

You don't need to show these to anyone, but you may want to review your answers with your sponsor or a trusted SA sharing partner. Be as honest as you possibly can.

Freedom From Chronic Relapse

1. How does the analogy of lust as an “allergy” resonate with your experience?
2. Have you experienced moments where seemingly small temptations led to larger struggles?
3. Have you noticed any patterns or triggers that consistently lead you towards temptation?
4. How do you maintain your relationship with God when facing daily challenges in your recovery?
5. In what ways has working the Steps helped you avoid falling into old habits?
6. How do you incorporate prayer and meditation into your daily routine to strengthen your resolve?
7. What strategies can you implement to avoid even the smallest of triggers?
8. How could you maintain vigilance in environments where temptation is present?
9. How do you prepare yourself mentally and spiritually before entering environments where temptation might arise?
10. How do you feel about the need for constant vigilance in your recovery?
11. You NEVER need to act out again. Ever.
12. Sobriety... Long-term sobriety... starts today.



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