

Facilitating Surrender Process

Understanding and Facilitating 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

Understanding and Facilitating the Process of Surrender

Explore where you are and where you're going

I. Stages of Surrender in Addiction Recovery

Reflect on your current state in recovery. Check the stage that best describes where you are now:

Pre-contemplation (Not considering change)

Contemplation (Thinking about change)

Preparation (Planning to change)

Action (Actively working on change)

Maintenance (Sustaining change)

Transcendence (Finding meaning beyond sobriety)

Explanation:

What would help you move to the next stage?

II. Techniques to Facilitate Surrender

Rate your willingness to try each technique (1 = Not willing, 5 = Very willing):

Motivational Interviewing

Cognitive Restructuring

Mindfulness Practices

Therapeutic Writing

Group Therapy/Support Groups

Experiential Therapies

Family Involvement

Spiritual/Existential Exploration

Which technique are you most interested in trying? Why?

What barriers might prevent you from engaging in these techniques?

III. The Role of Rock Bottom in Surrender

1. Have you experienced what you would consider a "rock bottom"?

Yes

No

2. If you haven't hit "rock bottom," what consequences are you concerned about if your addiction continues?

3. What positive motivators for change can you identify in your life?

4. On a scale of 1-10, how ready do you feel to surrender to the recovery process?

5. What would need to happen for that number to increase by one point?

IV. Reflection and Action Plan

1. What aspects of surrender do you find most challenging?

2. How might your life improve if you fully surrendered to the recovery process?

3. What is one small step you can take this week towards surrender?

4. Who can support you in this process of surrender?

V. Ongoing Surrender

List three situations where you might need to practice surrender in your recovery journey:

Commitment Statement

I, _____, commit to exploring the process of surrender in my recovery journey. I understand that this is a gradual process and I will approach it with patience and self-compassion.

Date:
