Before going through treatment, Queen started drinking
children left for school. She isolated herself from others
she could devote her day to her drinking. Now that she is
to stay sober, she finds herself alone at home, bored and
that she could drink just to relieve her boredom. It beco
clear to Queen that she needs structured daily activitie
her resist using urges.

> **What are some options for Queen?**
>
> _____
> _____
> _____
> _____
> _____
> _____

Exercise 5a

What is your job or daily life situation like? Ask yourself the follow
questions.

> | | | YES | NO |
> |---|---|---|---|
> | 1. Do I have daily structured activities? | | ☐ | ☐ |
> | 2. Do I work with people who use? | | ☐ | ☐ |
> | 3. Does my daily schedule or working environment support recovery? | | ☐ | ☐ |
> | 5. Am I in a high-stress environment? Do family, employer, or personal expectations increase my stress level? | | ☐ | ☐ |

Use your answers to the questions to list the assets and liabilities
of your daily schedule.

> **Assets for recovery in my job or daily activities:**
>
> _____
> _____
> _____
>
> **Situations dangerous to my sobriety in my job or daily activities:**
>
> _____
> _____
> _____

Identify two areas that you need to change in your daily lifestyle:

> 1. _____
> _____
>
> 2. _____
> _____

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