

Step 10  
Daily Checklist

Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it. <sup>11</sup>

Just for today I will take my own inventory.

S M T W T F S

Did I lose my temper? "God grant me the serenity"							
Was I self-centered? "Steps Six, Seven, Eight and Nine"							
Did I put others down? "Acceptance of others"							
Did I ask for the help I need from my Higher Power? "Let Go and Let God"							
When I was wrong, did I promptly admit it? "Courage to change the things I can"							
Did I worry or over react? "Let Go and Let God"							
Did I criticize others? "Live and Let Live"							
Am I disrespectful and did I talk back? "God grant me the wisdom.."							
Did I forget that alcoholism is a family disease which can cause unpredictable behavior? "God grant me the wisdom to know the difference; Step One"							
Did I indulge in self-pity? "Everyone has problems, together we can make it; Meetings help"							
Did I blame anyone else for my actions today? "How important is it?"							

Did I work on any of my defects today? "Courage to change the things I can"							
Was I resentful today? "Third Step; Keep It Simple"							

What tools are helping me change the following:

Resentment

Fear

Criticizing others

Blaming others

Self-pity

Procrastination

Worry

Forgiveness

Talking back Admitting

when I am wrong

Selfishness

Name Calling

Asking my Higher Power for help

Working on one thing at a time

Understanding that alcoholism is a disease

---

Other things that I am working on changing in myself:

## Relapse Prevention Plan

Five warning signs that I might use:

Five people who I can call to help me get through a craving:

Five things I can do to get my mind off of using:



# CRAVINGS

## Some facts ...

Craving refers to the physical and emotional withdrawal of stopping using and can continue on and off well after starting in a recovery programme. Cravings can be triggered automatically if you experience certain situations that are strongly associated with patterns of your former use. These can include people who remind you of your using days, places where you used, certain emotions upon which you would automatically pick up to suppress how you felt and certain situations and people that you find difficult to deal with in your life.

For a recovering addict, *any use*, even prescription medication, tends to keep the craving triggers active. This is why attempts at controlled use do not work as the craving gets too unbearable.

Complete abstinence is the surest and quickest way to reduce craving.

Some triggers can remain powerful for years. Taking yourself back to anything that was a difficult experience when you were using such as losing a loved one, experiencing a really frightening event during withdrawal, revisiting places where you used to use can evoke old habits in an otherwise solid recovery. *Be careful*. Know your own personal triggers. What may be a safe place for one person could be a dangerous place for another. Your relapse work must be unique to yourself.

Determination and willpower are poor defences. Changing your lifestyle in order to gain support, finding new ways to relax and have healthy fun can reduce craving and keep you from the dangers in your recovery. Even though craving is a natural after-effect of the disease of addiction, remember that you have the power of choice. You can take the steps to reduce it or you can remain its slave.

## **IDENTIFYING & HANDLING CRAVINGS**

During treatment and recovery, particularly in the early months, it is common to experience cravings to use even though you are actively involved in a recovery programme. There are two aspects of craving, the mental (thoughts) and the emotions.

Cravings can be triggered by things you see which may remind you of using, thoughts about how good you would feel from using, strong emotions such as fear or anger which



you suppress and are unable to manage and by things which you are unable to identify. Physical signs may be just that; shaking uncontrollably and/or sweating which could be as a result of the emotions you may be feeling.

If you have experienced a craving, answer the following:

1. What do you think triggered your craving?

.....  
.....

2. What were the emotional signs?

.....  
.....

3. What were your thought processes?

.....  
.....

Following are a few suggestions that have proven helpful for other addicts.

**Talking with others.** Talk to someone on the telephone or face to face such as a sponsor, friend in the fellowship/someone who understands addiction. Keep telephone numbers programmed into your phone and/or a list of numbers in your wallet. Attend a 12-step meeting.

**Action.** Remove yourself from the situation. Get involved in an activity such as going for a walk or gardening; doing something practical will help distract you away from the craving and change how you feel. Simply sitting and thinking about the craving will increase the obsession which may well lead to the compulsion to use. Write down all the benefits of remaining abstinent.

**Changing Your Thoughts.** Think through where using will take you and ask yourself if it is worth it. Do not spend time reminiscing about your using days. Consider how you will feel if you do not use. Split the day into manageable time slots and ask yourself if you can stay



abstinent for the next hour. Think of the recovery slogans such as 'This Will Pass', 'One Day At A Time' or even one hour at a time.

**Avoid Threatening Situations.** Avoid places where you may meet other people who could influence your use or that just being in that place could be difficult for you.

Bear in mind that craving usually decreases as your sobriety progresses. List below *specific steps* that you will take to manage your cravings. As time passes you will *know* what you need to do and who you find helpful to speak with.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....

# Triggers

Trigger: A stimulus—such as a person, place, situation, or thing—that contributes to an unwanted emotional or behavioral response.

## The Problem

Describe the problem your triggers are contributing to. What's the worst-case scenario, if you are exposed to your triggers?

--	--

## Thigger Categories

Just about anything can be a trigger. To begin exploring your own triggers, think about each of the categories listed below. Is there a specific emotion that acts as a trigger for you? How about a person or place? List your responses in the provided spaces.

Emotional State	
People	
Places	
Things	
Thoughts	
Activities / Situations	

## Tips for Dealing with Triggers

- Oftentimes, the best way to deal with a trigger is to avoid it. This might mean making changes to your lifestyle, relationships, or daily routine.
  - Create a strategy to deal with your triggers head on, just in case. Your strategy might include coping skills, a list of trusted people you can talk to, or rehearsed phrases to help you get out of a troublesome situation.
- Don't wait until the heat of the moment to test your coping strategy. Practice!



# Triggers

In this section, you will develop a plan for dealing with your three biggest triggers. Review your plan regularly, and practice each of the strategies.

Describe your three biggest triggers, in detail.

<b>Trigger</b>	#1	
	#2	
	#3	

Describe your strategy for avoiding or reducing exposure to each trigger.

<b>Trigger</b>	#1	
	#2	
	#3	

Describe your strategy for dealing with each trigger head on, when they cannot be avoided.

**Medication Adherence**

What will I do to be compliant with my medications?

---

---

---

---

---

---

**Spirituality**

Things I will do to increase my spirituality.

---

---

---

---

---

---

**Stinkin' Thinkin'**

Identify my stinkin' thinkin' and what I will do about it.

---

---

---

---

---

---



