

Freedom From
Chronic Relapse

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.

1. How do you prepare yourself mentally for life's daily challenges?
2. What coping strategies have you found most effective during times of intense cravings?
3. How do you stay motivated when the journey feels especially tough?
4. How do you keep grounded when everything seems to be going your way?
5. How can you increase your list of contacts to call, when preparing yourself for the next storm?
6. What role does your relationship with your Higher Power play in helping you navigate ongoing struggles?
7. How do you celebrate small victories to keep yourself encouraged during difficult times?
8. What practices or routines help you maintain your commitment to sobriety each day?
9. How do you remind yourself of the long-term benefits of sobriety when facing short-term discomforts?
10. How can you prepare yourself for life's unexpected challenges?
11. You NEVER need to act out again. Ever.
12. Sobriety... Long-term sobriety... starts today.



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