

GREEN SHEET

If you've acted out, **the Green Sheet's** process is what you do next. Acting out is *always* living outside of your recovery zone and that *always starts* with a lifestyle imbalance. Lifestyle imbalance results from an RPP (relapse prevention plan) that is poorly designed. Relapse prevention plans (RPPs) have five components:

- 1) Individual counseling,
- 2) Group counseling,
- 3) Twelve step meeting attendance,
- 4) Working the twelve steps, and
- 5) Spirituality.

From these five components come boundaries and resilience skills, which allows one to perform beyond expectations when faced with life's inevitable stressors. Resilience is *always* the product of a balanced lifestyle...

Directions: Complete Steps 1, 2, and 3.

1

"Your Must Haves" Check all that currently apply:

- A current and well-designed RPP (*See note above*)
- A current "Fire Drill" [Exercise 6.6, pp. 262-263 Facing the Shadow, 3rd edition]
- An active "Personal Crazyness Index" [Exercise 6.10, pp. 276-287 Facing the Shadow, 3rd edition]
- A current "Letter from You to Yourself" [Exercise 6.12, pp. 288-289 Facing the Shadow, 3rd edition]
- An active "First-aid Kit" [Exercise 6.13, p. 290 Facing the Shadow, 3rd edition]
- A current "Relapse Contract" [Exercise 6.14, p. 291 Facing the Shadow, 3rd edition]

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YES	Circle Yes or No to each question below:	NO
1	1. Accessed and used your Fire Drill?	1
2	2. Accessed and used your "Letter from You to Yourself"?	2
3	3. Accessed and used your Emergency First-aid Kit?	3
4	4. Reviewed your Relapse Contract?	4
5	5. Attending and participating in 12 step meetings?	5
6	6. A Twelve Step sponsor?	6
7	7. Working the Twelve Steps?	7
8	8. Evaluated your sobriety challenges? (pp. 241-246 Facing the Shadow, 3 rd ed.)	8
9	9. Evaluated your recovery essentials? (pp. 247-252 Facing the Shadow, 3 rd ed.)	9
10	10. Established sobriety boundary: A clear abstinence statement?	10
11	11. Evaluated your addictive cycle's power and momentum: negative core beliefs, other negative beliefs, denial, delusion, and unmanageability?	11
12	12. Accepted <i>that even the most disciplined people are powerless when they have an addiction?</i>	12
13	13. Evaluated your current resentments / grievances?	13
14	14. Processed your expectations? (p. 255 Facing the Shadow, 3 rd ed.)	14
15	15. Reviewed your Relapse Scenarios? (pp. 256-261 Facing the Shadow, 3 rd ed.)	15
16	16. Processed your Healthy Sexuality and Relationship Plan? (pp. 269-272 Facing the Shadow, 3 rd ed.)	16
17	17. Processed the anatomy of your acting out? (p. 274 Facing the Shadow, 3 rd ed.)	17
18	18. Analyzed your PCI: How were your recent scores revealing your path to acting out?	18
19	19. If applicable, regularly doing a FAST-G?	19
20	20. Evaluated the viability of each RPP component?	20

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Based on the above process, what is your plan to re-enter your recovery zone? Write your plan on the back side of this green sheet.