

Recovery Cycle

Clear. Morning

EXAMPLE:

Go to the
2nd room
and get a
big piece
of paper
to make
your
plan

What is going to keep you sober?

- calling sponsor: Jamie A. (655) 555-5555
- working the steps → everyday!!!

- doing service work in 12 step.

- 12 step meetings 90/90

- taking meds as pres.

Hungry Angry lonely
Shame Triggers Tired
Guilt Fear Pain

- journaling

- therapy ↓ individual + group

significant other

being dishonest

- prayer

old hangouts

alcohol online coke
chat Relapse Pot
adult bookstorez m.a.c.

music listened to when acted out

- calling other people in

New Years + X-mas

Flirting dressing provocatively
seductive language
pornography (internet/video)
masturbation

when significant other goes out of town

recovery diary

- engaging in self care i.e. eating + sleeping

Family gatherings

strip clubs escorts
massage parlors bathhouses
cruising affairs

airports

100 affirmations a day

Working more than 40 hrs. a week

stress + Times of Success

Cable television

- reading the Big Book

extended care at:

my 1st therapy appt is _____
my sponsor's name is _____
the first 12 step meeting I'm going to is _____

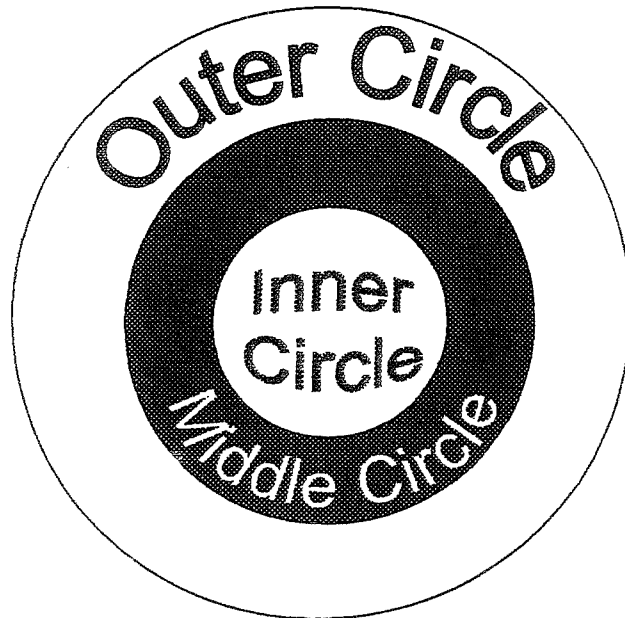
If I relapse, I will
1. call sponsor
2. call therapist
3. go to extended care

ALAN
WATSON
MENDONS

Recovery Circles

A Plan of Action

OUR PRIMARY PURPOSE IS
TO STAY SEXUALLY,
CHEMICALLY,
ALCOHOLICALLY,
FINANCIALLY,
CODEPENDENTLY
AND IN ALL OTHER WAYS
... SOBER.



To do this we must abstain from the specific compulsions and obsessions that have contributed to our negative life circumstances. The question arises: "How do you define your 'abstinence' or 'sobriety'?" The idea is based in the heritage of Alcoholics Anonymous, which continually reinforces the idea to alcoholics that it is the "first drink" that gets them "drunk." That first drink begins the "phenomenon of craving," which inevitably activates further self-destruction; sometimes immediately, sometimes within months, and always the self-destruction begins.

Some of our self-destructive behavior we can name as a specific chemical or liquid or behavior that we **MUST** abstain from completely one day at a time. We know precisely what that is. Some of our self-defeating behaviors are the very same behaviors that have a natural and beneficial usage (e.g., eating, nurturing sexuality/sensuality, spending and earning money). Therefore, it is not the sex, food, money or work in and of itself that causes problems. Rather, it is our misuse and abuse that causes us to become "drunk."

Each of us needs to carefully consider which behaviors we are powerless over, which behaviors lead to feelings of demoralization. These are the addictive behaviors from which we must abstain. Each addict has a specific set of compulsions and "triggers" from which he/she must abstain. Our program acknowledges each person's individuality in choosing his/her own concept of a healthy lifestyle with thoughtful feedback from professionals, family, friends, peers and personal Higher Power.

Name: _____

Patient # _____

THE INNER CIRCLE	THE MIDDLE CIRCLE	THE OUTER CIRCLE
<p>We have found it simplest to draw a circle. BEHAVIORS IN OUR INNER CIRCLE are addictive, dangerous and destructive.</p> <p>Inside this circle we write down each one of the compulsive self-defeating behaviors from which we must absolutely abstain. This becomes our "Inner Circle" and everything inside is totally off limits for us. These behaviors are the "drugs" that we must stop using. These are the substances (alcohol, sex, mood altering chemicals, debting/gambling, etc.) that get us "drunk" and destroy our lives.</p> <p>One day at a time we abstain from all behaviors that we have in this "Inner Circle." Many of us may list behaviors such as: anonymous sex, voyeurism, pornography, prostitution, sadomasochism, promiscuity, angry sex within a relationship, phone sex, cross-dressing with masturbation, exhibitionism, internet sexual chat, internet pornography, accruing new debt, restricting food, eating less than three healthy meals per day, binge eating or over-eating between mealtimes.</p>	<p>We have found that SHAME IS ROOTED in a kind of merciless perfectionism.</p> <p>The "Middle Circle" is where we place behavior of which we are uncertain. This is similar to putting "questionable" feedback on hold until we gain clarity by asking sponsors, peers, Higher Power and professionals for suggestions.</p> <p>It is not easy to move from the "Inner" to the "Outer" circles overnight. We do not always know what is healthy for us and what isn't. As addicts we are not always willing to take the next right action and practice self-nurturing or recovery-supporting behaviors. Thus, we use the "Middle Circle" to place those behaviors that fall between the categories of demoralizing addictions from which we must absolutely abstain and "ideal" behavior. This is the gray or colorful area in which we refused to live. Instead of all-or-nothing thinking and behaving we are now challenged to live in balance. These "Middle Circle" behaviors will eventually lead us back to the "Inner Circle" if we do not practice boundaries and remain in reality about our powerless over our compulsions. Some examples may include: cruising for prostitutes or places to voyeur, acting seductively, engaging in ritual or slippery behavior, watching R-rated or romantic movies, consuming "excessive" amounts of sugar or caffeine.</p> <p>Although boundary failure and slippery behaviors do not change our sobriety date, we must recognize that our sobriety could easily be jeopardized if we continue in the "Middle Circle." This is the warning area of our lives and provides us with a wake up call.</p>	<p>ACTIONS WE TAKE to support our recovery are placed in our "Outer Circle."</p> <p>This is where we put behaviors to be encouraged, praised and practiced. Examples include: working the 12-steps with a sponsor, 90 meetings in 90 days, participating in couples, group or individual therapy, calling a sponsor daily, extended care, being intimate and sexual within a committed relationship, enjoying affectionate and respectful touch, taking a dance or art class, playing a sport for fun instead of competition, taking a bubble bath once a week, developing non-sexualized friendships, exploring new healthy interests, going back to school, spending quality time with family, friends and recovery peers.</p>

