



This FREE RESOURCE is provided by The Lighthouse.
The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

Life Style Evaluation

Upon entering recovery from a drug or alcohol addiction, there are many different changes that need to be made in your life. Especially in regards to people, places, and things associated with your drinking or using. Negative patterns have been established in your life from years of abuse and neglect. It is important to change your old life styles and your stinking thinking patterns so that you don't set yourself up for failure. Take a look at the following questions about your life. While you are completing this assignment, be completely honest. Honesty is the best way to reveal your negative thought and behavior patterns so that you can proceed to make healthy changes in your life and stay sober!

People:

Who in your life is it difficult to separate from?

Who in your life is associated with your addiction?

How could you communicate with these people that you are sober and need to steer clear from them?

Who in your life would you like to get closer to?

Where could you find sober healthy friends at?

Do you have a mentor and what could your mentor do to help you change your friends?

Places:

List the places that you need to stay away from:

Why do you need to stay away from these places?

What are some healthy places you could visit?

Why is it important to change the (drug or alcohol related) places in your life?

Things:

Do you have anything (paraphernalia) that you need to get rid of?

Is there anything that you have that would remind you of drinking or using?

List the things that you will have to change in order to reduce the triggers that you will face:

Why is it important to change the things related to your addiction?

Thinking:

List the negative attitudes and thoughts related to recovery:

How can your thinking trigger you into using again?

Why is it important to change the way you think?
