

Gratitude in Recovery Worksheet

Instructions: Below are gratitude-related questions covering some aspects of your life. The goal of this worksheet is to help you discover or rediscover the things that you hold dear, especially before you became addicted, dependent, or started abusing alcohol and/or substances. Take your time to think about all the things and people important to you and discuss them in as much detail as possible.

1. Write the names of the people you are grateful for having in your life. Why are you grateful for their presence in your life?

XXXXXX, XXXXXX, XXXXXX, XXXXXX, XXXXXX, XXXXXX, XXXXXX, XXXXXX, XXXXXX, XXXXXX, XXXXXX, XXXXXX, XXXXXX, XXXXXX, and XXXXXX.

I'm grateful for them because they've made sure that they gave me the support I need as I dealt with my addictions and dependence on alcohol. They called me out if I was doing something that might have hindered my recovery, and they gave me words of encouragement. They visited me a lot during rehab, too.

2. What are the activities that bring you joy the most, and how does each one contribute to your overall happiness?

I love playing music with my bandmates. I don't have to be on stage. Simply jamming gives me so much joy because the music we make is... well, I'd describe it as happy music. They're instrumentals meant to evoke joy and nostalgia.

I also love playing video games. It takes me to worlds that are beyond the capabilities of my imagination. It's always a pleasure to immerse myself in fictional, interactive worlds.

Spending time with family and friends is my greatest joy. Seeing them alive and smiling fills me with happiness, especially when we're swapping stories and sharing meals.

3. Before taking alcohol/substances, what did you love about your health and body?

I used to be physically fit and athletic. Now, because of my dependence on alcohol, I've developed a gut. My doctors say it's not so bad and that I'm "mildly obese," but boy, do I feel easily tired whenever I exert enough effort. I'm hoping to get back to my original weight and become physically fit. I can't perform with my band on stage if I get tired easily.

Recovery Assignment

WJ Hussar



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