

Worksheets for People Out of Inpatient Treatment

1. What are 3 new hobbies or fun things you can try instead of using drugs or alcohol?

2. Who or what places should you avoid so you don't feel tempted?

3. How can you be more honest with yourself and others?

4. What are 3 simple ways you can relax without using drugs or alcohol?



Achieving a New Life

A Foundational Exercise Following Residential Treatment

5. Who can you call or talk to if you feel stressed or close to relapse?

6. Have you attended any peer support meetings such as AA, NA, SMART Recovery or Dharma Recovery?

7. Do you have a mentor, sponsor, or other form of authoritative recovery support to turn to during challenges?

