



# MANAGING YOUR WORLD

## IN-PERSON ENGAGEMENT WORKBOOK v2



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# Introduction

Thank you for acquiring our Managing Your World In-Person Engagement Workbook **v2**.

## The Workbook

This Workbook has been designed using our unique applied learning principles. Each lesson addresses one of the 25 areas of stress most commonly faced by those recovering from addictions.

Each of the 25 lessons integrates introductions, personal stories, activities and reflective thinking. Designed as a resource to support recovery and minimize the potential for relapse individually or with a support person – friend, sponsor, counselor and for support groups.

## Who We Are

We are a community of individuals who share a common commitment to relapse prevention, based on our experiences related to addiction, recovery, relapse and the challenges associated with achieving long-term sobriety.

## What We Do

We research and validate best practices in relapse prevention. To them, we add our own content based on our deep understanding of relapse prevention and what works. This allows us to make available to you the most effective content and tools so that you can provide more support resources to your participants, clients, patients, and peers to help them succeed in recovery. [Why We're Motivated](#)

We have personally experienced the trauma and devastating results of addictive behaviors as well as with loved ones, friends, co-workers and in our communities. And the wonderful life that happens when our behaviors shift to healthy ones. Our focus is to address the need for additional support resources and ideas to move forward on the path to recovery. We recognize sobriety takes time, as well as what it's like to feel discouraged. We want to be a valued partner in that journey, offering hope and proven tools to help bring people further along to a healthy life.

## Contact Us

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# TABLE OF CONTENTS

Lesson Title	Page
1. Establishing Resilient Behaviors	4
2. Making Commitments	7
3. Conflict Management	9
4. Dealing with Depression	12
5. Dealing with PTSD	14
6. Facing our Fears	16
7. Addressing our Resentments	18
8. Shared Experiences	20
9. Navigating Peer Pressure	22
10. Healthy Use of Electronics	24
11. Power of Groups and Good Counsel	26
12. Healthy Boundaries	28
13. Making Amends	30
14. Keeping Your Guard Up	33
15. Addressing Personal Triggers	35
16. Prayer and Meditation	37
17. Hobbies that Heal	39
18. Self-Compassion	41
19. Dealing with Perfectionism	43
20. Heart Healthy Lifestyle	45
21. Long-Term Sobriety	47
22. Being the Scapegoat	49
23. Grieving and Letting Go	51
24. Saying Things with Honesty	52
25. Do it For the Kids	54



Triggers are events or situations that happen or exist that cause certain behaviors to occur. There are multiple types of triggers that may cause you to relapse or engage in other negative behaviors. Triggers can be internal or external.

### A story...

I'm not the violent type. But several years ago when I forcefully threw a handful of knives into the wall where my wife had just been standing a few minutes earlier, I realized I had crossed the line and needed to change. My wife had become the overbearing, critical type. I worked hard to provide a good home, cared for the kids, coached their sports teams, did maintenance on the house, etc., but somehow it was never good enough for her.

Over time her accusations and angry outbursts toward me began to increase, and soon it seemed like it only took the smallest thing to set me off. Questions like "Why didn't you do the dishes?" "Where have you been?" "What's he doing here?" "Why isn't this done yet?" all sent me into a downward spiral ending in an angry shouting match, door slamming, speeding away in my car, a few drinks at the bar, a night on the sofa at my office or in the back of my car at the factory. I came to despise the sound of her voice and was grateful every time she left for work.

I hated my life then. After years of angry, lonely evenings, I finally left that relationship. I took a job in another state, started attending a support group and am meeting with a therapist. But I'm not free of her, not yet.

The shadows of my past can creep in and hook me so quickly, that it's almost like she's back in the room even though she's miles away. The smallest request from a friend or my boss can trigger my emotions. All it takes is for it to sound like or feel like something she would have said or done, and the tremors start. When they do, they're strong and I quickly start looking for ways to calm down.

Before entering recovery, I'd turn to a glass or two of scotch. I liked the feeling I'd get where I could almost watch her disappear in a fog over the horizon. But that's not an option for me now. I'm committed to being in control of myself and my emotions.

So, instead of turning to alcohol, I am learning to pause. She's not here with me, she has no influence over me now. I'm a good person and she can't hurt me anymore. But the wounds she left – those still need to be healed. So, I take a walk, I curl up with my dog, I watch a favorite movie, I call my sponsor, I make some music with my guitar. You see, I have options, and I'm learning to rely on them to help me find a calm place and let the tremors pass.





# LESSON 15

## Addressing Personal Triggers

### Activity

In the following activity, score yourself as it relates to how the triggers play a role in your recovery, with “0” being not applicable and “5” being highly related.

Internal Triggers	Score
Emotions – strong emotional reactions can trigger negative behaviors	0 1 2 3 4 5
Thoughts – negative thought patterns can trigger poor decision making	0 1 2 3 4 5
Memories – past memories of negative situations may haunt you and trigger relapses	0 1 2 3 4 5
External Triggers	Score
Smells or tastes – odors or food	0 1 2 3 4 5
Sounds – people and music	0 1 2 3 4 5
Movies – identify the genre if you can	0 1 2 3 4 5
People – family, friends and co-workers	0 1 2 3 4 5
Places and events – family gatherings or public events	0 1 2 3 4 5
Financial – cash and credit cards	0 1 2 3 4 5
Seasons or a specific time of year – weather changes or holidays	0 1 2 3 4 5
Trauma – personal experiences	0 1 2 3 4 5
Paraphernalia	0 1 2 3 4 5

Source: <https://www.agapetc.com/understanding-triggers-and-how-to-deal-with-them-in-recovery/>

### Reflective Thinking

1. Which internal triggers cause you the most stress that tempt relapsing or negative behaviors and why?
2. Which external triggers cause you the most stress that tempt relapsing or negative behaviors and why?
3. Pick an internal and external trigger that you’d like to work on addressing. Do so with a support person, such as a counselor, sponsor or trusted friend.



# LESSON 21 Long-Term Sobriety

Abstinence means being sober. Sobriety is much more, and long-term sobriety refers to a change in how you live, the choices you make and the behaviors you choose. Long-term sobriety is based on spiritual principles and a sense of wholeness that over a period of months and years have become a regular part of your experience.

## A story...

The day before I self-surrendered to the Maricopa County Jail to begin my 120-day sentence for my fourth DUI was also the day I reached my one-year mark of sobriety.

I had not touched an alcoholic beverage or even walked into a bar for 365 days. I had decided there was too much to lose – and there was – so I simply stopped. It wasn't the thought of being in jail that got me sober. No, I was finally honest with myself that until I faced up to my addiction problem and started making new decisions, I was never going to have any real peace.

I realized there was much at that point that was missing from my life. I wanted a better job, to finish school and to grow into the man I believed I could be. So, even though I was heading to jail, nothing could take that year of sobriety from me. I had persevered and had become willing to face life on its terms. I finally had gained a real respect for myself and others.

When I was released from jail four months later, just before Christmas, I had completed sixteen months of sobriety. The battle for sobriety, consistency, and health was going well. I had quit smoking cigarettes, too. However, the battle for emotional sobriety and renewal had just begun.

Little did I know that my mother was going to become very ill. Very quickly, I was forced to consider that while my sobriety and living my life right were my new priority, others would need my help with their needs and concerns. I realized how selfish I had become in my sickness and started to learn how to take care of myself but also respond well to others.

I began to look for new work. At one time, my work in the restaurant business had provided me with ready access to alcohol. But the wisdom gained from sixteen months of sobriety helped steer me in new directions. I concluded that being around alcohol every day wasn't worth the risk. My sponsor helped me understand that many have believed they can manage their cravings and then fallen hard when the pressures or desires lured them away.

I didn't want that to be me. No matter how much sobriety I had gained, I also was now convinced that mastering addiction is virtually impossible. Pride, feeling like I'm in control, is the real adversary. I was told to kick it to the curb whenever it shows its ugly head, to remember what's in the past and to stay humble.

I found new work, custom cutting lumber in a warehouse on the south side of town. The owner knew my record and was willing to give me a chance. It didn't pay as well as the restaurant and bar, but it was steady, and the work environment was all right. He offered to pay me a bonus after six weeks for learning to handle heavy equipment and drive a forklift. Each day is a challenge, but also a gift.

# LESSON 21 Long-Term Sobriety

## Activity

The following tasks are important for sustaining long-term recovery. Review each Long-Term Vision item and determine where it is in your recovery plan. Is it missing from your plan, is it something that is in your plan but you haven't started, or is it something you have started?

	Long-Term Vision	Missing
Do To Do Doing		
Don't Be in This Alone – It's almost impossible to stay sober alone. Some might go so far as to blame loneliness and isolation for most cases of addiction, insofar that people start using drugs as a way to form bonds and connect with others, but fail to do so, and instead only form a bond with substances.		
Keep in Touch with a Professional – A support system is important, so you can call on them for help, rekindle old relationships, and spend time with the people you love. But professional help is important, too. Professionals help you sort out your head and find your path through all of this.		
Find Your Purpose – We all need something to do, and not just because we get bored. We're meant to work together, matter to one another, and be useful within the community and within society.		
What's Your Idea of a Good Time – You need ways to let off some steam – ways that don't involve vice and bad choices. It might sound irritating to go and focus on "healthier lifestyle choices", but there's more to it.		
It Does Get Easier – Maybe the most important piece of information for anyone to receive in recovery is that it gets easier a step at a time. It's not necessarily a day-to-day change – some days things are better, or worse. But over time, you'll notice that it gets easier.		

Source: <https://transcendtexas.com/key-maintain-sobriety-long-term/>

## Reflective Thinking

1. Are all of these tasks in your recovery plan and do you regularly discuss them with your support network and professional counselor? If not, why not?
2. Which ones are missing, if any, and when will you add them to your plan?
3. For those tasks you are doing, how have they been successful/supportive of your recovery? How might you learn from that to continue to add tasks that are missing?



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