

Before going through treatment, Gwen started drinking when children left for school. She isolated herself from others when she could devote her day to her drinking. Now that she is able to stay sober, she finds herself alone at home. Gwen and her family want that she could drink just to relieve her boredom. It has become clear to Gwen that she needs structured daily activities to help her resist using drugs.

What are some options for Gwen?

Handwritten notes in a box, including the word "options" and several lines of text.

EXERCISE 54

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

Survey questions with checkboxes:
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?
4. 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 stabilizers of your daily schedule.

Handwritten notes in a box, including the words "assets" and "stabilizers" and several lines of text.

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

Handwritten notes in a box, including the numbers "1" and "2" and several lines of text.

Stop The Chaos Workbook

BM King



Stop The Chaos Workbook:

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