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## 1. MASTERING HABITS AND ADDICTIONS

This class provides tools you can use to master harmful habits and addictions. Habits are either helpful in our lives or cause problems for us. Not everyone struggles with harmful habits and addictions. But many people do, so we decided to offer you this class. The goal of this workbook is to help you see how harmful habits affect your life. Then it shows you how to change these patterns. The sooner you know what harmful habits and addictions you face and how they work the better off you are.

Put your name in the front of your book. You'll complete a number of assignments that are explained as we go along. A list of assignments is inside the front of this workbook. These include exercises and testimonies you share with the class. You must complete all assignments to get credit for completing this class. After you complete each assignment, your coach signs that item on the list.

**Please introduce yourself and tell others why you are in the class. Tell them how you feel about being here, and what you'd like to get out of the class.**

The class is based on three elements: honesty, trust and accepting reality. Write below why these are important.

Discuss your ideas in groups of three for 3 minutes. Make notes and have a spokesperson share your ideas.

Here are some thoughts we have:

1. We want people close to us to be honest and trustworthy so we can count on them to help us.
2. When we feel safe with other people, we're more open and learn new things about ourselves.
3. It's fun to get to know other people.
4. Accepting reality means you're not fighting the way things are--whether it's rules, authority figures, or responsibilities.

## **Class Privacy**

Privacy is an important part of the class. Your coach will follow the rules of the agency where you're taking the class. Class privacy doesn't apply to situations such as thoughts of suicide, threats to harm others, child abuse, or doing things to endanger you or others. In these situations, the coach will talk to you and appropriate authorities. He or she won't discuss private details of your life.

Privacy in the class also includes privacy for other class members. This can be summed up with the phrase, "When you leave, don't repeat whom you see here or what you hear here." Discuss why privacy is important. We ask each of you to commit to keep everything shared in the class private.

## **Class Rules**

To create a comfortable place to talk, write down two other rules you suggest for the class.

1.

2.

Share the class rules you wrote down. Discuss them with the class and agree on rules. Once you agree, your coach will provide you with poster board and markers. A volunteer can write the rules down and they can be posted. When a new person comes into the class, explain the class rules to him or her.

## **Class Goals**

You don't have to wait until harmful habits and addictions are huge challenges before you take healthy action. The sooner you do something about them, the better. During the class you gain knowledge and skill to deal with harmful habits in your life. The book gives you a map to follow as you explore your strengths and vulnerabilities, and make changes you want in your life. It offers you:

1. Knowledge about how harmful habits and addictions develop, and the problems they create.
2. Information about the childhood origins of harmful habits, addictions and Problem Emotional Patterns.
3. Tools to evaluate your risks for harmful habits.
4. Knowledge and skills to replace harmful habits with healthy habits.
5. How to resist influence of people who could pull you back to harmful habits.
6. Descriptions of people who have faced and overcome these patterns.
7. Guidance for moving through the Six Steps to Recovery below.

## **Six Steps to Recovery**

<b>SIX STEPS TO RECOVERY</b>	
<b>1.</b>	<b>TAKE RESPONSIBILITY FOR YOUR LIFE</b>
<b>2.</b>	<b>UNDERSTAND HARMFUL HABITS AND ADDICTIONS</b>
<b>3.</b>	<b>UNDERSTAND YOUR HISTORY AND VALUES</b>
<b>4.</b>	<b>REPLACE SURVIVAL BEHAVIOR PATTERNS</b>
<b>5.</b>	<b>REPLACE HARMFUL HABITS AND ADDICTIONS</b>
<b>6.</b>	<b>MAINTAIN YOUR RECOVERY</b>