

A Road to a New Leaf

20 Find enjoyment in your journey.

19 Find what you love; implement your vision for life.

18 If you relapse, start again and forgive yourself.

17 Find your support network.

16 Find a spiritual practice.

15 Eat healthy.

14 Take up exercise.

12 Work in group & individual counseling. Identify triggers & coping skills.

10 Envision your life free from addiction.

13 Develop new interests, hobbies, & skills.

11 Take all the steps; they add up.

9 Assume Responsibility. Your recovery is on you.

6 Collaborate with treatment providers.

5 Surrender to the process.

4 Activate the plan.

8 Commit.

7 Ask Questions.

3 Create the action plan. Seek help and resources.

2 Make a commitment. Create a "to-do" list and work the list.

Look in the mirror.
Do you like what you see?

Do the math. What have you lost due to your addiction?

List them: _____, _____, _____, _____, _____

Make a choice.

Do you wish to beat your addiction?

Yes? Congratulations!

Here are the stops along the way.

1 **What do you need to beat your addiction?**

Check all that apply.

AA/NA or other Support Group: _____

Family Support: _____

Outpatient Rehab: _____

Residential Detox & Rehab: _____

Physician's Referral: _____

Health Insurance: _____

Other: _____