

Breaking Bad Habits

Sobriety & Resilience · The Recovery Files

The Next Frontier of Recovery Growth

Now That You're Sober — How Will You Continue to Grow?

A Resiliency Intensive — The Recovery Files

Stuck · Old patterns running on autopilot · Growing · Intentional habits, purposeful life

In this workbook

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Each reading is followed by its check-in questions and exercises, in the same order as the app. Your scored results are shown in the app.

PART 1 OF 4 · READING

The Sober Plateau: Why Recovery Doesn't End When Using Stops

Getting sober was the hardest thing you have ever done. The detox, the withdrawal, the raw vulnerability of early recovery, the painstaking work of building a new life without the substance that had been your primary coping mechanism — all of it required courage, commitment, and a willingness to change that most people never demonstrate in their entire lives.

You should be proud of what you have accomplished. It is extraordinary.

And now, a year or more into recovery, something unexpected may be happening. The crisis energy that fueled your early sobriety has faded. The desperation that made you willing to do anything — go to meetings every day, call your sponsor, work the steps, surrender — has mellowed into something more comfortable. The emergency is over. You survived. You are sober.

And yet, quietly, a question has begun to surface: "Is this all there is?"

This is the Sober Plateau — a critical and dangerous phase of recovery that many people do not anticipate and few programs adequately prepare you for. The plateau is the space between surviving and thriving, between not using and actually growing. It is the place where early recovery's dramatic transformation gives way to the less glamorous but equally important work of becoming the person you are capable of being.

The plateau feels like safety, and in some ways it is. You are no longer in crisis. Your life has stabilized. The acute pain of addiction has subsided. But safety can become stagnation if you mistake the absence of crisis for the presence of growth. Sobriety removed the poison from your system — it did not automatically replace it with vitality, purpose, and fulfillment. That work remains to be done.

Here is the uncomfortable truth that long-term recovery demands you face: many of the bad habits, dysfunctional patterns, and self-defeating behaviors that predated your addiction — or that developed during it — are still running in the background. Substances masked them. Early recovery was too chaotic to address them. And now, on the plateau, they have begun to reassert themselves.

The procrastination. The people-pleasing. The avoidance. The compulsive behavior that has simply found a new outlet. The emotional habits that keep you stuck in patterns you recognize but cannot seem to break.

The sober plateau is not a failure — it is an invitation. It is the moment when recovery stops being about what you are running from and starts being about what you are building toward. It is where the question shifts from "How do I stay sober?" to "Now that I am sober, who am I becoming?"

And answering that question requires confronting the bad habits that sobriety alone cannot cure.

This intensive is designed for people who have achieved sustained sobriety — 12 months or more — and who are ready to do the next level of work. Not because they are in crisis, but because they recognize that growth is not optional in recovery. It is the difference between a life that is

merely sober and a life that is deeply, meaningfully lived.

Reflection Questions

1. Do you recognize the "Sober Plateau" in your own recovery? How would you describe where you are right now — surviving, plateauing, or actively growing?

2. What bad habits or patterns have you noticed reasserting themselves now that the crisis of early recovery has passed?

3. Has your engagement with your recovery program (meetings, sponsor, step work, therapy) decreased since your first year? If so, what has replaced that time and energy?

4. When you imagine a life that is not just sober but truly thriving, what does that look like? What is the gap between where you are now and that vision?

5. On a scale of 1 to 10, how motivated are you right now to do the work of continued growth — not because you have to, but because you want to? What would move that number higher?

CHECK YOURSELF · CHECK-IN 1 OF 5

Recovery Complacency

Scale: 1 = Not at all · 2 = A little · 3 = Somewhat · 4 = Quite a bit · 5 = Very much

1. I have reduced my meeting attendance, sponsor contact, or program involvement significantly
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I sometimes feel like I no longer need the level of support I once did
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I catch myself thinking "I've got this" without actively doing the work that got me here
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I have stopped or significantly reduced my spiritual or mindfulness practices
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I no longer regularly take personal inventory or do self-reflection
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I have started spending more time with people who are not supportive of recovery
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I minimize the seriousness of my addiction when talking to others
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I am less willing to be vulnerable or honest in my recovery relationships than I used to be
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

CHECK YOURSELF · CHECK-IN 2 OF 5**Emotional & Relational Patterns**

Scale: 1 = Not at all · 2 = A little · 3 = Somewhat · 4 = Quite a bit · 5 = Very much

1. I regularly say yes to things I want to say no to
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I avoid difficult conversations even when I know they need to happen
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I catch myself gossiping, complaining, or being passive-aggressive
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I have difficulty setting and maintaining healthy boundaries
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I tend to isolate rather than reach out when I am struggling
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I use humor, sarcasm, or deflection to avoid genuine emotional connection
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I find myself in recurring relational patterns that I know are unhealthy
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I struggle to ask for what I need directly and honestly
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

YOUR EXERCISE**Recovery Program Health Check**

How Strong Is the Foundation You Built?

The Principle

Recovery programs work when you work them — and one of the most dangerous bad habits in sustained recovery is the gradual erosion of the practices that saved your life. This health check is not about guilt. It is about honestly assessing whether the foundation is still solid or whether cracks have appeared that need attention.

Meeting Attendance

How consistently are you attending meetings? Has frequency changed since year one?

Current status — be specific and honest:

How has this changed from your first year of recovery?

Health rating for this area (1 = critical, 10 = thriving):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Sponsor/Mentor Contact

How often are you in contact with your sponsor? Is it regular, or only in crisis?

Current status — be specific and honest:

How has this changed from your first year of recovery?

Health rating for this area (1 = critical, 10 = thriving):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Step Work & Personal Inventory

Are you actively working steps, doing daily inventory, or has this slowed down?

Current status — be specific and honest:

How has this changed from your first year of recovery?

Health rating for this area (1 = critical, 10 = thriving):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Prayer/Meditation/Spiritual Practice

What is the current state of your spiritual or mindfulness practice?

Current status — be specific and honest:

How has this changed from your first year of recovery?

Health rating for this area (1 = critical, 10 = thriving):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Service Work

Are you actively giving back — sponsoring, volunteering, carrying the message?

Current status — be specific and honest:

How has this changed from your first year of recovery?

Health rating for this area (1 = critical, 10 = thriving):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Therapy/Professional Support

Are you engaged in ongoing therapeutic work, or have you "graduated" yourself?

Current status — be specific and honest:

How has this changed from your first year of recovery?

Health rating for this area (1 = critical, 10 = thriving):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Honesty & Transparency

How honest are you being with your support system about your inner life?

Current status — be specific and honest:

How has this changed from your first year of recovery?

Health rating for this area (1 = critical, 10 = thriving):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Recovery Community Connection

Do you have genuine friendships in recovery, or have you become peripheral?

Current status — be specific and honest:

How has this changed from your first year of recovery?

Health rating for this area (1 = critical, 10 = thriving):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Program Health Summary

1. Which area scored lowest? What has caused the decline, and what would improvement look like?

2. If your sponsor or therapist reviewed your answers, would they be surprised? What would they say?

3. What is the relationship between your declining program engagement and any bad habits identified in your audit?

4. What one program commitment could you renew this week that would have the greatest impact on your overall recovery health?

PART 2 OF 4 · READING

Transfer Addictions & The Habits That Replace Substances

One of the most important concepts in long-term recovery is behavioral transfer — the process by which the addictive pattern does not disappear when the substance is removed but instead migrates to a new host. The craving for escape, relief, numbness, excitement, or control does not evaporate with sobriety. It looks for a new vehicle. And it is remarkably resourceful in finding one.

Transfer addictions — sometimes called cross-addictions or substitute addictions — occur when the underlying neurocircuitry of addiction attaches to a new behavior or substance. The same dopamine-seeking, compulsive, escalating, consequence-ignoring pattern that characterized your substance use reappears in a different form.

Food. Shopping. Gambling. Sex. Work. Exercise. Social media. Gaming. Relationships. Even recovery itself can become compulsive — attending meetings obsessively while avoiding the emotional work the meetings are supposed to support.

Not every bad habit is a transfer addiction. Some habits are simply bad habits — patterns that are unhelpful, unhealthy, or self-defeating but that lack the compulsive, uncontrollable quality of addiction. The distinction matters because the intervention is different. A bad habit can often be addressed through awareness, substitution, and behavioral practice. A transfer addiction requires the same level of honesty, surrender, and support that substance addiction demands.

Here is how to tell the difference. Ask yourself these questions about the behavior in question: Have I tried to stop or moderate it and been unable to? Do I continue despite negative consequences? Do I hide it or minimize it to others? Does it consume more time, energy, or money than I intend? Do I feel a compulsive pull that overrides my rational decision-making?

If you answer yes to multiple questions, you are likely dealing with a transfer addiction, not just a bad habit. Both need attention, but transfer addictions need the full weight of your recovery toolkit.

Beyond transfer addictions, there are categories of bad habits that commonly emerge or persist in sustained recovery.

Emotional habits — people-pleasing, conflict avoidance, chronic complaining, passive-aggression — are patterns that were often present before addiction and were never directly addressed because the substance was the presenting problem. Recovery removes the substance but does not automatically install healthy emotional patterns in its place.

Self-care habits — poor nutrition, sleep deprivation, smoking, sedentary lifestyle, overworking — are areas that early recovery often neglects because the priority is simply staying alive and sober. But as recovery stabilizes, these habits become increasingly relevant because they directly impact mood, energy, cognitive function, and relapse risk. A person who is sober but chronically exhausted, poorly nourished, and physically inactive is not building a foundation for sustainable recovery.

Recovery-specific habits — meeting avoidance, dishonesty, spiritual bypassing, comparing yourself to others, refusing to ask for help — are perhaps the most insidious because they erode the very foundation that sobriety was built on. They are the termites in the structure of recovery, often invisible until significant damage has occurred.

The invitation of this work is not to berate yourself for having bad habits. You are human. Bad habits are part of the human experience. The invitation is to bring the same honesty, willingness, and commitment to these patterns that you brought to your substance use — because in recovery, anything you are unwilling to look at honestly has the potential to become the thing that takes you down.

Reflection Questions

1. Have you noticed any behaviors in your recovery that mirror the compulsive patterns of your substance use? Which ones, and how are they similar?

2. Apply the transfer addiction questions to one behavior you are concerned about. How many "yes" answers did you get? What does this tell you?

3. Which category of bad habits resonates most with your current experience — emotional habits, self-care habits, or recovery-specific habits? Why?

4. Are there bad habits you are currently hiding from your sponsor, therapist, or support system? What would change if you brought them into the light?

5. How does it feel to acknowledge that sobriety alone did not cure all your dysfunctional patterns? Is this discouraging or motivating — and why?

CHECK YOURSELF · CHECK-IN 3 OF 5

Behavioral Transfer Patterns

Scale: 1 = Not at all · 2 = A little · 3 = Somewhat · 4 = Quite a bit · 5 = Very much

1. I have replaced substances with other compulsive behaviors (food, shopping, gaming, etc.)
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I notice myself seeking the same "rush" or "escape" through non-substance activities
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I have difficulty moderating behaviors that give me immediate pleasure or relief
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I recognize the same addictive patterns (obsession, loss of control, continued despite consequences) in non-substance behaviors
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I use new habits to numb, avoid, or distract from uncomfortable feelings
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I hide or minimize new compulsive behaviors from the people around me
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I have been told by others that a non-substance behavior is becoming a problem
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I feel restless or irritable when I cannot engage in my go-to comfort behavior
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

YOUR EXERCISE

Bad Habits Audit & Inventory

A Fearless Inventory of Your Current Patterns

Why This Matters

You cannot change what you will not acknowledge. Just as Step 1 required admitting powerlessness over substances, this audit requires an honest look at the habits that are limiting your growth in recovery. This is not about shame — it is about clarity. You did not get sober to live on autopilot.

Behavioral Habits

For each habit, rate its presence in your life: 0 = Not present, 1 = Occasionally, 2 = Regularly, 3 = Daily/Compulsively

Nail-biting, skin-picking, or body-focused repetitive behaviors

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Procrastination or chronic avoidance of responsibilities

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Excessive screen time, social media scrolling, or binge-watching

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Compulsive shopping, spending, or online purchasing

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Gambling or risk-taking behaviors

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Chronic lateness or poor time management

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Hoarding or difficulty letting go of possessions

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Excessive phone checking or notification dependency

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Emotional & Relational Habits

For each habit, rate its presence in your life: 0 = Not present, 1 = Occasionally, 2 = Regularly, 3 = Daily/Compulsively

People-pleasing or saying yes when you mean no

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Complaining, whining, or chronic negativity

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Gossip or talking about others instead of addressing issues directly

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Isolation or withdrawal from support systems

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Passive-aggression or indirect communication

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Codependency or over-involvement in others' problems

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Catastrophizing or worst-case-scenario thinking

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Emotional eating, shopping, or other comfort-seeking behaviors

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Self-Care & Health Habits

For each habit, rate its presence in your life: 0 = Not present, 1 = Occasionally, 2 = Regularly, 3 = Daily/Compulsively

Overeating, undereating, or poor nutritional choices

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Excessive caffeine or energy drink consumption

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Smoking, vaping, or tobacco use

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Poor sleep hygiene or chronic sleep deprivation

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Sedentary lifestyle or exercise avoidance

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Neglecting medical or dental appointments

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Overworking or inability to rest

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Neglecting personal hygiene or self-presentation

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Recovery-Specific Habits

For each habit, rate its presence in your life: 0 = Not present, 1 = Occasionally, 2 = Regularly, 3 = Daily/Compulsively

Skipping meetings, therapy, or program commitments

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Romanticizing past use or "the good old days"

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Isolating from recovery community or sponsor

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Cutting corners on step work or personal inventory

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Refusing to ask for help or accept support

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Comparing your recovery to others' negatively

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Complacency — "I've got this, I don't need the program anymore"

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Keeping secrets or being dishonest about your inner life

☐ Not present ☐ Occasionally ☐ Regularly ☐ Daily

Audit Summary & Reflection

1. Which category has the most "Regularly" or "Daily" ratings? What does this pattern tell you?

2. Which single bad habit is having the most negative impact on your quality of life in recovery right now?

3. Are any of these habits ones you would classify as potential transfer addictions rather than just bad habits? Which ones, and why?

4. Which bad habits were present before your addiction, and which developed during or after? Does the origin affect how you feel about changing them?

5. If you could only address three habits from this entire audit, which three would create the most positive change? Why?

YOUR EXERCISE

Healthy Substitution Lab

Engineering Better Routines for the Same Rewards

The Principle

Research shows that the most effective way to change a habit is not to eliminate it but to REPLACE it. Keep the cue and the reward — change the routine. This lab is where you design your replacement behaviors, test them, and refine them until they stick.

Substitution Experiment #1

Bad Habit I Want to Replace:

The Real Reward I'm Seeking (what need does this habit meet?):

Brainstorm 3 healthier behaviors that could deliver a similar reward:

1

2

3

Which alternative will you try first? What is your plan for implementing it this week?

After trying it, what happened? Did it meet the need? What would you adjust?

Substitution Experiment #2

Bad Habit I Want to Replace:

The Real Reward I'm Seeking (what need does this habit meet?):

Brainstorm 3 healthier behaviors that could deliver a similar reward:

1

2

3

Which alternative will you try first? What is your plan for implementing it this week?

After trying it, what happened? Did it meet the need? What would you adjust?

Substitution Experiment #3

Bad Habit I Want to Replace:

The Real Reward I'm Seeking (what need does this habit meet?):

Brainstorm 3 healthier behaviors that could deliver a similar reward:

1

2

3

Which alternative will you try first? What is your plan for implementing it this week?

After trying it, what happened? Did it meet the need? What would you adjust?

Substitution Experiment #4

Bad Habit I Want to Replace:

The Real Reward I'm Seeking (what need does this habit meet?):

Brainstorm 3 healthier behaviors that could deliver a similar reward:

1

3

Which alternative will you try first? What is your plan for implementing it this week?

After trying it, what happened? Did it meet the need? What would you adjust?

Substitution Experiment #5

Bad Habit I Want to Replace:

The Real Reward I'm Seeking (what need does this habit meet?):

Brainstorm 3 healthier behaviors that could deliver a similar reward:

1

2

3

Which alternative will you try first? What is your plan for implementing it this week?

After trying it, what happened? Did it meet the need? What would you adjust?

PART 3 OF 4 · READING

The Neuroscience of Habit: Why Change Is Hard and How to Make It Stick

Understanding why habits are so difficult to change — and why the strategies that worked for getting sober may need to be adapted for addressing bad habits — requires a basic understanding of how habits are wired in the brain.

Every habit operates through what neuroscientists call the "habit loop" — a three-part neurological pattern consisting of a cue (the trigger that initiates the behavior), a routine (the behavior itself), and a reward (the payoff that reinforces the loop). This loop is governed primarily by the basal ganglia, a brain structure that automates repeated behaviors so they require minimal conscious effort.

This automation is actually a feature, not a bug — it allows your brain to conserve cognitive energy by turning repeated actions into autopilot routines. The problem is that the basal ganglia does not distinguish between good habits and bad habits. It automates whatever is repeated, regardless of whether the behavior serves you.

When a habit loop has been repeated thousands of times — as most bad habits have by the time you are in sustained recovery — it creates what neuroscientists call a "chunked" neural pathway. The entire sequence from cue to routine to reward fires as a single unit, faster than conscious thought. This is why you can find yourself scrolling social media for thirty minutes before you realize you picked up your phone. The behavior is running below conscious awareness, executing automatically in response to the cue.

This has profound implications for habit change. You cannot simply "decide" to stop a deeply wired habit any more than you could decide to stop your heart from beating. The neural pathway exists independently of your intentions.

What you can do is intervene at each point in the habit loop: you can modify or avoid the cue, you can substitute the routine with a healthier behavior that delivers a similar reward, and you can engineer new rewards that reinforce the replacement behavior.

Charles Duhigg's research on habit change identified a critical insight: the most effective strategy for changing a habit is not to eliminate it but to replace it. The cue remains. The reward remains. But the routine — the behavior between cue and reward — is substituted with a healthier alternative.

A person who eats when stressed (cue: stress; routine: eating; reward: temporary relief) might replace eating with a five-minute walk (cue: stress; routine: walking; reward: temporary relief plus endorphins). The loop is preserved, but the behavior is changed.

For people in recovery, this framework is both familiar and encouraging. You have already successfully disrupted the most powerful habit loop of your life — the addiction cycle. You have proven that deeply wired neural pathways can be rewired. The bad habits you are now addressing operate on the same neurological principles, and the same strategies apply: identify the cue, understand the reward, and substitute the routine.

However, there is an additional dimension that addiction recovery teaches us about habit change: the role of identity. Research by Dr. James Clear and others has demonstrated that lasting habit change is most sustainable when it is connected to identity — not "I am trying to quit smoking" but "I am a person who takes care of my body." Not "I am trying to stop procrastinating" but "I am a person who keeps commitments."

In recovery, this identity shift is fundamental: you went from "I am an addict trying not to use" to "I am a person in recovery building a meaningful life." Extending this identity-based approach to your other habits creates alignment between who you are becoming and how you behave.

The neuroscience also tells us that new habits take time to wire. The popular "21 days to form a habit" myth has been debunked — research from University College London found that the actual range is 18 to 254 days, with an average of 66 days for a new behavior to become automatic.

This means patience is not optional. Consistency matters more than intensity. Doing a small positive behavior every single day builds stronger neural pathways than doing a dramatic positive behavior once a week. The recovery principle of "one day at a time" applies directly to habit change: you are not overhauling your entire life today. You are making one better choice, today, and then doing it again tomorrow.

Reflection Questions

1. Choose one bad habit and map its complete habit loop: What is the cue? What is the routine? What is the reward? Understanding the loop is the first step to changing it.

2. Have you been trying to eliminate bad habits through willpower alone? How has that worked? How does the concept of substitution rather than elimination change your approach?

3. What identity shift would support the habit changes you want to make? Complete this sentence: "I am becoming a person who..."

4. Reflect on your recovery journey: you have already proven you can rewire deeply embedded neural pathways. How can you apply what you learned about changing your addiction to changing your other habits?

5. Are you willing to commit to consistency over intensity — small daily actions rather than dramatic overhauls? What is one small action you could start today?

YOUR EXERCISE

Habit Loop Decoder

Mapping the Cue → Routine → Reward Cycle

The Science

Every habit runs on a neurological loop: a CUE triggers the behavior, the ROUTINE is the behavior itself, and the REWARD is the payoff that keeps you coming back. You cannot change a habit you do not understand. Decoding the loop reveals the leverage points for change — and often reveals that the reward you are really seeking can be obtained through healthier means.

Habit Loop #1

THE HABIT

THE CUE (What triggers it?)

Time of day? Emotional state? Location? Who are you with? What just happened?

THE ROUTINE (What do you actually do?)

Be specific — describe the exact behavior sequence from start to finish.

THE REWARD (What do you get from it?)

Relief? Distraction? Connection? Control? Pleasure? Numbness? What need is being met?

THE ALTERNATIVE (What could replace the routine while keeping the reward?)

Habit Loop #2

THE HABIT

THE CUE (What triggers it?)

Time of day? Emotional state? Location? Who are you with? What just happened?

THE ROUTINE (What do you actually do?)

Be specific — describe the exact behavior sequence from start to finish.

THE REWARD (What do you get from it?)

Relief? Distraction? Connection? Control? Pleasure? Numbness? What need is being met?

THE ALTERNATIVE (What could replace the routine while keeping the reward?)

Habit Loop #3

THE HABIT

THE CUE (What triggers it?)

Time of day? Emotional state? Location? Who are you with? What just happened?

THE ROUTINE (What do you actually do?)

Be specific — describe the exact behavior sequence from start to finish.

THE REWARD (What do you get from it?)

Relief? Distraction? Connection? Control? Pleasure? Numbness? What need is being met?

THE ALTERNATIVE (What could replace the routine while keeping the reward?)

Habit Loop #4

THE HABIT

THE CUE (What triggers it?)

Time of day? Emotional state? Location? Who are you with? What just happened?

THE ROUTINE (What do you actually do?)

Be specific — describe the exact behavior sequence from start to finish.

THE REWARD (What do you get from it?)

Relief? Distraction? Connection? Control? Pleasure? Numbness? What need is being met?

THE ALTERNATIVE (What could replace the routine while keeping the reward?)

Habit Loop #5

THE HABIT

THE CUE (What triggers it?)

Time of day? Emotional state? Location? Who are you with? What just happened?

THE ROUTINE (What do you actually do?)

Be specific — describe the exact behavior sequence from start to finish.

THE REWARD (What do you get from it?)

Relief? Distraction? Connection? Control? Pleasure? Numbness? What need is being met?

THE ALTERNATIVE (What could replace the routine while keeping the reward?)

Habit Loop Reflection

1. Looking across all your habit loops, what are the most common CUES? Are certain triggers driving multiple bad habits?

2. What are the most common REWARDS you are seeking? What does this tell you about your unmet needs in recovery?

3. Did any habit loops remind you of your substance use pattern? How are the cues and rewards similar?

4. Which habit loop would be easiest to disrupt? Which would have the biggest impact? Are they the same one?

YOUR EXERCISE

Trigger Management Planning

Anticipating, Avoiding, and Managing Your Habit Triggers

Strategy

In recovery, you learned to identify and manage triggers for substance use. The same strategic approach applies to bad habits. Every habit has triggers — and the more precisely you can identify, anticipate, and plan for them, the more power you have over the behavior.

Internal Triggers

Emotions, thoughts, and physical states that activate your bad habits.

Stress / Overwhelm

Boredom / Restlessness

Loneliness / Isolation

Anger / Frustration

Anxiety / Fear

Shame / Self-Criticism

Fatigue / Exhaustion

Feeling Unappreciated / Resentful

External Triggers

People, places, times, and situations that activate your bad habits.

Certain people or social situations

Specific times of day (late night, weekends)

Work environment or job stress

Financial pressure or money-related situations

Social media or technology access

Being home alone

Celebrations or social gatherings

Conflict or difficult conversations

My Trigger Management Plan

1. What are your top 3 triggers for bad habits? For each, write a specific "If... then..." plan (e.g., "If I feel bored after dinner, then I will call my sponsor instead of scrolling social media").

2. Which triggers can you AVOID entirely, and which must you learn to MANAGE? What is the difference in strategy?

3. What environmental changes can you make to reduce trigger exposure? (Remove apps, change routes, reorganize your space, etc.)

4. Who in your support system can help you manage your most challenging triggers? Have you told them what you need?

PART 4 OF 4 · READING

From Surviving to Thriving: Building a Recovery Worth Protecting

There is a saying in recovery circles that captures a profound truth: "The opposite of addiction is not sobriety — it is connection." To which we might add: the opposite of merely surviving is not the absence of crisis — it is the presence of meaning, purpose, growth, and genuine engagement with life.

Thriving is not a luxury reserved for people who have "finished" their recovery. Thriving is the point of recovery. It is what makes the hard work of sobriety worth doing.

What does thriving actually look like in sustained recovery? It is not perfection. It is not the absence of struggle, bad days, or difficult emotions. Thriving is a fundamental orientation toward growth — a consistent, daily commitment to becoming more honest, more present, more connected, more capable, and more aligned with your deepest values.

It is the difference between a garden that is merely free of weeds and a garden that is actively cultivated, tended, and producing fruit.

Thriving requires what psychologists call "eudaimonic wellbeing" — the kind of happiness that comes not from pleasure or comfort but from meaning, purpose, and the exercise of your strengths and virtues. This is critically important for people in recovery because the addicted brain was hijacked by hedonic wellbeing — the pursuit of pleasure, relief, and escape.

Building a thriving life in recovery means fundamentally reorganizing your relationship with satisfaction itself, moving from "what makes me feel good right now" to "what makes my life genuinely worth living."

The practical dimensions of thriving include several key areas.

Physical vitality — nourishing your body, moving regularly, sleeping adequately, addressing health issues — provides the biological foundation for everything else. You cannot think clearly, feel fully, or engage meaningfully when your body is depleted.

Emotional maturity — the ability to identify, express, and regulate your emotions without suppression or explosion — allows you to navigate relationships and challenges with grace rather than reactivity.

Relational depth — investing in honest, vulnerable, reciprocal relationships — provides the human connection that both protects sobriety and makes life rich.

Purposeful engagement — contributing your gifts to something larger than yourself — provides the sense of meaning that addiction promised but could never deliver.

Addressing bad habits is essential to thriving because bad habits are the friction that slows your momentum. Every bad habit consumes energy, attention, and time that could be directed toward growth. Every bad habit reinforces neural pathways of avoidance, compulsion, and short-term thinking. Every bad habit sends a message to your own brain that you are not worth the effort of doing better.

Conversely, every positive habit you establish reinforces your identity as someone who is actively building a life of quality and meaning.

The work of this intensive is fundamentally about self-respect. Not the arrogant, fragile kind of self-respect that demands perfection and punishes failure, but the grounded, compassionate kind that says: "I have been given a second chance at life. I went through hell to get here. I am not going to waste this opportunity by settling for a life that is merely sober when I could build a life that is truly extraordinary."

You have already proven that you can do hard things. Detox was hard. Withdrawal was hard. The first year was hard. Compared to what you have already survived, replacing bad habits with intentional practices is not harder — it is simply the next chapter of the same story. The chapter where the hero stops running from danger and starts building something beautiful.

Growth in recovery is not a straight line. It is a spiral — you will revisit familiar challenges from new altitudes, with greater skills and deeper understanding each time. The bad habits you address today may resurface later in different forms, and that is not failure — it is the nature of being human.

What matters is that you remain committed to the upward trajectory, that you keep doing the next right thing, and that you never stop asking the question that brought you to this intensive: "Now that I am sober, how am I going to continue to grow?"

Reflection Questions

1. How would you distinguish between "surviving" and "thriving" in your current recovery? Which word more accurately describes where you are right now?

2. What gives your life genuine meaning and purpose beyond staying sober? If you struggle to answer this, what does that tell you about the work ahead?

3. Which dimension of thriving needs the most attention in your life right now — physical vitality, emotional maturity, relational depth, or purposeful engagement?

4. Write a vision statement for your recovery: In one year, what will a thriving version of you look like? Be specific — daily routines, relationships, health, goals, contribution.

5. What is one bad habit that, if addressed, would create the most positive momentum in your movement from surviving to thriving? Why that one?

CHECK YOURSELF · CHECK-IN 4 OF 5

Self-Care & Physical Health

Scale: 1 = Not at all · 2 = A little · 3 = Somewhat · 4 = Quite a bit · 5 = Very much

1. I regularly skip meals, overeat, or make poor nutritional choices
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. My sleep schedule is inconsistent or I am chronically under-rested
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I have not established a regular exercise or movement practice
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I neglect medical, dental, or mental health appointments
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I consume excessive amounts of caffeine, sugar, or processed foods
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I continue to smoke, vape, or use tobacco products
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I overwork or have difficulty resting without guilt
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I do not have a consistent daily routine that supports my wellbeing
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

CHECK YOURSELF · CHECK-IN 5 OF 5

Growth Capacity & Resilience

Scale: 1 = Not at all · 2 = A little · 3 = Somewhat · 4 = Quite a bit · 5 = Very much

1. I actively seek opportunities for personal growth beyond just "not using"
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I have clear goals and a sense of purpose that extends beyond staying sober
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I practice gratitude, mindfulness, or spiritual growth regularly
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I am open to feedback and willing to change when I discover blind spots
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I invest in healthy relationships and community connection
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I face discomfort and challenges rather than avoiding or numbing them
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I have hobbies, interests, or creative outlets that bring me genuine joy
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I see my recovery as an ongoing journey of growth, not a destination I've reached
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

YOUR EXERCISE

Values-Action Alignment

Are Your Habits Moving You Toward or Away From Your Values?

The Core Question

Bad habits persist partly because we are not clear about what we are building toward. When your values are explicit and your actions are measured against them, the gap between intention and behavior becomes impossible to ignore — and that gap is the engine of change.

Honesty & Integrity

What does this value mean to you personally? Why does it matter?

What habits or behaviors currently SUPPORT this value?

What habits or behaviors currently UNDERMINE this value?

Alignment score (1 = my actions contradict this value, 10 = my actions fully embody it):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Physical Health & Vitality

What does this value mean to you personally? Why does it matter?

What habits or behaviors currently SUPPORT this value?

What habits or behaviors currently UNDERMINE this value?

Alignment score (1 = my actions contradict this value, 10 = my actions fully embody it):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Authentic Relationships

What does this value mean to you personally? Why does it matter?

What habits or behaviors currently SUPPORT this value?

What habits or behaviors currently UNDERMINE this value?

Alignment score (1 = my actions contradict this value, 10 = my actions fully embody it):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Personal Growth & Learning

What does this value mean to you personally? Why does it matter?

What habits or behaviors currently SUPPORT this value?

What habits or behaviors currently UNDERMINE this value?

Alignment score (1 = my actions contradict this value, 10 = my actions fully embody it):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Service & Contribution

What does this value mean to you personally? Why does it matter?

What habits or behaviors currently SUPPORT this value?

What habits or behaviors currently UNDERMINE this value?

Alignment score (1 = my actions contradict this value, 10 = my actions fully embody it):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Spiritual/Mindful Living

What does this value mean to you personally? Why does it matter?

What habits or behaviors currently SUPPORT this value?

What habits or behaviors currently UNDERMINE this value?

Alignment score (1 = my actions contradict this value, 10 = my actions fully embody it):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Family & Connection

What does this value mean to you personally? Why does it matter?

What habits or behaviors currently SUPPORT this value?

What habits or behaviors currently UNDERMINE this value?

Alignment score (1 = my actions contradict this value, 10 = my actions fully embody it):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Purpose & Meaning

What does this value mean to you personally? Why does it matter?

What habits or behaviors currently SUPPORT this value?

What habits or behaviors currently UNDERMINE this value?

Alignment score (1 = my actions contradict this value, 10 = my actions fully embody it):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Financial Responsibility

What does this value mean to you personally? Why does it matter?

What habits or behaviors currently SUPPORT this value?

What habits or behaviors currently UNDERMINE this value?

Alignment score (1 = my actions contradict this value, 10 = my actions fully embody it):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Creativity & Self-Expression

What does this value mean to you personally? Why does it matter?

What habits or behaviors currently SUPPORT this value?

What habits or behaviors currently UNDERMINE this value?

Alignment score (1 = my actions contradict this value, 10 = my actions fully embody it):

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Values Alignment Reflection

1. Which value has the widest gap between importance and alignment? What would closing that gap require?

2. Are there values you claimed to hold that your actual behavior contradicts? What does that contradiction reveal?

3. Which bad habits from your audit are most directly undermining your most important values?

4. Write a commitment statement connecting your top value to a specific behavioral change:
"Because I value ____, I will ____ instead of ____."

YOUR EXERCISE

Growth Vision & Identity Design

Designing the Person You Are Becoming

Identity-Based Change

Research shows that lasting habit change happens when it is connected to identity — not 'I am trying to quit procrastinating' but 'I am a person who keeps commitments.' In recovery, you already made the most powerful identity shift of your life. This exercise extends that shift to every area of growth.

Where I've Been

1. Describe the person you were at the height of your addiction. What habits, patterns, and behaviors defined that version of you?

Be honest and specific...

2. Describe the person you were in early recovery (first 90 days). What changed? What stayed the same?

Be honest and specific...

3. Describe the person you are right now. What are you proud of? What still needs work?

Be honest and specific...

Where I'm Going — My Thriving Self

Morning Routine: What does your thriving self do in the first hour of each day?

Physical Health: How does your thriving self take care of their body?

Emotional Life: How does your thriving self handle difficult emotions, conflict, and stress?

Relationships: How does your thriving self show up in their most important relationships?

Recovery Practice: How does your thriving self stay connected to their recovery?

Purpose & Contribution: How does your thriving self make the world a better place?

Joy & Play: How does your thriving self experience pleasure, fun, and creativity?

Identity Statements

Complete each statement. These are not aspirations — write them as declarations of the person you are actively becoming. Present tense. "I am" not "I want to be."

I am a person who...

I no longer...

Every day, I choose to...

When I face difficulty, I...

My recovery means...

I am building a life where...

YOUR EXERCISE

Daily Habit Tracker

7 Days of Awareness, Intention, and Action

The Practice

Awareness is the first step to change. For 7 days, track your bad habits and your intentional replacements. Research shows that tracking alone — simply noticing — reduces bad habit frequency by 25-30% even before any other intervention. Observation changes behavior.

Day 1

What bad habits did I engage in today? (Name them specifically)

What triggered each one? (Emotion, situation, person, time of day)

Did I successfully use a healthy substitute at any point today? What happened?

What is one thing I did well today in my recovery and growth?

Overall growth rating today (1 = old patterns dominated, 10 = intentional and growing)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 2

What bad habits did I engage in today? (Name them specifically)

What triggered each one? (Emotion, situation, person, time of day)

Did I successfully use a healthy substitute at any point today? What happened?

What is one thing I did well today in my recovery and growth?

Overall growth rating today (1 = old patterns dominated, 10 = intentional and growing)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 3

What bad habits did I engage in today? (Name them specifically)

What triggered each one? (Emotion, situation, person, time of day)

Did I successfully use a healthy substitute at any point today? What happened?

What is one thing I did well today in my recovery and growth?

Overall growth rating today (1 = old patterns dominated, 10 = intentional and growing)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 4

What bad habits did I engage in today? (Name them specifically)

What triggered each one? (Emotion, situation, person, time of day)

Did I successfully use a healthy substitute at any point today? What happened?

What is one thing I did well today in my recovery and growth?

Overall growth rating today (1 = old patterns dominated, 10 = intentional and growing)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 5

What bad habits did I engage in today? (Name them specifically)

What triggered each one? (Emotion, situation, person, time of day)

Did I successfully use a healthy substitute at any point today? What happened?

What is one thing I did well today in my recovery and growth?

Overall growth rating today (1 = old patterns dominated, 10 = intentional and growing)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 6

What bad habits did I engage in today? (Name them specifically)

What triggered each one? (Emotion, situation, person, time of day)

Did I successfully use a healthy substitute at any point today? What happened?

What is one thing I did well today in my recovery and growth?

Overall growth rating today (1 = old patterns dominated, 10 = intentional and growing)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 7

What bad habits did I engage in today? (Name them specifically)

What triggered each one? (Emotion, situation, person, time of day)

Did I successfully use a healthy substitute at any point today? What happened?

What is one thing I did well today in my recovery and growth?

Overall growth rating today (1 = old patterns dominated, 10 = intentional and growing)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Week in Review

1. Looking at your 7 days, what patterns did you notice? Which bad habits appeared most frequently?

2. Did your growth rating improve over the week? What contributed to higher or lower days?

3. Which healthy substitutions worked best? Which felt forced or ineffective?

4. What was the most valuable insight you gained from tracking your habits this week?

5. Will you continue tracking? How will you build this awareness practice into your routine going forward?

YOUR EXERCISE

Accountability & Support Mapping

Building the Team That Helps You Grow

The Truth About Change

You did not get sober alone, and you will not break bad habits alone. Research consistently shows that accountability — having someone who knows your goals, asks about your progress, and cares about your growth — is the single most powerful predictor of lasting behavior change. This exercise maps your support network and identifies gaps.

Sponsor / Recovery Mentor

The person who knows your recovery most intimately and holds you accountable to your program.

Who fills this role? (Name or "vacant" if no one currently does)

What specific bad habit or growth area could this person help you with?

Have you explicitly asked them for accountability? If not, what is stopping you?

Therapist / Counselor

Professional support for emotional growth, pattern recognition, and skill development.

Who fills this role? (Name or "vacant" if no one currently does)

What specific bad habit or growth area could this person help you with?

Have you explicitly asked them for accountability? If not, what is stopping you?

Partner / Closest Relationship

The person most affected by your habits and most invested in your growth.

Who fills this role? (Name or "vacant" if no one currently does)

What specific bad habit or growth area could this person help you with?

Have you explicitly asked them for accountability? If not, what is stopping you?

Recovery Friend / Peer

Someone in recovery who understands the journey and can be mutually honest.

Who fills this role? (Name or "vacant" if no one currently does)

What specific bad habit or growth area could this person help you with?

Have you explicitly asked them for accountability? If not, what is stopping you?

Family Member

A family member who supports your growth and is willing to be direct with you.

Who fills this role? (Name or "vacant" if no one currently does)

What specific bad habit or growth area could this person help you with?

Have you explicitly asked them for accountability? If not, what is stopping you?

Work/Professional Support

Someone in your professional life who supports your wellbeing and growth.

Who fills this role? (Name or "vacant" if no one currently does)

What specific bad habit or growth area could this person help you with?

Have you explicitly asked them for accountability? If not, what is stopping you?

Support Network Reflection

1. How many of the roles above are currently filled? How many are vacant? What does this tell you about your support network?

2. Which relationships provide genuine accountability (they tell you the truth), and which are more comfortable than challenging?

3. What is the biggest barrier to asking for help and accountability in your growth journey? How is this barrier connected to bad habits you identified earlier?

4. Write a specific accountability request you will make this week — to whom, about what, and when.

YOUR EXERCISE

Growth Action Plan

Turning Insight Into Action — Your Next 90 Days

From Awareness to Action

Everything you have done in this intensive — the readings, the assessment, the exercises — has been building toward this moment. The Growth Action Plan translates your self-knowledge into a concrete, actionable, time-bound commitment to continued growth. This is where insight becomes transformation.

Synthesis: What I've Learned About Myself

1. Summarize the most important insight from this intensive. What did you learn about your bad habits that you did not fully see before?

Synthesize your learning...

2. What is the connection between your bad habits and your overall recovery? How are they supporting or threatening your sobriety?

Synthesize your learning...

3. What excites you about the growth that is possible? What scares you?

Synthesize your learning...

30-Day Goal: First 30 Days

Quick wins. Start with the habit that is easiest to change AND has high impact. Build momentum.

The specific bad habit I will address:

Name it precisely...

The specific replacement behavior I will practice:

What will I do instead?

My plan for managing the top triggers:

How will I handle the cues?

How I will measure progress (be specific and observable):

How will I know it is working?

Who will hold me accountable, and what have I asked them to do?

Name the person and the ask...

The biggest obstacle I anticipate, and my plan for overcoming it:

What could go wrong and how will I respond?

60-Day Goal: Days 31-60

Deepen the work. Address a more challenging habit. Build on the confidence from month one.

The specific bad habit I will address:

Name it precisely...

The specific replacement behavior I will practice:

What will I do instead?

My plan for managing the top triggers:

How will I handle the cues?

How I will measure progress (be specific and observable):

How will I know it is working?

Who will hold me accountable, and what have I asked them to do?

Name the person and the ask...

The biggest obstacle I anticipate, and my plan for overcoming it:

What could go wrong and how will I respond?

90-Day Goal: Days 61-90

Reach further. Tackle the habit that requires the most courage, skill, or support. This is where real transformation lives.

The specific bad habit I will address:

Name it precisely...

The specific replacement behavior I will practice:

What will I do instead?

My plan for managing the top triggers:

How will I handle the cues?

How I will measure progress (be specific and observable):

How will I know it is working?

Who will hold me accountable, and what have I asked them to do?

Name the person and the ask...

The biggest obstacle I anticipate, and my plan for overcoming it:

What could go wrong and how will I respond?

My Growth Commitment

Write a personal commitment statement — a declaration of your intention to continue growing. This is your promise to yourself. Make it real, specific, and meaningful.

I commit to...

Date of commitment:

90-day review date:

Remember

You did not get sober to live a life defined by autopilot, avoidance, and old patterns. You got sober to build something extraordinary. Every bad habit you replace with an intentional practice is a brick in the foundation of the life you deserve. Growth is not a destination — it is a daily practice. And you have already proven, by getting and staying sober, that you can do hard things. This next chapter is not harder than what you have already survived. It is simply the next right thing.

"Embrace, Empower & Evolve"