

Have you called your sponsor, accountability partner, pastor, or counselor?      Yes      No\*

\* Don't begin reflecting or writing until answer to this questions is "yes." It is foolish to fight addiction alone.

## STEP ONE: ADMIT:

**What was the situation?** Summarize the "who, what, before-after, where" of your temptation towards addiction.

**How did I react?** Summarize the content of your thoughts and the choices you made.  
Use the four quadrant tool to identify both your actual reaction and other possible options.

**What is my current commitment level to change?**      Weak | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 Strong

## STEPS TWO & FIVE: ACKNOWLEDGE & CONFESS:

**What are the most relevant components of "My Commitment to Change" plan?**

**How willing am I to enact "My Commitment to Change" plan?**      Low | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 High

**What are the consequences if I succumb?** For me? For others?

## STEP THREE UNDERSTAND:

**What motives are present in this moment of temptation?** Circle or write in your motives/triggers.

Social Lubricant

Achievement

Reward

Relaxation

Escape

Boredom

Loneliness

Cynicism

Order

Punish

Other: \_\_\_\_\_

## STEP FOUR REPENT:

**How would God have me run to him in this experience?** What do repentance and faith look like *in this moment*?

## STEPS SIX & SEVEN: RESTRUCTURE LIFE & IMPLEMENT:

**How did I leave myself susceptible to this struggle?** What change is needed to prevent this from happening again?

**What actions would be most effective at thwarting my cravings and overcoming my addiction?**

**What aspects of this struggle do I need to share with a friend, pastor, or counselor?**

	Obey	Disobey
Agree	<p>Most Dangerous: We believe what our flesh nature tells us about ourselves and obey what it tells us to do to make the situation "better."</p>	<p>Reality of Growth Step: There will still be times we are prone to agree with our flesh nature about ourselves, but even in these moments of weakness we are able to resist the "remedies" our flesh offers.</p>
Disagree	<p>First Growth Step: We disagree with what our flesh nature tells us about ourselves but still obey what it tells us to do to make the situation "better."</p>	<p>Ultimate Goal: We consistently disagree and disobey our flesh because our confidence in what God says and what God offers is the strongest voice guiding our life.</p>

	Obey	Disobey
Agree		
Disagree		