

SOBRIETY

A SELF-LOVE **WORKBOOK** ADD-ON

Printable Digital File

RELAPSE PREVENTION PLAN

Sometimes, the world has on top of things you don't, things out of control and you have a bad day. Make a plan to stay sober.

Signs you are struggling or becoming overwhelmed:

People to call or reach out to:

Coping skills to use:

When will you check on friends?

When you talk about it:

SAMHSA's National Helpline: 1-800-642-HELP (4357)

SOBRIETY + SELF-LOVE

Recovery from addiction is an issue that's very close to my heart. I've seen the devastation that addiction can do and I've also seen the strength and courage it takes to embrace sobriety.

I have one important message for you:

You can do this. You CAN do this.

You can be sober and healthy and you can find it easy to love yourself. No matter what you've been through, no matter what mistakes you've made - you are worth loving.

You don't need to numb yourself to your feelings, you don't need to feel anything. Self-love is about cultivating a life around yourself that you want to embrace yourself in, not one that makes you want to run and hide.

It's built one day at a time. One step forward. Each decision you make is one more brick in that foundation of a happy, healthy, sober life. Even the tiniest decisions that you don't think matter create ripples.

These worksheets are best done with the support of a sponsor, an AA group, or a therapist. Overcoming addiction is hard and it's essential to have a solid support network! I can't stress enough how important it is to have a safe space to talk about your feelings, emotions, and struggles. Reach out.

You are strong. You can do this. You deserve an amazing, sober, life and it's waiting for you.

Don't forget to check out the Self-Love Workbook for more self-love tips.

STEP EIGHT

Remember? When was the last time? When did you last feel?

Self-Love

Remember when you can't make decisions, the choices are making it worse than I learned when I was just starting out.

Close your eyes and picture that person in your head. Imagine your words, imagine feeling, imagine sending those feelings in love, imagine them receiving everything that you wish you were able to give them.

And then do your own work. Be a kinder and more loving human.

From Love That Hurts To Love That's Real A Recovery Workbook

Sylvia O. Peterson



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Delve into the emotional tapestry woven by in Dive into the Emotion of **From Love That Hurts To Love Thats Real A Recovery Workbook** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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