

Personal Worksheet for those that have

“THOUGHTS OF SOBRIETY”



This worksheet/handout is to be completed and shared with counselor, sponsor, or other individuals that you feel comfortable sharing with.

1) Do you personally feel that you have a problem with Alcohol or Drugs of any kind?

✓ Yes No

✓ If yes! what were the drugs you used (please keep in mind that alcohol is considered a drug):

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- 2) The ***CAGE questionnaire*** is a self-report screening tool for alcoholism and drug addiction. Answer the questions honestly, to see if alcohol and drugs have become a problem for you.
- A. Have you felt the need to ***Cut*** down on your drinking or drugs?
 - B. Do you feel ***Annoyed*** by people complaining about your drinking or drugs use?
 - C. Do you ever feel ***Guilty*** about your drinking or drug use?
 - D. Do you ever drink or use drugs as an ***Eye-opener*** in the morning to relieve the shakes or to get up and round?

Answer ***YES to one or more*** there is a need to look at your alcohol or drug use as a problem, and a need to consider stopping.

- 3) If how much of each drug: List the drugs, how often you used (drugs or alcohol) the amount each day or week, you used:

- 4) Have you every attended a Sober Support Group meeting in the past? (This would include Alcoholics Anonymous, Narcotic Anonymous, and etc.)

✓ Yes or No

- 5) Did you feel comfortable at these meetings? Please explain?
- 6) What would be something that you could do differently at these sober support group meetings to help them be worthwhile for you?
- 7) Do you feel that it is important for you to attend Sober Support Groups (i.e. Alcoholic Anonymous, Narcotic Anonymous, Dual Disorder Recovery, Group, or others) to help you maintain your sobriety?
- 8) What do you feel is the most helpful thing for you when attending Sober Support Group?

9) Step # 1 of the:

- ✓ Alcoholic Anonymous states: “We admitted we were powerless over alcohol- that our lives had become unmanageable.”
- ✓ Do you admit you’re powerless over alcohol and drugs?
 - Yes or No
- ✓ Why or why not?

10) Name three people who will support you in your recovery from Alcohol and Drugs:

- ✓ _____
- ✓ _____
- ✓ _____

11) Do you have a sponsor in one of the Sober Support Groups?

- ✓ If yes what is his/her name:
 - (Please use first name only) _____
- ✓ How do you plan to use your sponsor in helping you remain sober? How will you use him/her to help you be effect in your recovery?

12) What will be the consequence if you return to using alcohol or drugs?

13) What are the good things that will happen if you DO NOT USE, alcohol or drugs?

14)What are the good things you can do to help yourself stay away from alcohol or drugs in the future?

Thoughts for Sobriety

S U O M Y N O N A N S P K S E K P M B K
W J Q E R Y C J I O M G M T X O P H T X
N A R C O T I C A I M D U T Q O F S R M
W B N L J K Y L W T E E B R J Z E P O I
S R E M I S C K T A C P L X D F U I P R
N B F P H O O R P C E O F B A V V R P U
R V U X H R D X S U U G C N O C O I U A
H O Y O K E W I C D B S A A C R C T S X
X V L I G B R B S E C U Q J I V P U E F
J I U E X O Q M P O J J T Y A N T A A E
C Q M F S S R F R I R C X B S Q E L W U
C F D N D N I D R L E D D G R U S I I J
T W O K D K U A A Z C B E F D C S T H G
P P M B P R M O D K O A K R H T B Y S G
S P F L H K P E C Y V F A O E P V I F T
K O A W O R K W F W E R O P H Y B G A J
G U O V T H L L E N R L W D S F Q N M M
D L O H O C L A G O Y O H C R U H C I T
F E U N T G V Q U F R I E N D S B R L N
E C D Z T G F H U K T L W O D H I B Y E

ALCOHOL
ALCOHOLIC
ANONYMOUS
CHURCH
COCAINE
COUNSELOR
DISORDER
DRUGS
DUAL
EDUCATION
FAMILY
FRIENDS
MARIJUANA
NARCOTIC
PROBLEM
RECOVERY
SCHOOL
SOBER
SPIRITUALITY
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