

# THE POWER OF SELF-REFLECTION WORKSHEET

**1** The Big WHY. Write out **why** and **when** your addiction first began. What fueled this obsession? Think very hard about this because it will help determine future success. This is the initial building block from which your entire recovery foundation is built upon.



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**2** List **EVERYTHING** (no matter how insignificant) that you have lost because of your addiction:



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**3** Relapse triggers can be extremely dangerous and destructive. Use the list provided in Chapter 3 to identify all the triggers that you have personally experienced or any of the ones you think may cause trouble for you in the future.



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**4** Contemplate the reason(s) you have relapsed in the past. Being aware of the exact cause(s) of your missteps is critical when formulating an initial plan of attack. Knowing what to be on the lookout for is half the battle. Use this newly discovered knowledge to vanquish relapse once and for all!!



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