

The Green Sheet's process is what you do next if you've acted out. Remember, acting out is *always* living outside of your recovery zone and that *always* starts with a lifestyle imbalance. What feeds that imbalance is a relapse prevention plan that is un-designed or poorly designed. Your relapse prevention plan's five basic components are 1) individual psychotherapy, 2) group psychotherapy, 3) twelve step support meetings, 4) working the twelve steps, and 5) spirituality. From these five components come boundaries and skill building that lead to resilience, which is performing beyond one's expectations when faced with life's inevitable stressors. Resilience is *always* the product of a lifestyle in balance... Recovery produces lifestyle balance.

**Directions:** Please complete prior to your next therapy appointment and bring it with you to that appointment.

**"Your Must Haves"** Check all that currently apply:

- A current and well-designed *relapse prevention plan*
- A current "Fire Drill" ..... [Exercise 6.6, pp. 262-263 Facing the Shadow, 3<sup>rd</sup> edition]
- An active "Personal Crazyness Index" ..... [Exercise 6.10, pp. 276-287 Facing the Shadow, 3<sup>rd</sup> edition]
- A current "Letter from You to Yourself" ..... [Exercise 6.12, pp. 288-289 Facing the Shadow, 3<sup>rd</sup> edition]
- An active "First-aid Kit" ..... [Exercise 6.13, p. 290 Facing the Shadow, 3<sup>rd</sup> edition]
- A current "Relapse Contract" ..... [Exercise 6.14, p. 291 Facing the Shadow, 3<sup>rd</sup> edition]

Both columns have identical items; please check each item in either the yes or the no column.

"YES" Column	"NO" Column
<ul style="list-style-type: none"> <li><input type="checkbox"/> Access and use your Fire Drill</li> <li><input type="checkbox"/> Access and use your "Letter from You to Yourself"</li> <li><input type="checkbox"/> Access and use your Emergency First-aid Kit</li> <li><input type="checkbox"/> Reviewed your Relapse Contract.</li> <li><input type="checkbox"/> Attending and participating in 12 step meetings</li> <li><input type="checkbox"/> Have a 12 step sponsor</li> <li><input type="checkbox"/> Working the Steps</li> <li><input type="checkbox"/> Evaluated your sobriety challenges (pp. 241-246)</li> <li><input type="checkbox"/> Evaluated your recovery essentials (pp. 247-252)</li> <li><input type="checkbox"/> Have established sobriety boundaries:               <ul style="list-style-type: none"> <li>• Clear statement about abstinence, Have a plan and staying with the plan, Doing what you've said you'd do, and Processed the setting/establishing limits.</li> </ul> </li> <li><input type="checkbox"/> Evaluated your addictive cycle's power and momentum:               <ul style="list-style-type: none"> <li>• Negative core beliefs, Other negative beliefs, Denial, Delusion, and Unmanageability</li> </ul> </li> <li><input type="checkbox"/> Accepted <i>that even the most discipline people are powerless when they have an addiction.</i></li> <li><input type="checkbox"/> Evaluated your current resentments / grievances</li> <li><input type="checkbox"/> Processed your expectations (p. 255)</li> <li><input type="checkbox"/> Reviewed your Relapse Scenarios (pp. 256-261)</li> <li><input type="checkbox"/> Processed your Healthy Sexuality and Relationship Plan (pp. 269-272)</li> <li><input type="checkbox"/> Processed the anatomy of your acting out (p. 274)</li> <li><input type="checkbox"/> Analyze your PCI: How were your recent scores revealing your path to acting out?</li> <li><input type="checkbox"/> If applicable, regularly doing a FAST-T?</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Access and use your Fire Drill</li> <li><input type="checkbox"/> Access and use your "Letter from You to Yourself"</li> <li><input type="checkbox"/> Access and use your Emergency First-aid Kit</li> <li><input type="checkbox"/> Reviewed your Relapse Contract.</li> <li><input type="checkbox"/> Attending and participating in 12 step meetings</li> <li><input type="checkbox"/> Have a 12 step sponsor</li> <li><input type="checkbox"/> Working the Steps</li> <li><input type="checkbox"/> Evaluated your sobriety challenges (pp. 241-246)</li> <li><input type="checkbox"/> Evaluated your recovery essentials (pp. 247-252)</li> <li><input type="checkbox"/> Have established sobriety boundaries:               <ul style="list-style-type: none"> <li>• Clear statement about abstinence, Have a plan and staying with the plan, Doing what you've said you'd do, and Processed the setting/establishing limits.</li> </ul> </li> <li><input type="checkbox"/> Evaluated your addictive cycle's power and momentum:               <ul style="list-style-type: none"> <li>• Negative core beliefs, Other negative beliefs, Denial, Delusion, and Unmanageability</li> </ul> </li> <li><input type="checkbox"/> Accepted <i>that even the most discipline people are powerless when they have an addiction.</i></li> <li><input type="checkbox"/> Evaluated your current resentments / grievances</li> <li><input type="checkbox"/> Processed your expectations (p. 255)</li> <li><input type="checkbox"/> Reviewed your Relapse Scenarios (pp. 256-261)</li> <li><input type="checkbox"/> Processed your Healthy Sexuality and Relationship Plan (pp. 269-272)</li> <li><input type="checkbox"/> Processed the anatomy of your acting out (p. 274)</li> <li><input type="checkbox"/> Analyze your PCI: How were your recent scores revealing your path to acting out?</li> <li><input type="checkbox"/> If applicable, regularly doing a FAST-T?</li> </ul>

In this space, write your plan to re-enter your recovery zone: