

FUNDAMENTAL LIVING
SOLUTIONS SERIES

TRANSCENDING FAMILY TRAUMA

Your Essential Guide to Lifelong Recovery
From Adverse Childhood Experiences
and Their Adult Aftermath

Lane Lasater, Ph.D.

Recovery Workbook



www.LaneLasater.com
**Recovery Roadmaps from a
Retired Psychologist**

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Disclaimer: This book is designed to give you information to help you be successful in your recovery from family trauma and related challenges if you desire to do so. The information and suggestions provided are for the reader's education and consideration only.

Providing information and practical strategies to you about recovery from family trauma does not constitute the practice of psychotherapy or medicine, and the publisher and author have taken care to alert you to serious warning signs and encourage you to seek licensed professional help to support your recovery.

The information provided in this book is not a substitute for assessment, diagnosis and treatment of any mental disorder and cannot substitute for the services of a mental health care professional or physician. It is intended for instructional purposes only. The use of this information is solely at your own risk.

TRANSCENDING FAMILY TRAUMA RECOVERY WORKBOOK

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Dear Friend,

Thank you for downloading this workbook with all the recovery exercises for *Transcending Family Trauma: Your Essential Guide to Lifelong Recovery from Adverse Childhood Experiences and Adult Aftermath*. There are instructions for each exercise in this workbook, and you can study the completed examples in the full book to guide you in your work.

All the effort and contemplation you invest in planning and fulfilling your recovery I hope will be repaid many times over as you enjoy the benefits and joys of overcoming your life challenges and pursuing your dreams.

Best wishes to you as you move forward on this important life journey.

Sincerely,

Lane

Lane Lasater, Ph.D.

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Recovery Exercise #1: Complete the ACEs questionnaire below.

ACES Questionnaire		
Prior to your 18 th Birthday	Yes	No
1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? <input checked="" type="checkbox"/> Act in a way that made you afraid that you might be physically hurt?		
2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? <input checked="" type="checkbox"/> Ever hit you so hard that you had marks or were injured?		
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? <input checked="" type="checkbox"/> Attempt or actually have oral, anal, or vaginal intercourse with you?		
4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? <input checked="" type="checkbox"/> Your family didn't look out for each other, feel close to each other, or support each other?		
5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? <input checked="" type="checkbox"/> Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?		
6. Were your parents ever separated or divorced?		
7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? <input checked="" type="checkbox"/> Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? <input checked="" type="checkbox"/> Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?		
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?		
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?		
10. Did a household member go to prison?		
Total your "Yes" answers for your ACEs score.		

Your ACEs Total Score

Your total possible score is 10. Two-thirds of their respondents reported a score of one, and 87% reported a score of two or more. In their findings, a score of four or more adverse childhood experiences was associated with increased risk of disease, social and health problems.

My Adverse Childhood Experiences score was six. This confirmed what I already knew—I'm a very high-risk person and my recovery from ACEs, family trauma and addiction is a life and death matter for me. Whatever your risk score is, please know that every action you take toward recovery counts. Your recovery efforts are deadly serious.

Discuss Your Aces Score

Recovery Exercise #2: Complete the Child and Youth Resilience Questionnaire.

Complete that questionnaire below to assess resilience resources available to you as a child that may have helped you offset effects of ACEs and family traumatic experiences.

Resilience Resources Questionnaire					
When you were growing up, during the first 18 years of life, to what extent would the following sentences have described you? Place an X below the box that best describes how true this statement was for you.	Not at all	A Little	Some -what	Quite a bit	A Lot
1. I had people I looked up to.					
2. Getting an education was important to me.					
3. My parents/caregivers knew a lot about me.					
4. I tried to finish activities that I started.					
5. I was able to solve problems without harming myself or others (e.g. without using drugs or being violent).					
6. I knew where to go in my community to get help.					
7. I felt I belonged in my school.					
8. My family would stand by me during difficult times.					
9. My friends would stand by me during difficult times.					
10. I was treated fairly in my community.					
11. I had opportunities to develop skills to help me succeed in life (like job skills and skills to care for others).					
12. I enjoyed my community's cultures and traditions.					
Note the total number of Xs you marked in the columns titled "Quite a bit" and "A Lot." This total number is your resilience resource score.					

Your Resilience Resources Score

The researchers grouped participants into three levels of childhood resilience. (a) **Low childhood resilience** <6 positive items (10.9% of participants); (b) **Moderate childhood resilience** 6-9 positive items (19.4% of participants); and (c) **High childhood resilience** 10-12 positive items (69.7% of participants). The authors found that resilience resources did somewhat lower the risks of mental illness both in those who report ACEs and those who do not.

This scale helps you take stock of the resources that were available to you. Also note the resources that you didn't have and try to make those a priority during your recovery. The higher your resilience resources score, the better.

My resilience resources score was seven, which they classify as moderate as you see above. My parents tried very hard to do their best for us but couldn't overcome their conflicts because the professionals they sought help from didn't understand alcoholism and family dynamics and weren't able to help. Further, because we lived in a rural area, I had minimal contact with other families and community resources. I did okay in school, which helped me get by even though my emotional problems prevented me from retaining what I learned until much later when I discovered psychology and pursued a field that deeply interested me.

Discuss your Resilience Resources Score

Recovery Exercise #3: Your Basic Human Needs While Growing Up and Now.

Use the following questionnaire to assess how well you could meet your basic human needs while growing up and now.

Your Basic Human Needs			
Using the following scale, make two ratings about how true each statement is of you, the first when you were 10 years old, and the second at the present time. (Use a 0-10 scale as follows: 0 = very untrue of me, 5 = somewhat true of me and 10 = very true of me.)		Age 10	Now
1. I have good physical health.			
2. I feel safe and secure.			
3. The people close to me love me.			
4. I receive the affection I need from others.			
5. I feel like I am a good and valuable person.			
6. I feel comfortable with important people in my life.			
7. I can improve my life through my own efforts if I wish			
8. What I want is important to those around me.			
9. My life is predictable so I can plan ahead with confidence.			
10. I understand myself well.			
11. I know what is natural and right for me.			
12. I do some enjoyable things just because I want to.			
13. I can relax and forget about my problems at times.			
14. What I do today will make life better for me in the future.			
15. I believe I can have the life I want.			
Your Total Basic Human Needs Scores			

Your Basic Human Need Scores

Your total basic human need scores at age 10 and now can range from 0 to 150. Scores below 60 suggest you endured or currently endure severe need frustration. Scores in the 60-90 range suggest moderate need frustration. Scores in the 90-120 range suggest moderate need satisfaction. Scores of 120-150 suggest that your needs were or are well met.

If your childhood scores fall below 90, you grew up in an environment without enough resources for you (as you already know). If this was the case, pay special attention to finding a lot of support during recovery through resources such as self-help groups, therapy, close friends, and church and community groups.

Your Basic Human Needs

Physical Health

Autonomy

Safety and Security

Predictability and

Legitimacy

Love and Affection

Recreation

Self-efficacy

Identity

Belonging

Meaning and Hope

Discuss your Basic Human Needs Scores

Recovery Exercise #4: Your Childhood Behavioral Strategies

You may have employed different strategies at different times as your family changed or as older siblings left home. But use the following scales to identify strategies you relied upon most heavily while growing up. Rate each of statement using a 0-10 scale: 0 = very untrue of me, 4 = moderately untrue of me, 6 = slightly true of me, 8 = moderately true of me and 10 = very true of me.

Taking Responsibility and Achieving

1. My responsibilities as a child went beyond what I could handle.
2. A major way I felt good about myself was by being responsible.
3. I tried hard and did well in school or in activities like sports, clubs, or jobs.
4. I felt like a failure if I didn't do really well at something.

My Taking Responsibility and Achieving Total

Caretaking and Controlling in Relationships

1. I took (or was assigned) responsibility for other family members as a child.
2. I counseled or helped one or both of my parents with their problems.
3. I gave advice or orders to my parents or siblings to make things go better in the family.
4. I learned to be a good listener, and other people came to me for help.

My Caretaking and Controlling in Relationships Total

Rebelling or Being a Lightning Rod

1. I got in trouble at home because I wouldn't go along with things I thought were wrong.
2. I raised issues that other family members felt but didn't acknowledge.
3. I rebelled as a child and did destructive things to me or others.
4. I got into trouble at school and in the community through acting out.

My Rebelling or Being a Lightning Rod Total

Adapting and Becoming Invisible

1. I spent time alone as a child because that was more comfortable than being with my others.
2. The best thing to do was to keep quiet and let things blow over, so I tried to become invisible.
3. I hoped someone would seek me out and care about me because I felt so lonely.
4. Family members acknowledged me for not being a bother, even though I needed more attention.

My Adapting and Becoming Invisible Total

Remaining Dependent or Under-Responsible

1. My parents didn't encourage me to become independent and responsible.
2. One or both of my parents did things for me I needed to do for myself.
3. Family discipline was loose, and I got away with things I shouldn't have.
4. I learned to manipulate or con others into doing things for me.

My Adapting and Becoming Invisible Total

Your Childhood Behavioral Strategy Scores

Add up your scores for each pattern, which can range from 0 to 40. A score of 20 or above shows you strongly relied upon a particular strategy. You'll use this information later as you assess whether your strategies progressed into self-defeating life patterns as an adult.

Discuss your Childhood Behavioral Strategies

Recovery Exercise #5: How You Use Emotional Discounting

Identify how you may use discounting in dealing with problems. A good way to do this is to keep a daily log for a week for self-observation. Examine the events of the day and identify times when you discounted your feelings. Also, consider the events of childhood. Today or as a child, did you discount the existence of a problem, discount its intensity or significance, discount the possibilities for change, or discount your own ability and blame yourself?

Be conscious of situations in which you say, “No problem,” “I didn’t even notice,” “That’s okay,” “No big deal,” “I don’t care,” “There is nothing I can do about it,” “I guess I deserved it,” or “I can’t do anything right.” Notice the subtle distress cues you get inside when you discount your feelings. Maybe that bothered you. Maybe there is something you can do about it. Maybe it wasn’t your fault. Stopping habitual discounting is part of the *recognition* process that prepares you to take positive action in your life.

Discuss your Emotional Discounting

Recovery Exercise #6: Your Childhood Self-Comforting

How did you comfort yourself as a child? Rate the actions below from 0 to 10, with 0 showing low reliance on and 10 showing heavy reliance: eating, sleeping, watching television, physical exercise, video games, masturbation, physical risk taking, reading, daydreaming, and other self-comforting behavior?

Discuss your Self-Comforting

Recovery Exercise #7: Your Self-Worth

Use a 0-10 Scale, where 10 means “very true” about you.

1. I can do what I must do to improve my life.
2. I give myself the benefit of the doubt when I make mistakes.
3. I feel worthy as a person.
4. I'm able to try new things without having to do them perfectly.
5. I feel good about how I meet my responsibilities.
6. How I appear to others matches how I feel inside.
7. I feel compassion for myself and my life.
8. I don't go through big mood swings during a day or week.

Your Self-Worth Total

Your score on this scale can range from 0 to 80. A score of 40 or below suggests that unstable self-worth may be a significant challenge for you. If your score is between 40 and 60, you have moderately stable self-worth. A score between 60 and 80 suggests you have stable self-worth.

Discuss your Self-Worth

Recovery Exercise #8: Your Unresolved Emotions and PTSD

Use a 0-10 Scale, Where 10 means “very true” about you.

1. I went through experiences growing up (or in adulthood) that I haven't let myself feel.
2. I overreact emotionally to situations that touch old feelings.
3. I'm better off not expecting too much, so I won't get disappointed if things don't work out.
4. I become depressed, angry or fearful without really understanding why.
5. I don't understand what I really feel and need.
6. I avoid people who remind me of others from the past.
7. I'm afraid to let myself feel too deeply because I might fall apart.
8. I try to avoid situations that might trigger old memories.

Your Unresolved Emotions and PTSD Total

Your score on this scale can range from 0 to 80. Any single item scored at 7 or above suggests an issue to deal with during recovery. An overall score below 25 suggests that unresolved emotions may not deeply trouble you. A score of 25-50 implies unresolved feelings moderately interfere with your life. A score of 50 or above suggests significant distress, and it may be helpful to see a professional for support with unresolved feelings.

Discuss your Unresolved Emotions and PTSD

Recovery Exercise #9: Compulsive Achievement Self-Assessment

If compulsive achievement is a pattern in your life, rate how the characteristics of the pattern apply to you. Use a 0-10 scale for each characteristic, where 0 = very untrue of me, 4 = moderately untrue of me, 6 = moderately true of me, and 10 = very true of me.

1. I engage in school, sports, and work over sixty hours per week.
2. My achievements are my primary identity.
3. I work, work out or study even when I know I need to spend time with family or friends.
4. I neglect my health or rest trying to achieve my goals.
5. I think about, plan for, or worry about achieving when I'm not actively working.
6. I equate happiness with my level of achievement.
7. It's hard for me to relax during unstructured time.
8. It's hard for me to be emotionally close.

Your Compulsive Achievement Total Score

The highest possible score on this self-assessment is 80. Single-item high scores or an overall score above 40 suggest you may have a problem with this pattern.

Discuss your Compulsive Achievement

Recovery Exercise #10: Co-Dependency Self-Assessment

If co-dependency may be a problem for you, rate to what extent the characteristics below apply to you using the same 0-10 scale you used for the compulsive achievement self-assessment.

1. I invest time, energy, and affection in a relationship where these qualities aren't reciprocated equally.
2. I subordinate my own wishes, needs, and values to accommodate a partner.
3. I take more than my share of responsibility for the problems in a relationship.
4. I worry more about another person's problems than he/she does.
5. I spend much of my time thinking, planning, or worrying about how to improve the relationship.
6. I try directly or indirectly to change another adult's feelings and behavior toward me.
7. It's difficult to identify and express my feelings and needs.
8. I feel unable to protect myself from criticism or abuse.

Your Co-Dependency Total Score

The total possible score on this scale is 80. High single-item scores or an overall score above 40 suggest that you may have a problem with this pattern.

Discuss your Codependency

Recovery Exercise #11: Generalized Rebellion Self-Assessment

Have you struggled with lost causes and situations you were powerless to change? If so, use the 0-10 scale to rate the extent to which the following characteristics apply to you.

1. I engage in uninvited attempts to influence people and organizations.
2. I take the scapegoat or “fall guy” role in group situations.
3. I take responsibility for things that aren’t appropriately my concern.
4. I use gentler persuasion at first and then turn to more aggressive tactics when others don’t respond.
5. I’m preoccupied with the irresponsibility or misbehavior of people or organizations.
6. I believe I can overcome any problem with good intentions and effort.
7. I can’t let issues pass without challenge, even if they don’t directly involve me.
8. It’s hard to disengage emotionally, even when it’s clear I can’t directly influence people and situations.

Your Generalized Rebellion Total Score

Your Generalized Rebellion Score

The total possible score is 80. Single high scores or an overall score of 40 or above imply that you have a problem with this pattern.

Discuss Your Generalized Rebellion Score

Recovery Exercise #12: Casualty Syndrome Self-Assessment

If you feel victimized in a relationship or job situation, rate which characteristics of casualty syndrome you experience in that situation. Use the 0-10 scale.

1. I take part passively in situations that directly affect me.
2. I hope to find someone who'll take care of me.
3. I let people know indirectly when I'm unhappy about something.
4. I allow authority figures in my life tell me what is best for me.
5. I dwell on how people have wronged me.
6. I believe that if I do what's right, other people also will.
7. It's hard to identify my feelings and needs.
8. I don't know how to assert my own rights and wishes.

Your Casualty Syndrome Total Score

The highest possible score is 80. Single high scores or an overall score above 40 imply that you may have a problem with this pattern.

Discuss Your Casualty Syndrome Score

Recovery Exercise #13: Under-Responsibility Pattern Self-Assessment

Do you have some characteristics of under-responsibility pattern? Rate which characteristics apply to you using the 0-10 scale.

1. It's hard to meet my commitments.
2. I let other people take care of things that are really my responsibility.
3. People make allowances for me or my special circumstances or limitations.
4. I find myself in trouble with others because of my behavior.
5. I think about how to avoid the drudgery of life.
6. If I can get away with something or get someone else to do it, I might as well.
7. I shouldn't have to work too hard in life.
8. It's hard to take full responsibility for myself.

Your Under-Responsibility Pattern Total

The highest possible score on this scale is 80. Single high scores or an overall score of 40 or above imply that you may have a problem with this pattern.

Discuss Your Under-Responsibility Pattern Score

Recovery Exercise #14: Your Vulnerability to Addiction

Answer the following questions at two time periods in your life: (1) how things were (or are) for you at age 16, and if you're older than 16, (2) how they are for you now. Use a 0-10 scale where 10 means very true of you.

1. I don't respect myself.
2. Things from my past bother me.
3. It's hard to trust other people.
4. I don't take good care of myself with rest, diet and exercise.
5. I get sick frequently or have pain and stress-related problems.
6. Depression, anxiety, anger or insomnia are a problem for me.
7. Family conflicts bother me.
8. I have conflicts with friends, peers, employers, or co-workers.
9. It's hard to meet my responsibilities at home, work or school.
10. I'm bothered by shame, guilt, regret or disappointment.
11. I've faced traumatic experiences in my life.
12. One or both of my parents were addicted to a substance or behavior.
13. I drank, used drugs, overate, or used other escapes at an early age.

14. I get in trouble, do self-destructive things, or make poor decisions around escapes.
15. There are addictions and/or emotional or mental health issues in my family tree.

Your Vulnerability to Addiction Total Score

Possible scores on this scale range from 0 to 150. A score of 40 or less suggests that you have low vulnerability to addiction, scores of 50-80 suggest moderate vulnerability to addiction, scores of 80-120 suggest high vulnerability to addiction, and greater than 120 shows extreme vulnerability to addiction. Even if your overall vulnerability score is low, one or more high scores on the questionnaire could imply higher vulnerability.

Your total score at age 16 vs. your score now shows you how your risk may have increased or decreased. If you have high or extreme vulnerability to addiction now and are already addicted to a substance or behavior, it's unlikely that you'll be able to engage in any mood-altering substances or behavior without risking another addiction.

Discuss Your Vulnerability to Addiction

Recovery Exercise #15: Your Use of Escapes

Use a 0-10 scale for each statement about each escape behavior or substance use in your life, where 0 = very untrue of you, 4 = moderately untrue of you, 6 = slightly true of you, 8 = moderately true of you, and 10 = very true of you. Potential escapes include alcohol and/or drug use, food use, sexual behavior, exercising, spending, risk taking, gambling, or

is a problem in my life.

I obsess about and look forward to

I behave in ways I regret when I

I to avoid negative feelings.

I attempt to change my and fail.

Understanding Your Scores

A score of 24 or more for a particular behavior pattern or a single item high score implies that you may have a problem with that escape pattern. If you have one or more addictive behavior patterns, you're not alone. Chapters 7 and 8 describe resources for recovery and how to develop your recovery plan. I present guidelines for replacing addictions in Chapter 9. Every step forward in recovery counts, so keep the faith!

Discuss Your Use of Escapes

Recovery Exercise #16: Your Self-Care Plan

What do you need to do regularly to feel happy, healthy and calm? Set some self-care goals to work toward at your own pace. Don't expect yourself to accomplish these goals immediately or perfectly. These are objectives to orient toward and accomplish as you're able. List activities in each of the following areas you would like to do for yourself on a daily or weekly basis.

Physical health care including diet; exercise; rest; massage and bodywork, and medical, dental, or other professional care

Emotional well-being including contacting friends, self-help groups, workshops, journal writing, or psychotherapy.

Spiritual well-being including daily readings, yoga, meditation, prayer, church attendance, or communing with nature.

Intimate relationships daily or weekly time set aside for family members and close friends.

Meaning and accomplishment long-term goals and aims in your work and personal life that provide a sense of excitement and direction in your daily life

Recreation and fun laughter, playing, being out in nature, and withdrawing from problem-solving activity

Reread your self-care plan regularly. Monitor your progress, but be forgiving if it takes longer than you expect. Most of us spend several years getting our self-care plan fully in place. Update your plan when you need to.

Recovery Exercise #17: Develop Your Recovery Plan

Successful projects start with a clear picture of the present situation and a vision of your goal. Write what you've learned about your survival patterns to give yourself the baseline against which to measure your progress. Then you can design exactly how you want things to be instead.

Below is a list of enduring emotional adjustments, self-defeating life patterns, addictions, and complications we've covered. Note each pattern and complication that applies to you.

Survival Behavior Patterns and Complications

Enduring Emotional Adjustments	Self-Defeating Life Patterns	Addictions	Complications
Unstable Self-Worth	Compulsive Achievement	Alcohol or Substance Abuse	Neglecting Self-Care, Diet and Exercise
Unresolved Emotions and PTSD	Co-Dependency	Tobacco addiction	Health Problems
Difficulty Trusting	Generalized Rebellion Casualty Syndrome Under-Responsibility Pattern	Food Addiction Bingeing or Vomiting Death Defying Activities Compulsive Sexual Behavior Compulsive Spending Compulsive Gambling	Depression, Anxiety or Insomnia Painful feelings such as guilt, helplessness, anger or disappointment Family Conflict Relationship Conflict Work Conflict Burnout Symptoms such as cynicism, apathy or fatigue

For each issue, write a brief description of how that pattern appears in your life now. This is a snapshot of your “survival” pattern. Then describe the pattern of living you want to replace the old pattern, even if you don’t know exactly how you’ll accomplish this. This is a snapshot of your “freedom” pattern. You’ll find an example recovery plan is in the book.

This exercise requires effort and thought and may take some time to complete, but your written personal plan is extremely important. Writing things down is a powerful tool for change, and once you have your plan, it’s a helpful reminder of your recovery goals.

My Recovery Issues

My Recovery Plan

Recovery Exercise #18: Your Addiction History

If you have become addicted to a substance or behavior, write a history of your experience with each substance or addictive behavior pattern that troubles you. (Use Zach's recovery plan for alcohol abuse in Chapter 9 as a model).

1. Describe your experience with that escape behavior up to the present, beginning with your first memory of using that escape. How frequently have you used the escape (look at time periods of about three months)?
2. What problems in your life result from your addiction? How does your addiction affect your moods? Did you do things that harmed your health, self-worth, finances, relationships, or job (be specific)?
3. What are the costs and benefits of each addiction in your life now? Is it worth it?
4. What personal addiction limits make sense for you?

My Addiction History

Recovery Exercise #19: Your Personal Process Inventory

Complete a “personal process inventory” examining the self-defeating life patterns you may use to clarify what needs drive these patterns and recognize where things went off the track. Before writing about your personal process, read through the inventory instructions and example in the book to understand how this works.

1. Write about how you wanted things to be in (a) your family during childhood and adolescence, (b) in a significant romantic relationship or marriage (if applicable), and (c) one work situation.
2. What was your “job description” or expectation for yourself in each situation? Did you fulfill your job description?
3. What was your “job description” or expectation for the other central people in each situation? Did they meet these expectations?
4. If you didn’t carry out your “job description” in a relationship or work situation, what happened then? Did you change your behavior, defend yourself, counterattack, try to conceal your failure, or leave the situation?
5. If other people didn’t meet your expectations in a relationship or work situation, what happened then? Did you try to make them do what you expected by trying harder at your job, reasoning with them, complaining, withdrawing emotionally, being angry, or being self-destructive? Did they change?
6. What happened to your happiness, health, self-worth, use of addictions, satisfaction, and spirituality in each situation?

My Personal Process Inventory

Recovery Exercise #20: Your Recovery Guidelines

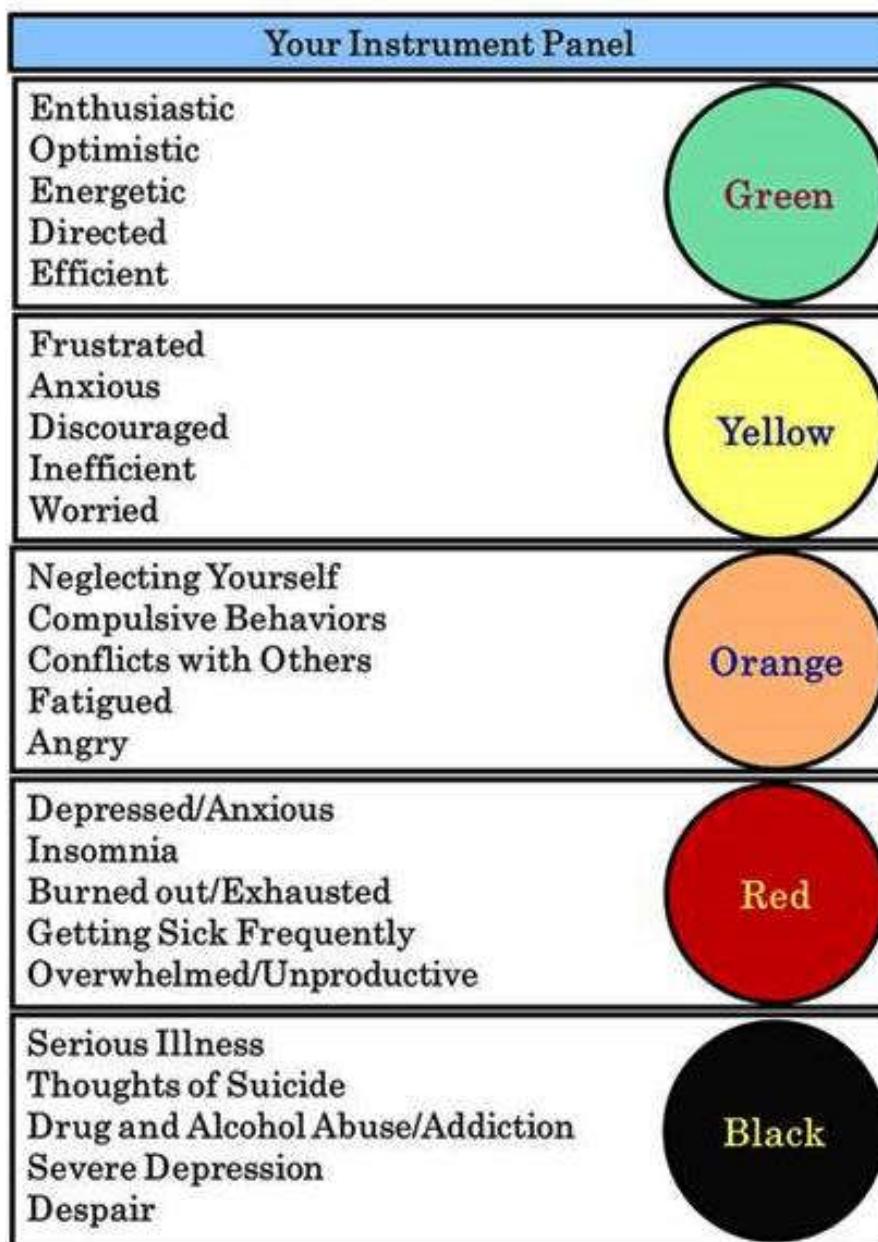
What guidelines, beliefs, and skills will guide your recovery from self-defeating life patterns? Write these down, apply them at your own pace, and adjust as you need to.

Recovery Exercise #21: Develop Your Entrance Exam

Based upon your experience with people and job situations, what are the non-negotiable requirements (as distinct from preferences) you require in personal or work relationships to maintain your health and well-being? List two separate categories: (a) characteristics that I must have, and (b) characteristics that I can't stand.

Recovery Exercise #22: Monitor Your Instrument Panel

If your instrument panel lights up, use the well-being checklist below to identify what's bothering you and develop a plan to get back on track. What's your instrument panel telling you?



What's your instrument panel telling you?

Recovery Exercise #23: Use the Well-Being Checklist

When you get warning signals on your instrument panel, use the following well-being checklist to identify how to restore emotional and physical balance.

Be compassionate with yourself. Write three ways you criticize yourself and three kind things you can say to yourself instead.

Correct your mistakes. Are there any mistakes you need to correct? How and when will you do it?

Follow a daily self-care plan. List your daily/weekly self-care actions for each area below in your relationship journal.

Move away from toxic influences. What action do you need to take to move away from toxic influences?

Be grateful. List what you're grateful for and use it to remind you when things get tough.

Design a positive future. Develop a plan for the important things you want to accomplish during life and partnership, and the next steps you'll take to accomplish each of these.

Serve others. What service can you provide?