

Identifying Barriers

Barriers to Surrender · Interactive Worksheet

Surrender vs. Compliance

Topic Studies · The Recovery Files

In this workbook: worksheet.

The topic's scored self-assessment is in the app.

WORKSHEET

Identifying and Overcoming Barriers to Surrender

Recognize and address obstacles in your recovery journey

I. Grandiosity

1. On a scale of 1-10, how unique or special do you believe your situation is compared to others in recovery?

2. List three ways you might have overestimated your ability to control your substance use:

3. How has your sense of being "different" or "better" affected your willingness to seek help?

4. What evidence can you identify that challenges your belief in being exempt from the consequences of addiction?

II. Defiance and Resistance

1. Circle the statements that resonate with you:

I often argue against treatment recommendations

I feel resentful when others try to help me with my addiction

I deliberately break rules or boundaries set in my recovery

I feel a strong urge to prove others wrong about my addiction

2. What are you most afraid of losing if you fully embrace recovery?

3. How has your defiance or resistance impacted your relationships with supporters or treatment providers?

4. What small step could you take to be more open to suggestions in your recovery?

III. Denial and Minimization

1. Check the statements that apply to you:

I often compare myself favorably to "worse" addicts

I focus more on external problems than on my substance use

I highlight periods of abstinence as proof that I don't have a real problem

I believe my substance use isn't as bad as others say it is

2. List three ways you've rationalized or justified your addictive behaviors:

3. What potential losses (job, relationships, status) are you most afraid of if you fully admit to your addiction?

4. Describe a situation where you minimized the consequences of your addiction:

Reflection and Action Plan

1. Which barrier (grandiosity, defiance/resistance, or denial/minimization) do you struggle with most?

2. How has this barrier hindered your recovery process so far?

3. What is one concrete step you can take this week to start overcoming this barrier?

4. Who can support you in addressing these barriers to surrender?
