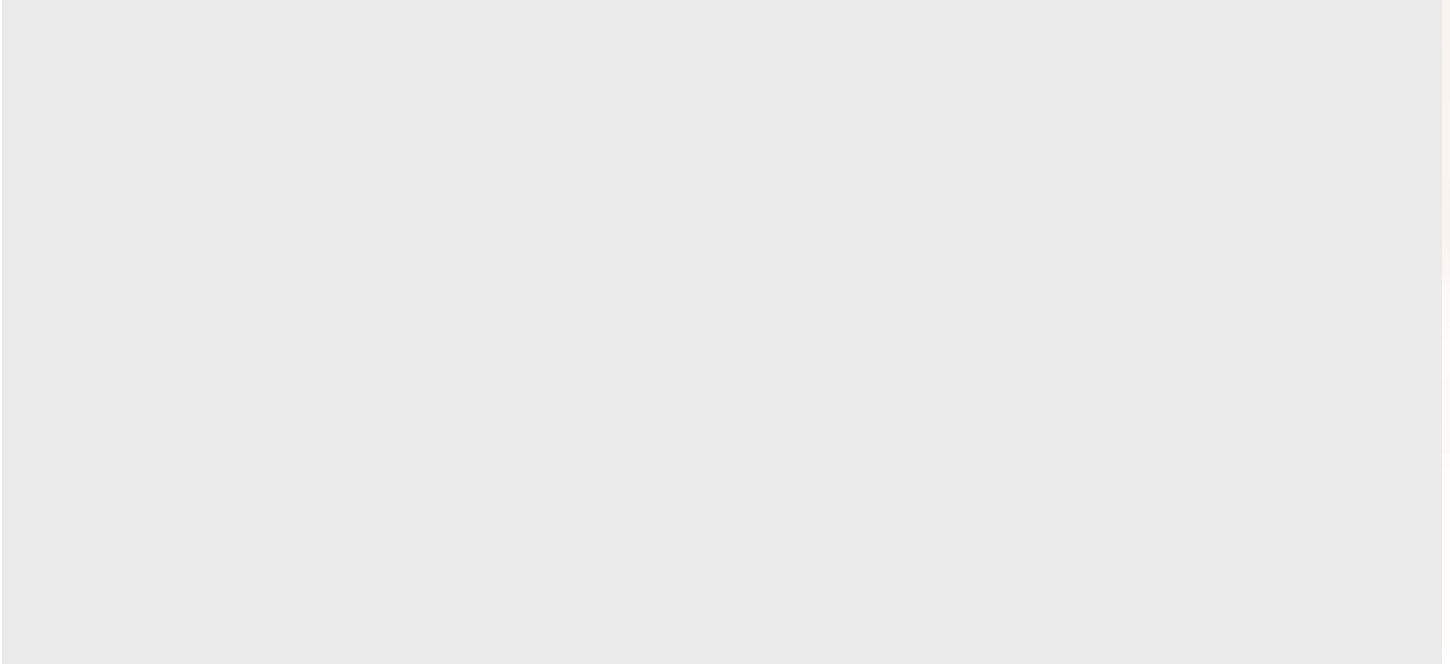
▣ **Based on Commandment #2**

- ▣ When I get bored, I sometimes feel triggered to:



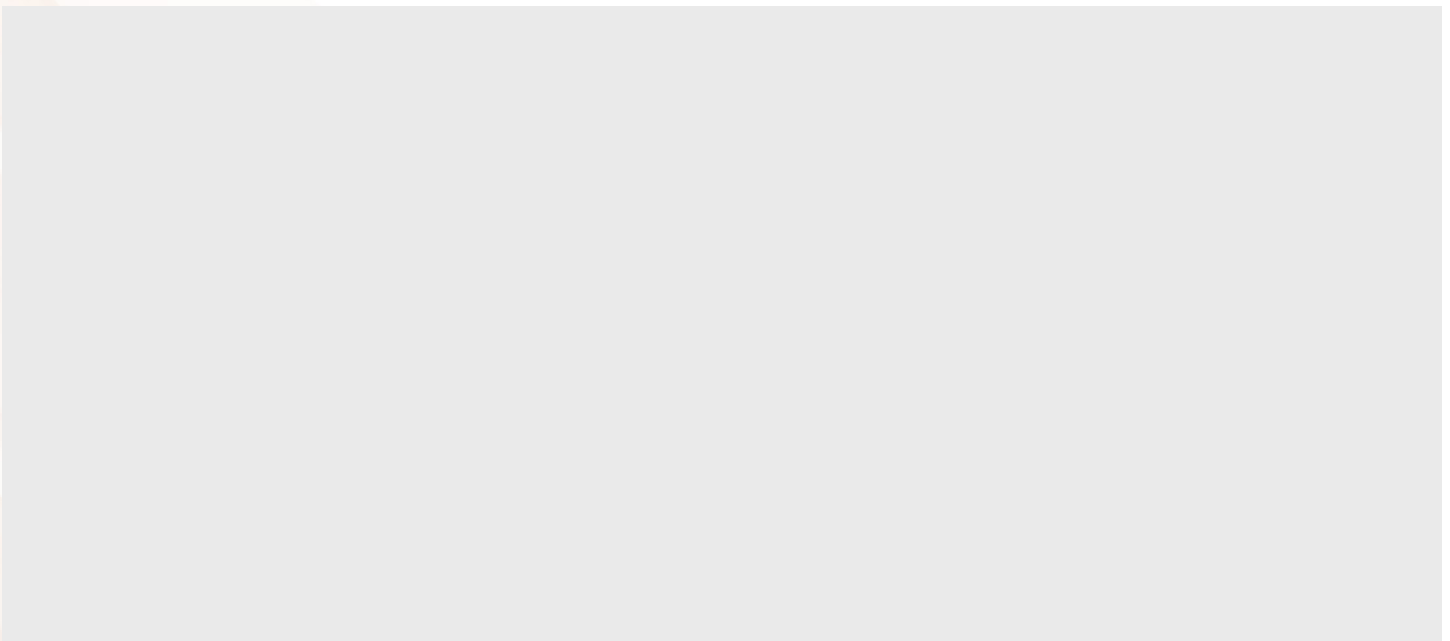
Self Care & Relapse Prevention Worksheet

- ▣ I often remind myself that I am a new person on a new path, and now choose to engage in the following activities:



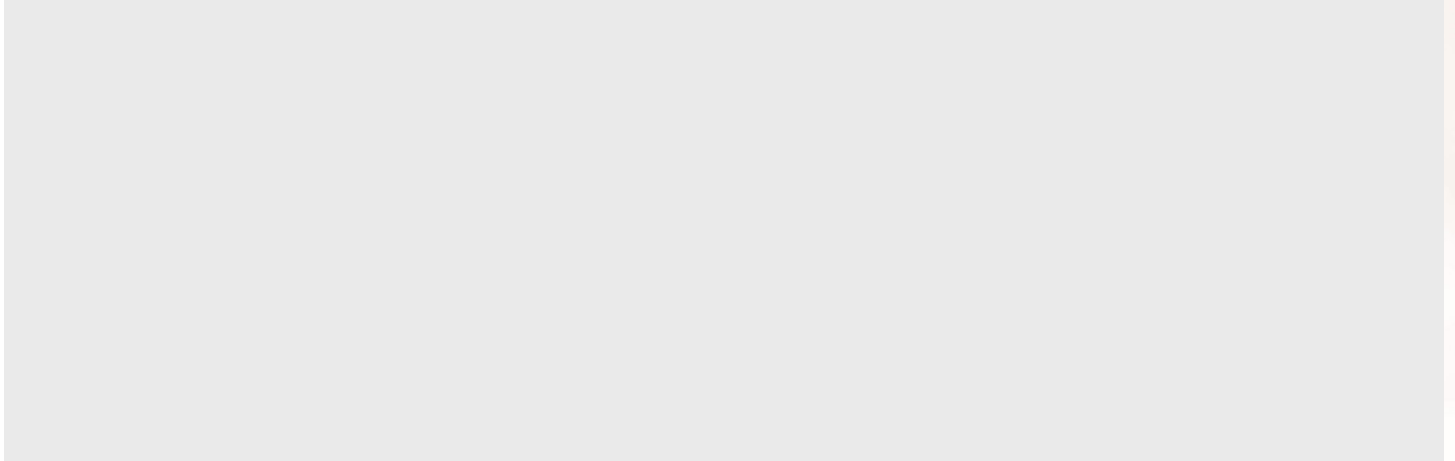
▣ Based on Commandment #3

- ▣ When I neglected myself in the past I felt:



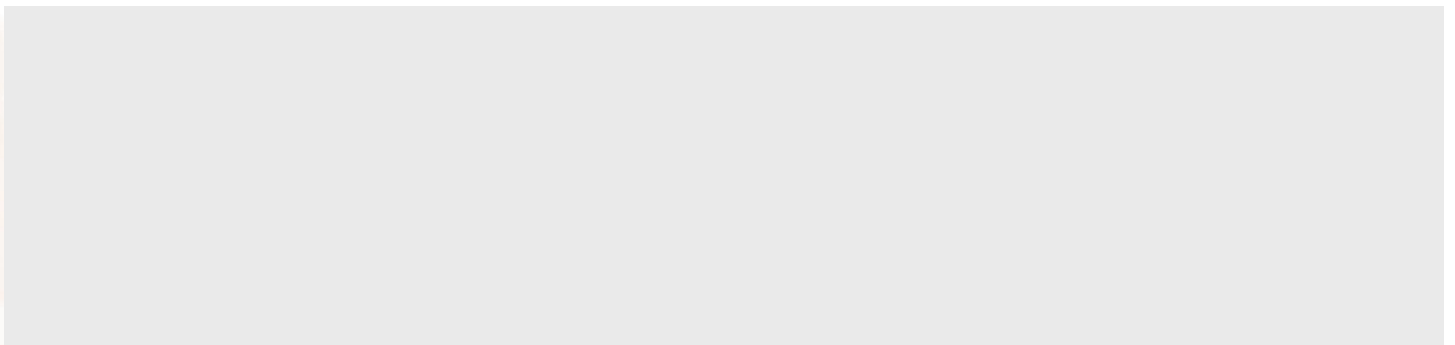
Self Care & Relapse Prevention Worksheet

- ▣ To truly love anyone else I have to first love myself. Being selfish doesn't mean I love my family or friends any less, I just love me more. Here are a few reasons I choose to love on myself and put me first:

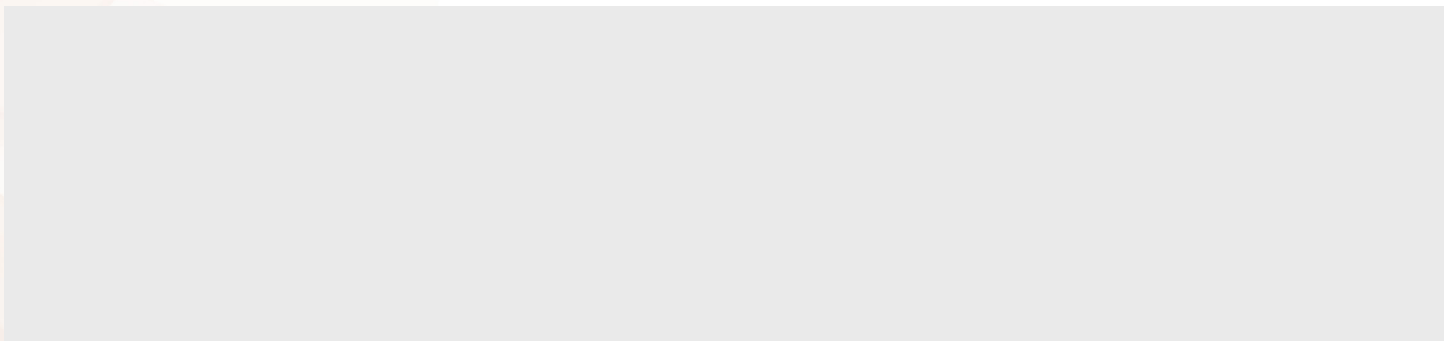


▣ Based on Commandment #4

- ▣ In order to stay away from temptation this is what I have to do:



- ▣ These are a few people I trust that I can call on when in need of support:



Based on Commandment #5

I mean what I say and I say what I mean, I finally possess the courage to:

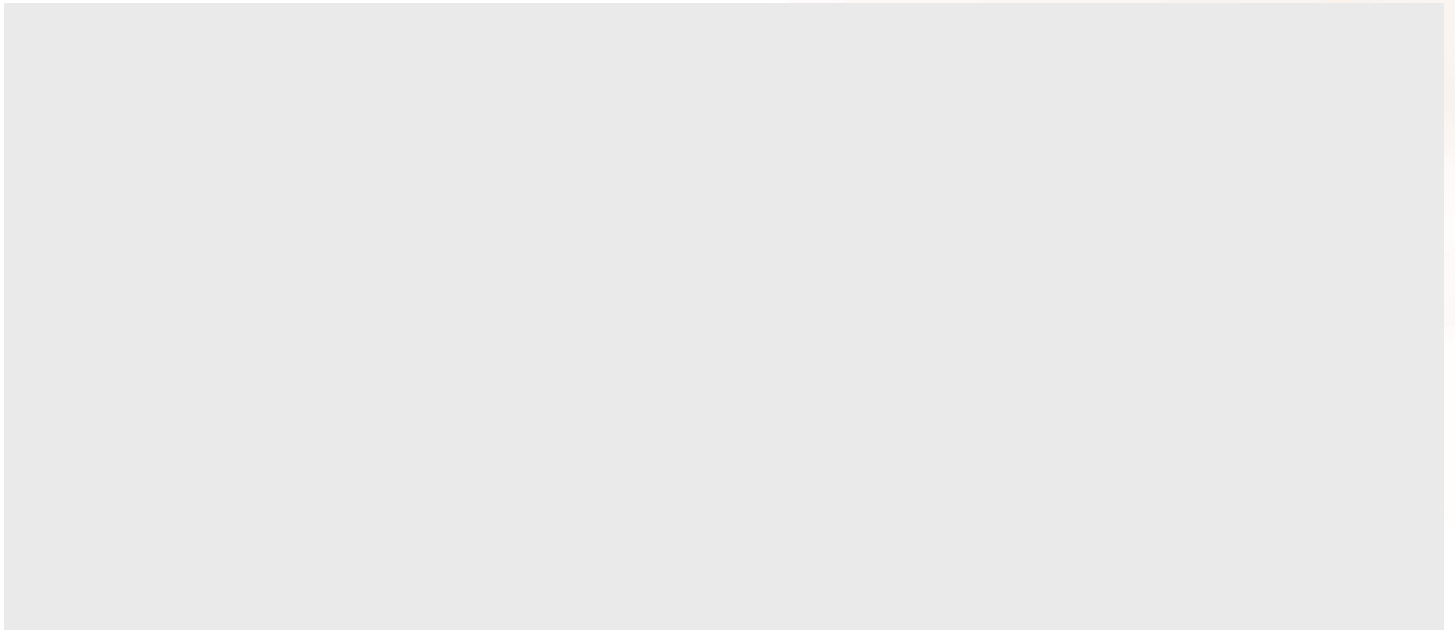
A large, empty gray rectangular area intended for the user to write their response to the statement above.

In the past I lacked the courage to:

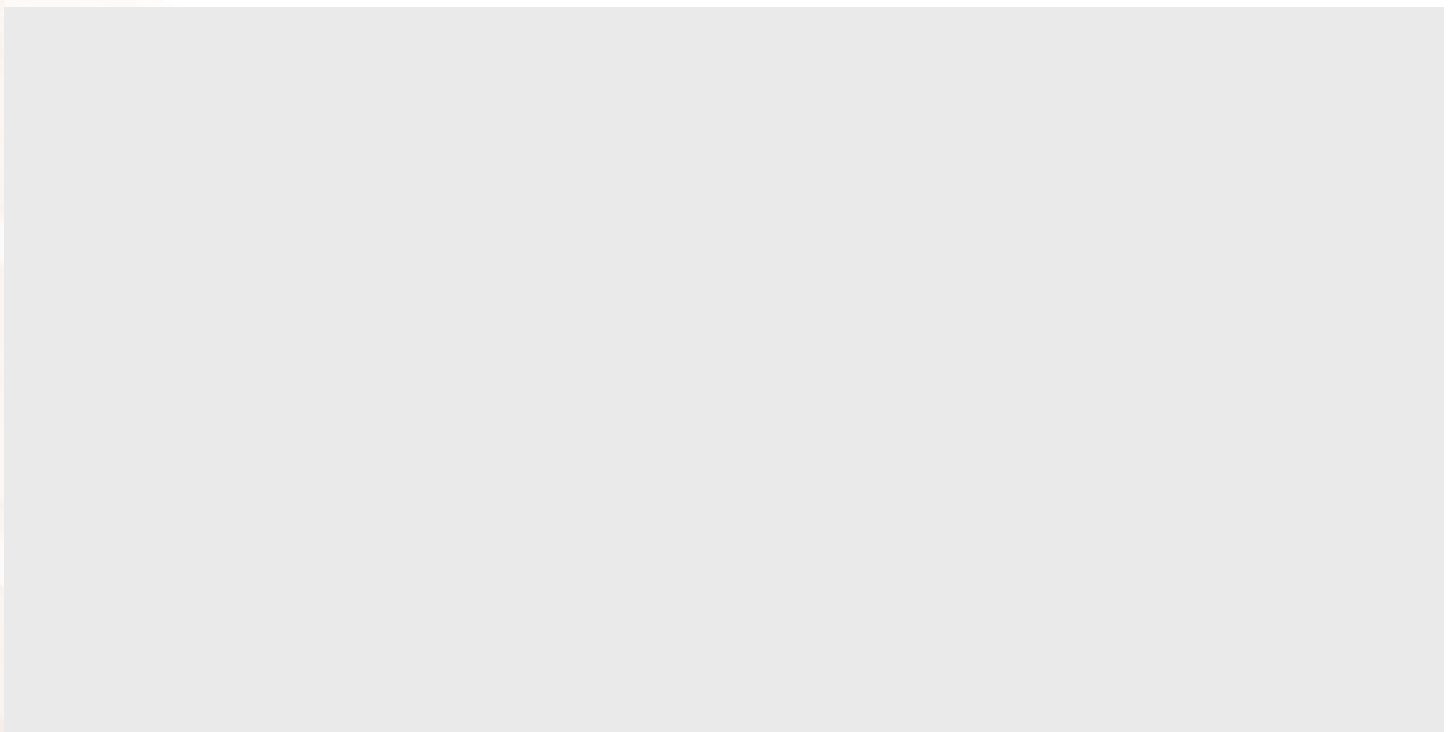
A large, empty gray rectangular area intended for the user to write their response to the statement above.

Based on Commandment #6

- ▣ I agree to keep a positive attitude no matter what transpires in my life. These are five techniques I will use to think positive thoughts:



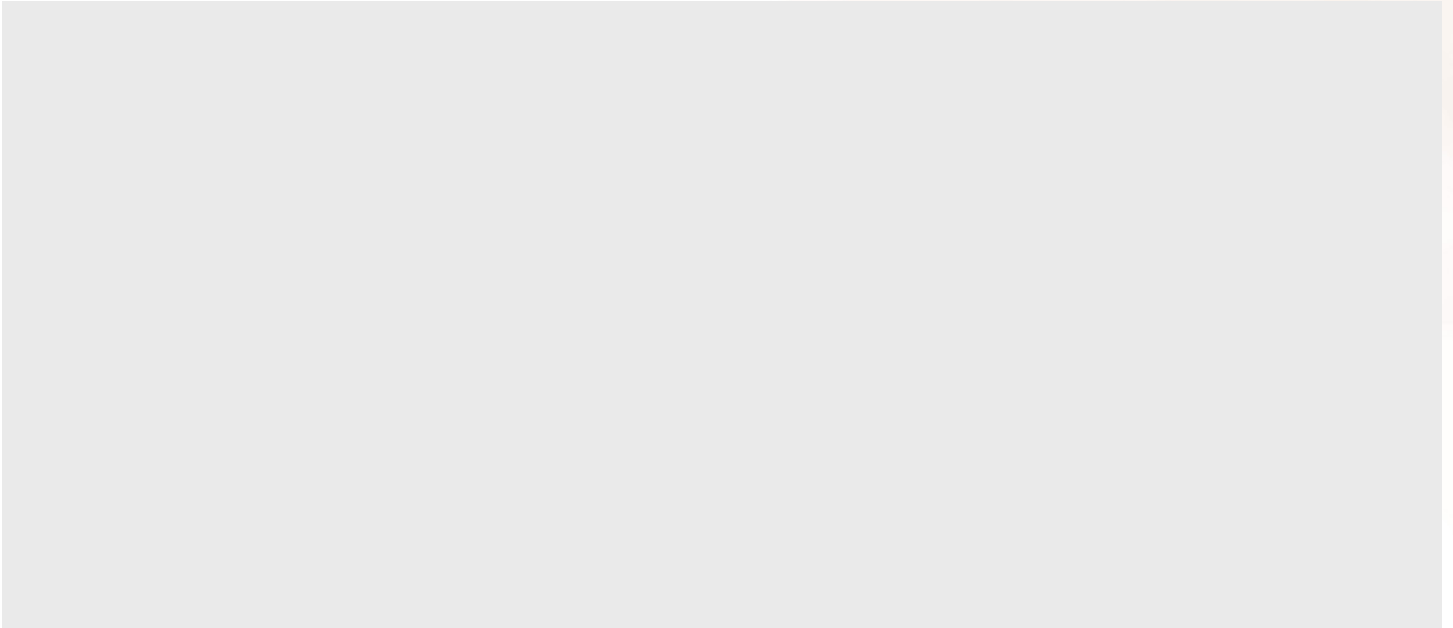
- ▣ Everyday I wake up is another day to be grateful. I'm grateful for:



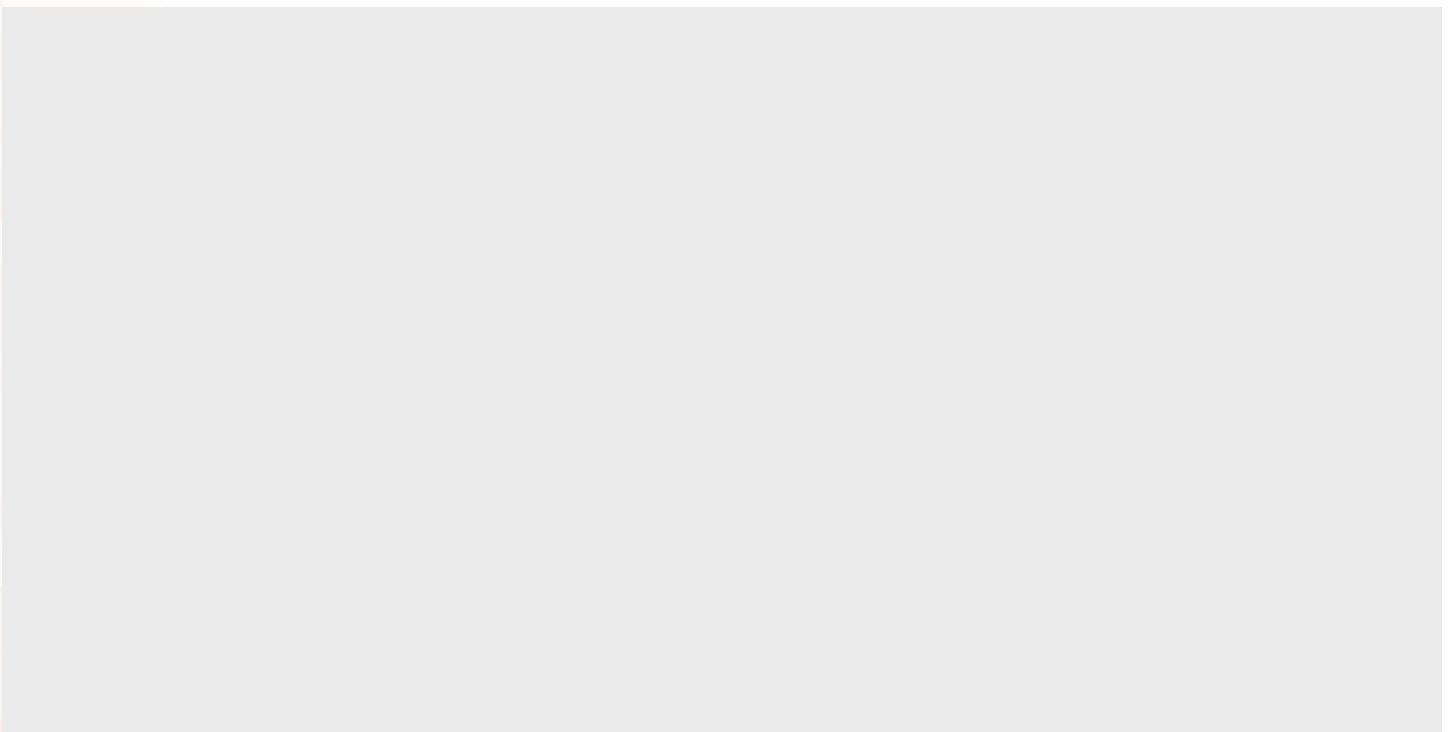
Self Care & Relapse Prevention Worksheet

Based on Commandment #7

- I acknowledge my mistakes and the pain I caused myself and/or others. I forgive myself for:



- These are Five things I love most about myself:



Based on Commandment #8

- These are five daily routine habits I will adopt for better health:

Based on Commandment #9

- I realize the power of meditation and prayer, and want peace and happiness in my life. I am going to devote:

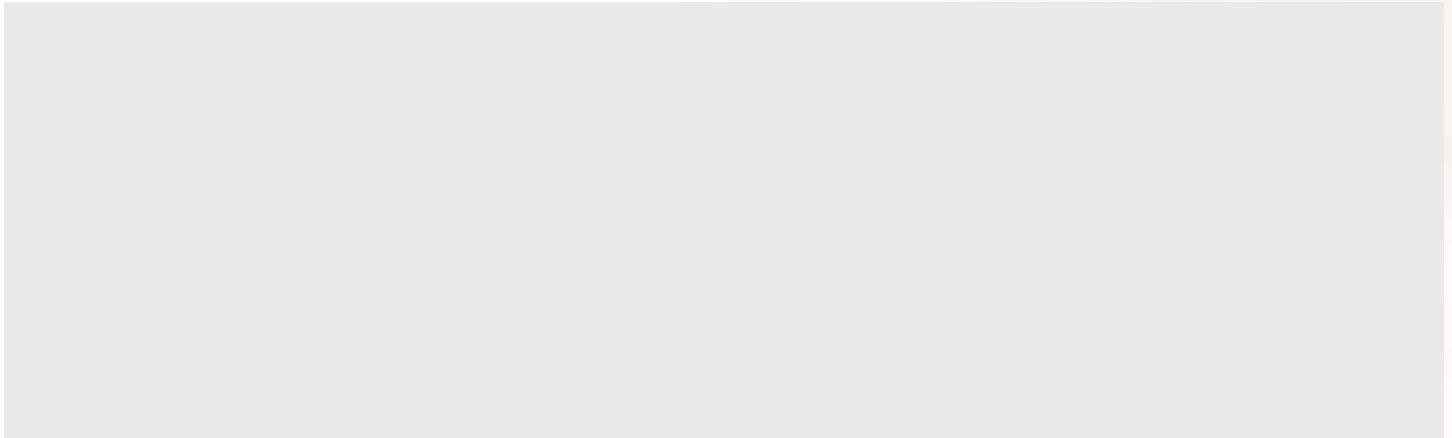
MINUTES

DAYS PER WEEK

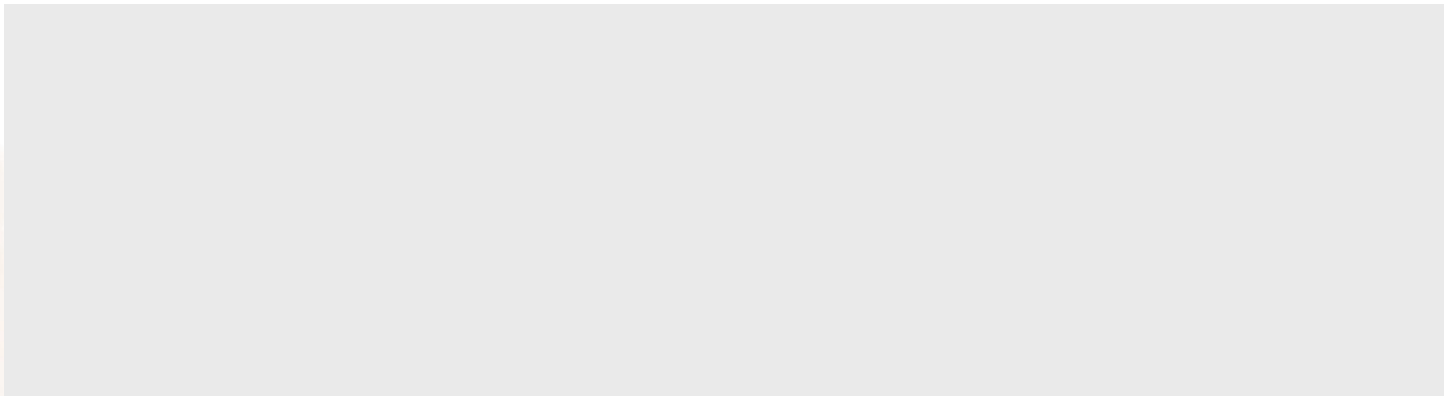
Example: I will devote 15 minutes 7 days per week

Based on Commandment #10

When I look in the mirror, I see someone who is no longer afraid or ashamed to:



I am finally:



I believe in myself, I believe:

