



An honest look

COSTS AND BENEFITS

Pause and look honestly at both sides. This exercise strengthens motivation and reminds you why you are recovering, especially on the harder days.

What my addiction gave me

Apparent gains, relief, escape.

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What it cost me

Health, relationships, work, sense of self.

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What I gain by recovering

Now and in the longer term.

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What can be hard in recovery

Costs and challenges I'm preparing for.

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Why I am recovering: *write it in one strong sentence you can come back to.*

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