



Recovery Coaching

Curriculum Workbook



**Recovery Coaching
Curriculum
Work Book**

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Understanding Addiction

What is addiction?

What causes addiction?

What is your understanding of the pleasure principle?

What is development of tolerance?

Talk about compulsion taking over?

Notes:

Stages of Change

What are the stages of change?

Name the 6 stages?

Stage 1	
Stage 2	
Stage 3	
Stage 4	
Stage 5	
Stage 6	

Explain the stages of change?

Can you identify what stage you are in?

Notes:

Stages of Recovery

What are the stages of recovery?

1.	
2.	
3.	
4.	
5.	

Explain the stages of recovery?

1.	
2.	
3.	
4.	
5.	

Notes:

Deciding to Get Sober

Why are you deciding to get sober?

Why do you want to make this change?

What are the three best reasons for you to make this change?

What are the benefits of the change?

What are the challenges of change?

On a scale from 0 to 10, how important would you say that is for you to make this change?

What is the main fear you will be looking at when you are getting clean and/or sober?

What is the worst thing that you think could happen? What is the best thing that could happen?

What is the commitment that you would like to stick to?

How will you do this each day?

What is the first step to take in the next day? In the next week?

What will like to be like in a month if you keep up with your commitment?

What would be living a sober lifestyle and a recovering lifestyle mean for you? How could it improve your life for the better?

Notes:

Getting where you want to be! - Setting Goals

What are the 5 criteria goals must meet?

1.	
2.	
3.	
4.	
5.	

List 3 measurable goals.

1.	
2.	
3.	

Notes:

Notes:

Developing a Recovery Support Network

List 5 tips for building a support network.

1.	
2.	
3.	
4.	
5.	

Name 3 support networks you have.

Name 3 support networks you would like to connect with.

Notes:

Finding Safe Environment

Explain your current living situation.

Is your living situation safe?

What does a safe living arrangement mean to you?

Notes:

Setting Boundaries

What does setting boundaries mean to you?

List 10 ways to set boundaries.

List 10 ways to set boundaries.	
1.	
2.	
3.	
4.	
5.	
8.	

List 10 ways to set boundaries.

**8.
Cont.**

9.

10.

Notes:

Triggers and Cravings

What are triggers?

What are cravings?

How do you identify and overcome triggers?

How do you manage and prevent triggers?

What can you do if you get a craving?

Notes:

Fellowship and Recovery

What does the word fellowship mean to you?

What is a Recovery Community organization?

Notes:

Choosing a Recovery Pathway

What is a recovery pathway?

What are different types of recovery pathways?

What questions do you have about recovery pathways?

Following Directions

"Recognizing We Create Our Own Problems"

Notes:

Spiritual Needs

What is spirituality?

Why is spirituality important in recovery?

How does addiction take away our spirituality?

Notes:

Handling Relapse

What do you do after a relapse? List 10 things and explain.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Notes:
