

Describe a time in your life when your behaviour may have been described by others as insane.

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Give an example of a higher power helping in a situation that would have gone bad unless help was obtained.

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List 3 powers greater than yourself in your recovery.

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Choose a time in your life when you realised that you had to change, did anyone help you, did you feel as if a higher power gave help?

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How has your life been out of balance?

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Does your addiction tell you that unsuitable things can solve your problems?

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Do you understand that recovery happens over time, not overnight?

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What fears or anxieties do you have that are getting in the way of trust?

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Why is having a closed mind harmful to your recovery?

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What action can you take that will help you with coming to believe?

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What barriers are there that stop people changing?

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Can you name the stages of change?

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What personal areas do you think need to change?

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How can you use personal strengths in your recovery?

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What are your feelings on the changing seats exercise?

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List the 6 stages of change.

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List your strengths.

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List any areas you want to change.

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