

WORKING WITH ADDICTIONS – PART 2

Defining a New Identity

Do you have role models who inspire you? If so, who and why?

How do you picture yourself as a non-addict? Do you move differently, stand differently, interact with others differently, laugh more, feel more confident, etc.?

How do people (friends and family) talk differently to or about you?

What do you hear others saying about you?

What do you hear yourself saying about yourself (your inner chatter)?

What do you notice about the environment around you? Is it brighter or more humdrum?

Where would you like to focus more as a non-addict that you didn't care about before?

What is brighter and clearer now?

Are you feeling stronger? If not, what areas need to be enhanced so that you are feeling stronger?

Is your inner dialogue more positive? If not, keep adding to that list of positive statements. Feed your strength until you believe in yourself. This is an ongoing process, so don't get discouraged.

Write down some of your personal goals for this life.

Is one of them something you can start now? If not, come up with a goal you can focus on achieving today.

What action can you take today to anchor in this goal? (Tell someone that you've set this objective, research to find out what you need, find a place to begin)

What would you like to do? Not knowing what you want to do is an opportunity to explore new things, to find out what attracts you and what doesn't.

As you compare your new life as a non-addict with your old life, consider what you may have been trying to escape that you can now handle. What resources do you need to stay alert and focused as you rebuild your Identity and environment?

Are there new rules you need to create to elevate your standards of living?

If you live with a spouse or partner who is still using, what compromise can you make to keep the environment as clear and clean as possible? You cannot change someone in denial or unprepared to change, but you have the right to stand up for yourself.
