

# Mindfulness Based Relapse Prevention Companion Workbook

## Workbook Companion: Week One:

**Title: Introduction to Mindfulness in Recovery**

**Theme: Attention, Craving, and the Power of the Present Moment**

### Opening Reminder

*“The breath between us and the bottle—that’s where recovery begins.”*

This week introduced the core principles of mindfulness in recovery:

- Attention is a skill — not a default setting
- Cravings are not commands — they’re waves
- Mindfulness isn’t about stopping thoughts — it’s about noticing them
- Recovery lives in the moment between urge and action

You don’t have to get it perfect. You just have to keep coming back.

### Reflection Journal

Use the prompts below to explore your relationship with mindfulness, craving, and the early moments of recovery. You can write as much or as little as you like.

**1. What does mindfulness mean to you right now?**

*How does it feel to slow down and observe instead of react?*

—

**2. Have you ever missed something important because you were overly focused on something else (like the Invisible Gorilla)?**

*What might you be missing in your recovery journey right now?*

—

**3. What does craving usually feel like in your body or mind?**

*Can you recall a recent craving — and what was underneath it emotionally?*

—

**4. When you think of ‘being mode’ instead of ‘doing mode,’ what comes up for you?**

*What’s one moment this week where you could practice being instead of fixing?*

—

**Daily Practice Log**

Complete one per day — or choose the times that work best for you.

**Time of Day What Did I Notice? What Helped Me Return? Craving or Urge? (Y/N)**

Morning

Midday

Evening

**Self-Check-In: Trigger + Awareness Tracker**

**Internal Triggers (this week):**

- Hunger
- Anger
- Loneliness
- Tiredness
- Shame
- Boredom
- Other: \_\_\_\_\_

**External Triggers (this week):**

- Social media
- Environment
- Certain people
- Places
- Smells or sounds
- Time of day
- Other: \_\_\_\_\_

What was the hardest internal cue this week? What helped you stay?

## **Mindfulness Skill Use This Week**

Check what you practiced:

- Urge Surfing
- HALT Check-In
- Mindful Breathing
- Grounding (e.g., feet, cold object)
- Naming (“This is a craving”)
- Journaling
- Letting Go
- Compassion Letter to Self

## **My Recovery Mantra (Optional)**

Write one sentence to remind yourself why you’re doing this work:

“ \_\_\_\_\_ ”

Some examples:

- “I can pause before the pattern starts.”
- “This craving is a wave — I can ride it.”
- “I don’t need to be perfect to stay.”

## **Closing Prompt: One Thing I’ll Carry Forward**

What’s one idea, practice, or truth from this week that you want to keep with you?

# Workbook Companion: Week Two

**Title: Informal, Formal, and Intensive Practice**

**Theme: Being vs. Doing — Presence as a Pathway**

## Opening Reminder

*“You are not a project to be completed. You are a person to be known and cared for.”*

This week explored the difference between Doing Mode and Being Mode — and how mindfulness becomes a living practice in both routine and ritual.

You learned:

- That informal practice (washing, walking, brushing) is powerful
- That formal practice doesn't have to be long — just consistent
- That presence, not performance, builds resilience

You don't need silence or incense.

You just need to **show up where you already are.**

## Reflection Journal

Use these prompts to reflect on your current patterns — and where presence might begin to enter the ordinary.

### 1. What is one routine task you often rush through?

*How might it feel to slow down and bring full attention to it?*

—

### 2. What does Doing Mode sound or feel like in your mind?

*What inner voice pushes you to “get it all done”?*

—

### 3. What happened when you practiced a grounding or breath technique this week?

*Even if it was for just 60 seconds — what shifted (if anything)?*

—

#### 4. How does Being Mode feel different than Doing Mode in your body or breath?

—

### Daily Practice Log

**Day Informal Practice (What + When) Grounding / Breath Practice Emotional Note**

Mon

Tue

Wed

Thu

Fri

Sat

Sun

### Self-Check-In: State Awareness Tracker

This week, begin noticing which “mode” you’re in:

**Moment Was I in... What triggered it? What helped me return?**

Doing

Being

Disconnected

What surprised you about how often you default to one mode?

### Mindfulness Skill Use Checklist

Check which skills you used this week (no pressure to check all):

- Informal Mindfulness (e.g., walking, washing, brushing)
- Formal Meditation (3–10 mins)
- Body Scan
- Diaphragmatic (belly) breathing
- Grounding (feet on floor, object, voice)
- 4-7-8 or Box Breathing
- Curiosity Check-In (“What am I actually feeling?”)

- Thought Labeling (“This is planning / judgment / distraction”)

## **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Suggestions:

- “I don’t have to earn rest.”
- “This moment is enough.”
- “Slow is safe. Slow is strong.”

## **Closing Prompt: What I’ll Carry Forward**

What one thing from this week do you want to keep practicing next week?

# Workbook Companion: Week Three

**Title: Mindfulness and Recovery — Part I**

**Theme: Stress, Triggers, and the Rewired Brain**

## Opening Reminder

*“Relapse doesn’t begin with the act. It begins in the forgetting.”*

This week explored how stress impacts the brain, how emotional time hijacks logic, and how mindfulness gives you back the power to choose your response.

You practiced:

- Pausing before reacting
- Recognizing emotional hijack
- Reconnecting your upstairs and downstairs brain
- Using breath to respond instead of panic

This isn’t about never feeling stress — it’s about learning to **stay steady inside the storm.**

## Reflection Journal

**1. What’s one recent moment when stress snuck up on you — and what was your response?**

*Could you notice any early warning signs in your body, thoughts, or emotions?*

—

**2. What does emotional hijack feel like in your system?**

*Is it physical, mental, or both? How long does it tend to last?*

—

**3. What might change if you paused — even for 10 seconds — the next time stress hits?**

—

**4. What helps bring your prefrontal cortex (your “Wise Brain”) back online?**

—

## Daily Practice Log: Sacred Pause Tracker

Track any moment during the day where you practiced a mindful pause.

**Day What triggered me? What did I notice in my body? What helped me pause?**

Mon

Tue

Wed

Thu

Fri

Sat

Sun

### **Body Clues + Thought Traps Check-In**

Use this space to track how stress manifests in your body or thoughts.

**Body Clues This Week** (check all that apply):

- Tight chest
- Shallow breath
- Clenched jaw
- Racing heart
- Tension in neck/shoulders
- Headache or fatigue

**Thought Traps** (check if these showed up):

- “I can’t handle this.”
- “Here we go again.”
- “I have to fix it all now.”
- “I need a break — right now.”
- Other: \_\_\_\_\_

What helped you return to center?

### **Mindfulness Skill Use Checklist**

Check what you practiced this week:

- Sacred Pause (STOP technique)
- Emotional Labeling (e.g., “This is fear”)
- Hand-Brain Model reflection
- Breath-based grounding
- 4-7-8 breathing
- Wise Mind journaling
- Reframing: “What else could this mean?”

### **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “This is stress, not emergency.”
- “Pause. Breathe. Choose again.”
- “I can survive the wave.”
- “I don’t need to fix it all right now.”

### **Closing Prompt: One Thing I’ll Carry Forward**

What idea, feeling, or skill from this week are you taking into next week?

# Workbook Companion: Week Four

**Title: Mindfulness and Recovery — Part II**

**Theme: Craving, Curiosity, and the Habit Loop**

## Opening Reminder

*“Craving is not a command. It’s a wave. And you can ride it.”*

This week, you explored:

- How cravings form through habit loops
- The difference between desire and survival-level urgency
- How mindfulness helps interrupt old patterns
- The power of curiosity over control
- Urge surfing as a practice of staying with discomfort without reacting

Mindfulness helps you de-couple craving from behavior — one breath, one wave at a time.

## Reflection Journal

**1. What do cravings usually feel like in your body? Where do they show up?**

*Describe the physical sensation if you can.*

—

**2. What emotion or situation tends to come before cravings?**

*Is it boredom, stress, loneliness, shame — or something else?*

—

**3. When was the last time you were able to observe a craving without giving into it?**

*What helped you stay present in that moment?*

—

**4. What shifts when you approach a craving with curiosity instead of fear or force?**

—

## Daily Practice Log: Craving + Curiosity Tracker

Use this log to observe your cravings like a scientist — not a judge.

<b>Day</b>	<b>What triggered the craving?</b>	<b>What did I notice in my body?</b>	<b>What did I do instead of reacting?</b>
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

### **Urge Surfing: Self-Reflection Tracker**

If you practiced urge surfing this week, use this to capture your learning:

- What was the craving or urge?
- What did the “wave” feel like (build, crest, fall)?
- How long did it last?
- What helped you ride it instead of feed it?
- What surprised you about the process?

### **Mindfulness Skill Use Checklist**

Which tools did you use this week?

- Urge Surfing
- HALT Check-In
- Curiosity Practice (“What is this really about?”)
- Craving Body Scan
- Breath Practice (4-7-8, Straw Breathing, etc.)
- Thought Labeling (“This is craving.”)
- Loving-Kindness toward self during craving

## **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “This urge is not my identity.”
- “This wave will pass.”
- “Curiosity, not control.”
- “One breath is enough.”

### **Closing Prompt: One Thing I’ll Carry Forward**

What’s one lesson or skill from this week you want to keep practicing?

# Workbook Companion: Week Five

**Title: Mindfulness and Recovery — Part III**

**Theme: Rewiring Reward — Craving, Dopamine, and Finding Joy in Presence**

## Opening Reminder

*“The color comes back — not all at once, but breath by breath.”*

This week, you explored:

- How addiction hijacks the brain’s reward system
- Why early recovery can feel emotionally flat
- The science of dopamine, craving, and anhedonia
- Mindfulness-Oriented Recovery Enhancement (MORE)
- The practice of **savoring** as a tool for reawakening natural joy

Joy doesn’t have to be dramatic.

Often, it begins as a flicker — noticed, not chased.

## Reflection Journal

**1. What parts of your life used to bring you joy — but feel flat right now?**

*How are you relating to that flatness — with judgment, acceptance, or something else?*

—

**2. When was the last time you truly savored something small?**

*A sound, a smell, a bite of food, a quiet moment. What changed in you?*

—

**3. What would it look like to let joy return slowly — without forcing it?**

—

**4. What feelings or stories arise when joy feels distant or inaccessible?**

—

## Daily Practice Log: Savoring and Joy Tracking

Use this to record small moments when you slowed down and stayed present with something good — even briefly.

**Day What did I savor? How long did I stay with it? What did I feel (if anything)?**

Mon

Tue

Wed

Thu

Fri

Sat

Sun

### **Reward Recovery Check-In**

**Today, did I notice joy or pleasure from...** (Check any that apply)

- Nature
- Music
- Food
- Laughter
- Connection
- Movement
- Breath
- Rest
- Creativity
- Nothing yet — and that's okay

What helped you stay present with it (or what got in the way)?

### **Mindfulness Skill Use Checklist**

Which tools or practices did you try this week?

- Savoring
- Breath-focused meditation
- Reframing difficult moments

- Joy journaling or gratitude
- Pause before impulse
- MORE: Mindfulness / Reappraisal / Savoring
- Resting without guilt
- Body Scan or Mindful Eating

### **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “I’m allowed to feel joy again.”
- “This moment is enough.”
- “The color will come back.”
- “I don’t have to chase peace — I can notice it.”

### **Closing Prompt: One Thing I’ll Carry Forward**

What small act, insight, or shift from this week do you want to keep practicing?

# Workbook Companion: Week Six

**Title: Mindfulness and Relapse Prevention**

**Theme: Relapse Is a Process — Not a Moment**

## Opening Reminder

*“Relapse doesn’t begin with the act. It begins in the forgetting.”*

This week explored:

- The idea that relapse starts long before the slip
- Emotional drift, disconnection, and old thought patterns
- How mindfulness helps you catch the slide early
- The importance of community, daily reflection, and skillful reentry

This isn’t about never falling.

It’s about recognizing the signs **before** the fall — and learning how to return with presence, not punishment.

## Reflection Journal

**1. What are your personal warning signs that you're starting to drift away from recovery presence?**

*What behaviors or thoughts tend to come first?*

—

**2. What helps you reconnect when you’ve started to slip — even subtly?**

*A person, practice, space, or tool?*

—

**3. Who are the “awakened ones” in your life — the people who help you return to your best self?**

—

**4. What does it feel like to pause instead of push through when stress or shame shows up?**

—

**Daily Practice Log: Drift Awareness + Reconnection Tracker**

Use this to track moments when you caught the drift — or when you returned from it with presence.

<b>Day</b>	<b>What triggered emotional drift?</b>	<b>What helped me reconnect?</b>	<b>Was relapse on my mind? (Y/N)</b>
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

### **Support + Community Map**

Who are your go-to people when you feel at risk?

**Name / Role Type of Support Do I reach out often enough?**

What's one connection you want to nurture more intentionally this week?

### **Mindfulness Skill Use Checklist**

Which tools supported you this week?

- STOP technique
- Sacred Pause
- Morning Intention or Evening Reflection
- Trigger Mapping (Red/Yellow/Green zones)
- Journaling
- Community Check-In
- Recovery Reminder Sheet
- RAIN or breath-based reset
- Letting go of control (non-striving)

## **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “Notice the drift. Return without shame.”
- “One breath can change the outcome.”
- “Awareness before action.”
- “I can begin again.”

## **Closing Prompt: One Thing I’ll Carry Forward**

What’s one realization, support strategy, or recovery truth you’re bringing with you into next week?

# Workbook Companion: Week Seven

**Title: Mindfulness and Relapse Prevention — Part II**

**Theme: Craving, Triggers, and Self-Awareness**

## Opening Reminder

*“Craving isn’t the enemy — reaction is. Mindfulness helps you interrupt the loop.”*

This week, you explored:

- How craving feels like survival
- Why reaction is the real danger
- How to name and prepare for high-risk moments
- The power of urge surfing
- Compassion as a relapse prevention tool

Craving will come — but it doesn’t have to command you.

You now have tools to ride the wave instead of drown in it.

## Reflection Journal

**1. What does craving usually mean in your body and emotions?**

*What’s underneath it — fear, loneliness, stress, boredom?*

—

**2. What’s one lie your cravings tend to tell you?**

*And what’s the truth that can stand beside it?*

—

**3. When you pause instead of react, what changes in your thoughts or breath?**

—

**4. How does compassion feel different than control when facing a craving or a high-risk moment?**

—

## Daily Practice Log: Craving + Compassion Tracker

Track one craving, urge, or trigger moment per day — and how you responded.

<b>Day</b>	<b>What triggered me?</b>	<b>What did I notice in my body?</b>	<b>What did I do (or say) instead of reacting?</b>
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

### **Trigger Map: Red, Yellow, Green Zones**

Use this space to identify common triggers and begin planning your response.

#### **Trigger Color (Red, Yellow, Green) How I plan to respond**

Red = Avoid or bring full support

Yellow = Proceed mindfully

Green = Grounded and recovery-aligned

What's one Red or Yellow trigger you want to be more proactive with next week?

### **Mindfulness Skill Use Checklist**

Check what supported you this week:

- Urge Surfing
- RAIN practice
- STOP technique
- Trigger mapping
- Body-based awareness (hands, breath, feet)
- Thought labeling (“This is craving”)
- Hand over heart compassion
- High-risk situation planning (If/When, Then)

## **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “This urge will pass — and I will stay.”
- “Compassion, not command.”
- “Craving is a wave. I can ride it.”
- “My pause is more powerful than my panic.”

## **Closing Prompt: One Thing I’ll Carry Forward**

What’s one craving-related lesson or emotional strategy from this week that you want to bring with you into next week?

# Workbook Companion: Week Eight

**Title: Mindfulness and Relapse Prevention — Part III**

**Theme: The Hungry Ghost Within**

## Opening Reminder

*“The Hungry Ghost doesn’t need more stimulation. It needs soothing.”*

This week, you explored:

- The metaphor of the Hungry Ghost as a symbol for addiction and unhealed longing
- How childhood trauma and unmet needs shape our emotional responses
- How craving often arises from internal emptiness, not external desire
- The role of mindful ritual, reparenting, and compassionate inner dialogue
- Why presence — not punishment — creates lasting change

Recovery isn’t about erasing the ghost.

It’s about learning to sit beside it and say: *“I see you. I can stay.”*

## Reflection Journal

### 1. What emotions or unmet needs tend to wake your Hungry Ghost?

*Think of times you’ve felt compulsive, overwhelmed, or numb — what might those moments be asking for underneath the craving?*

—

### 2. When you picture the Hungry Ghost inside you, what does it look or feel like?

*If it had a voice, what would it say? What would it need to hear?*

—

### 3. What does “feeding the ghost with presence” look like in your life — practically and emotionally?

—

### 4. What small ritual or compassionate action might soothe the part of you that feels starved?

—

## Daily Practice Log: Hungry Ghost Awareness Tracker

Use this space to observe craving, emotional hunger, or compulsive urges — and how you responded with mindfulness.

Day	What triggered the ghost?	What feeling or memory was underneath?	How did I respond with care?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

## Self-Compassion Letter to the Ghost (Optional Exercise)

This week, try writing a short letter to your Hungry Ghost — from your wise, compassionate self. You might begin with:

“I see you. I know what you’ve been carrying. I won’t abandon you anymore...”

Use this space for that letter, or start it in your journal.

## Mindfulness Skill Use Checklist

Which tools or practices helped this week?

- Hungry Ghost visualization
- Self-compassion or reparenting exercise
- Loving-kindness ritual
- Body scan during craving
- Breath anchor (“I am safe. I can stay.”)
- Red/Yellow/Green trigger map
- Creating or honoring a daily ritual (candle, breath, gratitude)

## **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “I can feed the ache with care, not compulsion.”
- “The ghost is not my enemy — it’s my wounded history.”
- “I don’t have to run. I can stay.”
- “This part of me is welcome. And I will tend to it.”

## **Closing Prompt: One Thing I’ll Carry Forward**

What is one ritual, insight, or phrase from this week you want to bring into next week?

# Workbook Companion: Week Nine

**Title: Mindfulness and Recovery — Part IV**

**Theme: Thoughts Are Just Thoughts**

## Opening Reminder

*“You are not your thought. You are the one who sees it.”*

This week explored:

- How thoughts can hijack recovery when we believe them too quickly
- How mindfulness helps us observe, label, and release mental loops
- The Five Hindrances (craving, aversion, restlessness, sloth, doubt) as internal obstacles
- The power of pausing to return to breath, body, and grounded action

Thoughts will come. Doubts will rise.

But you’ve learned how to **notice, name, and stay steady**.

## Reflection Journal

**1. What recurring thought has the most power over you right now — and how does it affect your mood or behavior?**

—

**2. What shifts when you name a thought instead of obeying it?**

—

**3. Which of the Five Hindrances (craving, aversion, restlessness, sloth, doubt) do you encounter most often? How do you typically respond?**

—

**4. What would it feel like to allow discomfort instead of resisting it — even briefly?**

—

## Daily Practice Log: Thought Awareness + Hindrance Tracker

Use this to observe patterns and build clarity.

<b>Day</b>	<b>Notable Thought or Hindrance</b>	<b>What I Noticed in My Body</b>	<b>What Helped Me Return?</b>
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

### **Five Hindrances Tracker**

At the end of the week, reflect:

**Hindrance Did It Show Up? (Y/N) How Did I Relate to It?**

Craving

Aversion

Restlessness

Sloth / Torpor

Doubt

What helped you stay present with discomfort?

### **Mindfulness Skill Use Checklist**

Which tools supported you this week?

- Thought labeling (“This is planning / craving / judging”)
- Five Hindrances reflection
- STOP technique
- One-breath reset
- Naming the mind state (Emotion, Reason, Wise)
- RAIN

- Noting without reacting
- Mindfulness Map (optional)

### **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “This is just a thought — not a command.”
- “Craving is weather. I’m the sky.”
- “I can pause before I believe.”
- “Even doubt can be witnessed.”

### **Closing Prompt: One Thing I’ll Carry Forward**

What thought, insight, or self-awareness practice are you bringing into next week?

# Workbook Companion: Week Ten

**Title: Practice, Presence, and Perseverance**

**Theme: Learning to Stay When It's Hard**

## Opening Reminder

*“Relapse doesn’t always scream — sometimes it whispers. Mindfulness helps you hear it in time.”*

This week explored:

- How relapse is often preceded by subtle emotional drift
- The power of the STOP practice and daily check-ins
- How Doing Mode disconnects us from being grounded
- The importance of daily presence and proactive planning
- Recovery as a rhythm of pausing, noticing, and choosing again

This week wasn’t about perfect performance — it was about returning to your life as it is, **breath by breath**.

## Reflection Journal

**1. When you look back at past slips or close calls, what early signs did you miss?**

—

**2. What support or practice helps you reconnect when you start to drift?**

—

**3. How does it feel to ground yourself in something small (breath, sound, sensation) when the storm rolls in?**

—

**4. What would it mean to let recovery be a rhythm, not a test?**

—

## Daily Practice Log: Drift and Presence Tracker

Use this to log moments when you noticed emotional drift — and how you responded.

**Day Early Sign I Noticed What Helped Me Return? Was I at risk of relapse? (Y/N)**

Mon

Tue

Wed

Thu

Fri

Sat

Sun

**Support Map and Relapse Prevention Planning**

Use this space to list your recovery supports — and the actions you'll take when risk is rising.

<b>Support Person / Tool</b>	<b>Type of Support</b>	<b>How Often Do I Reach Out?</b>	<b>What Will I Do If I Drift?</b>
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What's one supportive connection you want to prioritize more this week?

**Mindfulness Skill Use Checklist**

Which tools supported you this week?

- STOP technique
- Sacred Pause
- Morning Intention / Evening Reflection
- Urge Surfing
- Trigger awareness
- HALT Check-In
- Body scan or mindful grounding
- Community Check-In
- Journaling

**My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “I can notice the drift — and return without shame.”
- “This is a pause, not a failure.”
- “One breath. One choice.”
- “Presence over panic.”

### **Closing Prompt: One Thing I’ll Carry Forward**

What practice, insight, or connection do you want to bring with you into next week?

# Workbook Companion: Week Eleven

**Title:** DBT Skills – Reality, Emotion, and the Practice of Presence

**Theme:** Accepting What Is, Acting with Intention

## Opening Reminder

*“You are doing the best you can. And—you can learn to do better.”*

This week explored:

- Radical acceptance as the gateway to change
- The balance between Emotion Mind, Reason Mind, and Wise Mind
- DBT’s What and How Skills for building moment-to-moment mindfulness
- Emotional exposure as a practice of staying grounded when things get hard

You don’t have to react to every feeling.

You can observe. Pause. Choose again.

That’s what it means to live in Wise Mind.

## Reflection Journal

**1. What is one area of your life right now where you’re resisting reality? What would it mean to accept it instead?**

—

**2. When do you notice Emotion Mind taking over — and what’s your signal that it’s time to return to Wise Mind?**

—

**3. What does radical acceptance mean to you in practice — not theory?**

—

**4. How do you relate to the idea of being “effective” rather than being “right” in high-emotion situations?**

—

## Daily Practice Log: Wise Mind Tracker

Use this log to notice your emotional state and which “mind” you were operating from each day.

## **Day Emotion / Trigger Which Mind? (E, R, W) What Helped You Shift?**

Mon

Tue

Wed

Thu

Fri

Sat

Sun

E = Emotion Mind

R = Reason Mind

W = Wise Mind

## **What + How Skills in Action**

This week, you practiced DBT's What and How skills:

### **What to do:**

- Observe
- Describe
- Participate

### **How to do it:**

- Non-judgmentally
- One-mindfully
- Effectively

Which of these skills did you practice this week? (Check all that apply)

- Observing without reacting
- Describing feelings or sensations out loud or in writing
- Fully engaging in one activity
- Releasing judgment
- Doing one thing at a time
- Asking "What works here?" instead of "Who's right?"

What helped these skills stick?

### **Practice Focus: Emotional Exposure Reflection**

Pick one emotional exposure moment from this week.

- What was the feeling?
- How did you stay present with it?
- What helped you ground (breath, body, room, phrase)?
- How did you feel after letting the emotion crest and fall?

What did this practice teach you about your capacity to stay?

### **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “This is real. I can stay.”
- “I don’t need to react. I can pause.”
- “My breath is my anchor.”
- “I’m learning to do better — gently.”

### **Closing Prompt: One Thing I’ll Carry Forward**

What truth, skill, or phrase from this week do you want to bring into next week?

# Workbook Companion: Week Twelve

**Title: Self-Care and Balance — The Practice of Staying Whole**

**Theme: Protecting Your Energy, Honoring Your Humanity**

## Opening Reminder

*“Self-care is not selfish. It’s how we remember we belong to life.”*

This week explored:

- How stress, overextension, and avoidance create relapse risk
- Self-care as a biological, emotional, and spiritual practice
- The role of daily rituals in nervous system regulation
- Loving-kindness as a reparenting tool
- Boundaries as sacred agreements — not walls

Recovery isn’t about doing more.

It’s about doing what sustains you.

## Reflection Journal

**1. Where in your life are you saying yes when your body or heart wants to say no?**

*What’s the cost of continuing that pattern?*

—

**2. What part of your self-care is missing right now — physical, emotional, mental, relational, or spiritual? Why has it been hard to prioritize?**

—

**3. What boundary would protect your peace — but feels hard to set? What’s one step toward honoring it?**

—

**4. What does “self-care without guilt” mean to you? How would that change your day-to-day life?**

—

## Daily Practice Log: Self-Care + Boundaries Tracker

Use this to log a small act of self-care or a boundary honored each day.

### **Day Self-Care Practice Boundary Honored or Set How Did It Feel?**

Mon

Tue

Wed

Thu

Fri

Sat

Sun

### **Self-Care Domains Reflection**

**Check one or two areas where you want to increase care this week:**

- Physical (sleep, food, rest)
- Emotional (journaling, naming feelings, safe crying)
- Mental (slowing thoughts, limiting screen time)
- Relational (honest communication, saying no)
- Spiritual (stillness, prayer, nature, presence)

What's one small action you can take to nourish one of these areas?

### **Mindfulness Skill Use Checklist**

Check what supported you this week:

- Loving-kindness meditation
- Ritual (morning, meal, candle, breath)
- Compassionate journaling
- Saying no mindfully
- 5-minute reset or body scan
- Hand on heart during overwhelm

- Gratitude practice
- Letting go of guilt about rest

### **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “I don’t have to earn rest.”
- “Caring for myself is an act of recovery.”
- “Boundaries are how I stay grounded.”
- “I can stop proving and start protecting.”

### **Closing Prompt: One Thing I’ll Carry Forward**

What practice, phrase, or boundary do you want to bring with you into next week?

# Workbook Companion: Week Thirteen

**Title: Self-Compassion — Part I: Becoming an Inner Ally**

**Theme: Softening the Inner Voice, Strengthening the Inner Bond**

## Opening Reminder

*“You don’t have to earn your own tenderness. You already deserve it.”*

This week explored:

- The foundations of self-compassion
- How our inner dialogue shapes behavior, recovery, and self-worth
- The three systems of survival: threat, drive, and soothe
- The evolutionary science behind compassion
- Replacing the inner critic with a steady, supportive voice

You are not your pain.

You’re the one learning how to hold it — gently, kindly, and without shame.

## Reflection Journal

**1. What does your inner voice usually sound like when you’re struggling?**

*Whose voice does it remind you of?*

—

**2. What might a gentler version of that voice say instead?**

—

**3. Which of the three systems (threat, drive, soothe) are you most familiar with — and which is underdeveloped?**

—

**4. When was the last time you instinctively offered kindness to someone else? What allowed you to do that — and could you offer some of it to yourself?**

—

## Daily Practice Log: Inner Dialogue Check-In

Use this to track moments when you noticed (or shifted) your inner tone.

<b>Day</b>	<b>What Triggered My Inner Critic?</b>	<b>What Did It Say?</b>	<b>What Did I Say Back (If Anything)?</b>
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

### **Compassion Rewiring Tools**

Which of these did you try this week?

- Hand on heart with breath
- Mirror talk
- Naming the inner critic voice
- 10% kinder self-talk shift
- Self-kindness journaling
- Rescue phrase (e.g., “I’m human. I can begin again.”)

What did you notice? What felt strange, helpful, or new?

### **Optional Exercise: Write a Compassionate Letter to Yourself**

Use this space (or your journal) to write from your inner ally to your current self.

What would a wiser, kinder voice say to the part of you that’s hurting, afraid, or tired?

“Dear [Your Name],

I know you’re doing the best you can. And even when it feels like it’s not enough...”

### **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “I’m allowed to grow slowly.”
- “I don’t have to punish myself to change.”
- “I’m learning to show up for myself.”
- “Even now, I’m worthy of care.”

**Closing Prompt: One Thing I’ll Carry Forward**

What internal shift, mantra, or compassionate act do you want to bring with you into next week?

# Workbook Companion: Week Fourteen

**Title: Self-Compassion — Part II: Moving Through Resistance, Deepening the Practice**

**Theme: Meeting What's Hard with Kindness Instead of Criticism**

## Opening Reminder

*“Self-compassion isn't about giving up. It's about staying present without turning against yourself.”*

This week explored:

- Common myths and objections that block self-compassion
- The difference between self-esteem and self-compassion
- How our inner relationship affects how we show up in relationships with others
- Real-life practices that move kindness from theory to behavior
- Why resistance to care is often a survival echo — not a flaw

Self-compassion isn't a personality trait.

It's a muscle. And you're learning how to use it.

## Reflection Journal

**1. Which internal voice tends to show up first when you're struggling: the critic or the caregiver? Why do you think that is?**

—

**2. Which myth about self-compassion (e.g., “It's weak,” “It's selfish”) have you believed in the past? What's changed?**

—

**3. What would it look like to meet your inner resistance with curiosity instead of shame?**

—

**4. How might self-compassion help you repair — instead of retreat — after a mistake?**

—

## Daily Practice Log: Self-Compassion-in-Action Tracker

Track small acts of compassion toward yourself, especially in moments of difficulty.

<b>Day</b>	<b>What triggered my resistance or critic?</b>	<b>What self-compassion practice did I try?</b>	<b>What shifted, even slightly?</b>
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

### **Self-Esteem vs. Self-Compassion Reflection**

<b>Situation</b>	<b>Did I judge myself by outcome or offer compassion for the effort?</b>	<b>What did I learn from how I responded?</b>
------------------	--	---

What shifts when you say, *“I’m still worthy — even when it’s hard”*?

### **Resistance + Rewiring Tools Checklist**

Which of these tools did you try this week?

- Rescue phrase (“This is hard. I’m human. I can try again.”)
- Mirror talk
- Inner critic naming or softening
- One compassionate breath
- Writing a letter to yourself
- 10% softer tone shift
- A post-it or phone reminder: “Be kind.”

What helped you return to care?

### **Optional Prompt: Write a Response to Resistance**

Choose a phrase you heard from your inner critic this week. Write a direct response to it from your inner ally.

Critic says: “ \_\_\_\_\_ ”

Response: “ \_\_\_\_\_ ”

Even a soft redirect is a practice. And each redirect becomes a new path in the brain.

### **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “Compassion isn’t weakness — it’s how I return.”
- “I don’t need to be perfect to be worthy of peace.”
- “Every small act of care matters.”
- “This is the kind of strength I was never taught — and now I’m learning.”

### **Closing Prompt: One Thing I’ll Carry Forward**

What practice, reminder, or small shift do you want to bring into Week Fifteen?

# Workbook Companion: Week Fifteen

**Title: The Science of Mindfulness — Why It Works**

**Theme: Understanding the Brain to Reclaim the Mind**

## Opening Reminder

*“Every breath you take in awareness changes your brain.”*

This week explored:

- The neuroscience behind mindfulness and recovery
- How craving and relapse are tied to brain circuitry — not weakness
- The roles of the amygdala, prefrontal cortex, and dopamine system
- Why mindfulness changes how we relate to urges, stress, and survival-mode thinking
- How regular practice rewires emotional regulation and increases resilience

Mindfulness is more than a mindset.

It's **rewiring your nervous system** — one breath at a time.

## Reflection Journal

**1. How does it change your self-view to understand that addiction is a brain adaptation — not a failure of willpower?**

—

**2. When was the last time you paused instead of reacting? What shifted in your body or thoughts?**

—

**3. What old pattern or craving loop do you feel yourself starting to observe differently — even if only sometimes?**

—

**4. What helps you feel safe enough to pause, notice, and respond?**

—

## Daily Practice Log: Brain Awareness + Behavior Shift Tracker

Use this to track when you practiced pausing and rewiring instead of reacting on autopilot.

Day	What triggered reactivity?	What tool did I use to respond instead?	What did I notice in my body or mind?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

## Craving + Stress Cycle Reflection

Complete this reflection once during the week to map your craving response:

- **What triggered the craving or panic?**
- **What story did your brain tell you in that moment?**
- **What physical sensations were present?**
- **What did you do instead of obeying the impulse?**
- **What surprised you about what happened next?**

This is how rewiring begins — by watching it happen in real time.

## Science-Based Tools You Practiced

Which of these tools or awareness practices did you use this week?

- Urge surfing
- STOP practice
- One-breath reset
- Naming “threat/drive/soothe” mode
- Polyvagal grounding (feet, hand to chest, sensory regulation)
- Default mode network disruptor (e.g., body scan, breath focus, mindful movement)

- Thought labeling: “This is craving. This is not a command.”

## **My Recovery Mantra This Week**

“ \_\_\_\_\_ ”

Examples:

- “This is rewiring. This is not failure.”
- “My brain is learning. And so am I.”
- “One pause builds a new path.”
- “I’m not stuck — I’m adapting.”

## **Closing Prompt: One Thing I’ll Carry Forward**

What concept, phrase, or tool from this week do you want to use again in Week Sixteen?

# Workbook Companion: Week Sixteen

**Title: Mindfulness-Based Stress Reduction (MBSR) — A Tool for Recovery**

**Theme: Rewiring Our Response to Stress**

## Opening Reminder

*“You don’t have to escape stress. You just need to meet it differently.”*

This week explored:

- What MBSR (Mindfulness-Based Stress Reduction) is — and why it works
- How stress activates relapse cycles through survival circuitry
- The role of breath, attention, and body-based practices in shifting nervous system states
- How MBSR strengthens the link between noticing and choosing
- Why learning to stay is the foundation for long-term recovery

This isn’t about stress disappearing.

It’s about **you becoming steady in its presence.**

## Reflection Journal

**1. What does stress feel like in your body — and how does your nervous system usually respond?**

—

**2. What has your relationship to discomfort or distress looked like in the past — and what’s changing now?**

—

**3. What daily rhythms (or lack thereof) tend to increase your reactivity? What supports regulation?**

—

**4. What would it mean to respond to stress with presence instead of panic — even for a moment?**

—

## Daily Practice Log: Stress + Regulation Tracker

Track small moments when you noticed stress and chose presence instead of old habits.

<b>Day</b>	<b>What triggered stress or overwhelm?</b>	<b>What tool did I use to regulate?</b>	<b>What changed?</b>
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

### **MBSR Tool Tracker: What Helped You Stay?**

Check which practices helped interrupt the stress loop this week:

- STOP technique
- Body scan
- Breath-based regulation (e.g., Box, 4-7-8, Straw Breathing)
- One mindful meal or task
- Polyvagal grounding (hands, feet, voice)
- Five-minute reset
- “Here / Now” breathing anchor
- Anchor phrase (“I am safe. I can stay.”)

What helped the most? What will you carry forward?

### **Support Reflection: Nervous System Allies**

List people, environments, or rituals that help you regulate.

**Person or Ritual Why it helps When to reach for it**

### **My Recovery Mantra This Week**

“

”

---

Examples:

- “This is activation — not failure.”
- “My breath leads me back.”
- “I can feel this and still stay.”
- “My nervous system is learning.”

### **Closing Prompt: One Thing I’ll Carry Forward**

What insight, practice, or phrase from this week will carry you into the next chapter?