**Your Path to a Flourishing Life**

**An Integrated Recovery Management Plan**

This workbook combines the science of well-being from the PERMA+ model with the powerful, self-directed tools of SMART Recovery. It is your personal guide to not only overcome challenges, but to build a truly meaningful, balanced, and joyful life.

**This plan belongs to:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Vision Statement**

At PERMAnent Recovery, we envision a world where individuals in recovery not only achieve sobriety but also flourish in every dimension of life. Our vision is rooted in the belief that long-term wellness is built not just on avoiding relapse, but on cultivating meaning, joy, purpose, and authentic human connection. We aim to empower individuals to move beyond survival — into a life of thriving.

**Mission Statement**

Our mission at PERMAnent Recovery is to provide a structured, strengths-based recovery curriculum that integrates the proven principles of Positive Psychology (PERMA+) with the practical tools of SMART Recovery®.

Through guided group sessions, interactive tools, and personal reflection, this program equips individuals with the knowledge, skills, and self-awareness to build sustainable well-being.

We are committed to supporting individuals 18 and older on their journey toward self-directed change, emotional resilience, and a flourishing life in recovery.

**Note: SMART Recovery® offers its own participant handbook and facilitator resources which can be found at:**

**https://www.smartrecovery.org/shop/**

**Introduction: A Modern Path to a Flourishing Recovery**

Welcome to a new approach to recovery. The journey you are embarking on is not just about stopping a behavior; it is about starting a new life—one that is consciously designed to be meaningful, resilient, and deeply satisfying. This plan is built on a simple but powerful idea: that the most effective path to overcoming addiction is to focus on building a future you are excited to live in.

This is why this plan integrates two powerful frameworks: **SMART Recovery** and the **PERMA+ model of well-being**. Both are rooted in a modern therapeutic philosophy that is **solution-focused** and **evidence-based**.

**Why Solution-Focused and Evidence-Based Care is Key**

For a long time, many approaches to addiction focused almost exclusively on the past—on the problems, the powerlessness, and the pathology of the disease. While understanding the past is useful, getting stuck there can be draining and unproductive.

* **Evidence-Based** means that the strategies and tools you are about to use are not based on guesswork or tradition alone. They are backed by scientific research and have been proven effective. SMART Recovery, for example, is built on the foundations of Cognitive Behavioral Therapy (CBT), one of the most well-researched and effective methods for changing human behavior. This ensures you are using techniques that work.
* **Solution-Focused** means that our primary goal is to build solutions for the future, not just analyze the problems of the past. It asks empowering questions like, "What do I want my life to look like?" and "What skills and strengths can I use to get there?" This approach fosters hope, builds momentum, and puts the power to change directly in your hands.

**PERMA+ and SMART Recovery: Your Solution-Focused Toolkit**

The two frameworks in this plan are a perfect match because they are both inherently forward-looking and practical.

* **SMART Recovery is solution-based** because it is a program of empowerment. It doesn't label you for life; instead, it equips you with a "toolbox" of practical skills. Its **4-Point Program®** is entirely focused on creating positive change: (1) Building and maintaining motivation, (2) Coping with urges, (3) Managing thoughts, feelings, and behaviors, and (4) Living a balanced life. These are the solutions to the challenges of addiction, and they are skills you can learn, practice, and master.
* The PERMA+ model is solution-based because it gives you the blueprint for what you are building. Coined by the founder of Positive Psychology, Martin Seligman, PERMA+ is the very definition of a flourishing life. By focusing on cultivating Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment (plus physical Health), you are not just avoiding a negative; you are actively creating a profound positive. A life rich with these elements is the ultimate "solution," as it naturally crowds out the space and need for addictive behaviors.

By integrating the "how-to" skills of SMART Recovery with the "what-for" vision of PERMA+, you create a comprehensive and empowering roadmap. You are not just recovering from something; you are building toward something wonderful. Let's begin!



**PERMA+ Addiction Recovery Management Plan**

The PERMA model of wellbeing, which stands for Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment, can be effectively used in addiction recovery by providing a structured framework to help individuals build a fulfilling life without substances, focusing on actively cultivating positive experiences in each of these key areas to replace the temporary relief previously sought through addiction.

How the PERMA model is applied in addiction recovery:

* **Positive Emotions:**
  + Identify activities that reliably generate positive emotions like spending time in nature, practicing gratitude, engaging in hobbies, or connecting with supportive people.
  + Mindfulness practices to recognize and appreciate positive emotions in daily life.
* **Engagement (Flow):**
  + Encourage involvement in activities that promote "flow" states, where one becomes fully absorbed in the present moment, like creative pursuits, sports, or volunteering.
  + Identify activities that align with personal strengths and interests.
* **Relationships:**
  + Build and maintain healthy relationships with family and friends, attend support groups to foster connection with others in recovery.
  + Practice active listening, empathy, and healthy communication skills.
* **Meaning:**
  + Explore personal values and purpose, identify meaningful goals in recovery, and find ways to contribute to the community.
  + Consider spirituality or volunteer work as avenues for finding meaning
* **Accomplishment:**
  + Set achievable goals in recovery, celebrate small wins, and track progress towards larger milestones.
  + Develop new skills and competencies to build self-esteem and a sense of achievement.

This plan will guide you through each of these areas with practical exercises and strategies.

Key benefits of using the PERMA model in addiction recovery:

* **Positive focus:**

Shifts the focus away from negative symptoms and towards building a fulfilling life with positive experiences.

* **Holistic approach:**

Addresses multiple aspects of well-being, not just substance use behavior.

* **Empowerment:**

Provides individuals with a sense of agency to actively create positive change in their lives.

* **Sustainability:**

Encourages long-term maintenance of recovery by fostering healthy habits and meaningful connections.

**P: Positive Emotions**

The "P" in PERMA, a model for well-being, stands for Positive Emotions, which can be cultivated through activities like savoring positive experiences, practicing gratitude, and engaging in hobbies that bring joy. Positive Happiness and joy triggers are specific experiences, actions, or practices that spark joy and fulfillment, helping to boost mood and overall well-being. Identifying and incorporating these triggers into your daily life can be a powerful way to manage stress and find happiness. In recovery, it's crucial to find healthy ways to experience positive emotions. This doesn't mean ignoring difficult feelings, but rather, actively cultivating positive ones to build resilience.

**42 Healthy Ways to Cultivate Positive Emotions**

|  |  |  |
| --- | --- | --- |
| 1. Listen to uplifting music | 2. Write down 3 good things | 3. Dance to your favorite song |
| 4. Spend time in nature | 5. Compliment a stranger | 6. Express gratitude |
| 7. Watch a funny movie | 8. Stretch your body | 9. Spend time near water |
| 10. Play with a pet | 11. Enjoy tea/coffee mindfully | 12. Learn a new, simple skill |
| 13. Practice deep breathing | 14. Light a scented candle | 15. Create something |
| 16. Look at happy photos | 17. Read an inspiring story | 18. Cuddle with a loved one |
| 19. Do a small act of kindness | 20. Plan a fun future activity | 21. Plan a vacation |
| 22. Take a mindful walk | 23. Try a new recipe | 24. Call a friend or loved one |
| 25. Take a relaxing bath | 26. Meditate for 5 minutes | 27. Write a poem or story |
| 28. Watch birds or wildlife | 29. Sit in the sun | 30. Declutter a small space |
| 31. Buy flowers for yourself | 32. Join a hobby group | 33. Laugh out loud |
| 34. Try aromatherapy | 35. Look at the stars | 36. Draw or color something |
| 37. Smile at yourself in the mirror | 38. Give yourself a compliment | 39. Make a vision board |
| 40. Take a social media break | 41. Write a letter to your future self | 42. Revisit a favorite childhood memory |

**Cultivating Positive Emotion: The "Three Good Things" Exercise**

This is one of the most effective and well-researched exercises in positive psychology for creating a lasting boost in happiness and reducing depressive symptoms. It works by training your brain to notice, appreciate, and focus on the positive events that happen every day, counteracting the mind's natural tendency to dwell on negatives.

* **How it Works:** Every evening before you go to sleep, take about ten minutes to reflect on your day and write down three things that went well. They don't have to be monumental events; they can be small and simple. The crucial part is to also write down *why* that good thing happened.
* PERMA+ Link: This exercise is a direct and powerful intervention for the P (Positive Emotions) component of the PERMA+ model. By consistently noticing the good, you actively generate feelings of gratitude, contentment, and optimism. It can also reveal sources of M (Meaning) and A (Accomplishment) you might otherwise overlook.

**Putting It Into Practice: Your Daily Log**

Set aside a notebook or use a digital document and answer these three prompts each night.

**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Good Thing #1:** What is one good thing that happened today?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Why it happened:** What role did you play, what did others do, or what circumstances led to this good thing?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. **Good Thing #2:** What is another good thing that happened today?

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**Why it happened:** What role did you play, what did others do, or what circumstances led to this good thing?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. **Good Thing #3:** What is a third good thing that happened today?

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**Why it happened:** What role did you play, what did others do, or what circumstances led to this good thing?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Practice Positive Affirmations**

Positive affirmations are short, powerful statements that you repeat to yourself to challenge negative and unhelpful thoughts. They work by reinforcing new, positive beliefs about yourself and your abilities. In recovery, they can help build self-esteem, increase motivation, and foster a hopeful outlook. The key is to state them in the present tense, as if they are already true.

**42 Positive Affirmations for Recovery and Wellbeing**

|  |  |  |
| --- | --- | --- |
| 1. I am worthy of love and respect | 2. I am stronger than my struggles | 3. I choose progress over perfection |
| 4. I am in control of my choices | 5. I deserve to be happy and healthy | 6. I am proud of how far I’ve come |
| 7. I am resilient and can overcome anything | 8. I believe in myself | 9. I am learning and growing every day |
| 10. I am not my past mistakes | 11. I have the power to create change | 12. I radiate confidence and courage |
| 13. I am calm, capable, and centered | 14. I am doing my best, and that is enough | 15. I am open to new possibilities |
| 16. I am patient with myself and others | 17. I am grateful for today | 18. I deserve peace in my life |
| 19. I trust the journey of recovery | 20. I am becoming the best version of myself | 21. I forgive myself and move forward |
| 22. I attract positivity and let go of negativity | 23. I am safe and grounded | 24. I choose thoughts that empower me |
| 25. I am free from fear and full of hope | 26. I honor my values and stay true to myself | 27. I am creative and full of potential |
| 28. I welcome joy into my life | 29. I am capable of setting and maintaining boundaries | 30. I choose to let go of what I can’t control |
| 31. I am proud of my progress | 32. I am kind to myself and others | 33. I believe in second chances |
| 34. I trust myself to make good decisions | 35. I am surrounded by support and love | 36. I give myself permission to rest |
| 37. I am allowed to feel all my emotions | 38. I speak to myself with compassion | 39. I am a survivor, not a victim |
| 40. I am enough just as I am | 41. I greet each day with hope and courage | 42. I embrace change and welcome growth |

**Your Personal Affirmations:** Choose a few affirmations from the list above that resonate with you, or create your own. Write five affirmations that you will practice saying to yourself daily.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Reflection Questions**

*What are three small things that brought you a moment of joy or peace this week?*

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Which activity from the list above will you try this week to intentionally create a positive emotion?*

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**E: Engagement**

Engagement is about finding activities that completely absorb you, where you lose track of time. This state is "flow." Finding healthy flow activities is a powerful antidote to cravings and boredom.

**Tips for Cultivating Engagement:**

* + Identify activities that bring you joy and allow you to lose track of time
  + Create opportunities for yourself to engage in these activities regularly
  + Challenge yourself to learn new skills and explore different interests
  + Be present in the moment and avoid distractions
  + Focus on the process rather than the outcome

**Requirements for “flow” activities:**

1. Losing track of time.
2. The activity is challenging, but not excessively challenging.
3. There is a clear goal.
4. The activity is enjoyable.

**21 Examples of Flow Activities**

|  |  |  |
| --- | --- | --- |
| 1. Play an instrument | 8. Cook or bake | 15. Read a captivating book |
| 2. Gardening | 9. Rock climbing | 16. Repair something |
| 3. Play a sport | 10. Play a strategic game | 17. Organize a space |
| 4. Solve a puzzle | 11. Woodworking/crafting | 18. Practice a new language |
| 5. Writing/journaling | 12. Photography | 19. Hike a challenging trail |
| 6. Coding | 13. Dancing | 20. Acting/comedy |
| 7. Drawing/painting | 14. Compose music | 21. Play chess or a board game |

**Reflection Questions**

*When was the last time you were so absorbed in an activity that you lost track of time? What were you doing?*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*What is one new activity from the list that you are curious to try? What is one old hobby you would like to rediscover?*

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**Name some Flow activities in the chart below:**

|  |  |
| --- | --- |
| Outdoor activities:  1.  2. | Indoor activities:  1.  2. |
| Group activities:  1.  2. | Games:  1.  2. |
| Activities to do by myself:  1.  2. | Physical activities:  1.  2. |
| Creative activities:  1.  2. | Projects:  1.  2. |
| Therapeutic activities:  1.  2. | Mindfulness activities:  1.  2. |

**R: Relationships**

In the context of the PERMA model of well-being, the "R" stands for Relationships, encompassing all types of connections people have with others, emphasizing the importance of feeling supported, loved, and valued by others.

Strong, healthy relationships are a cornerstone of a successful recovery. This involves connecting with supportive people and setting healthy boundaries.

Here's a breakdown of how relationships contribute to well-being within the PERMA framework:

* **Social Connection:**

Humans are inherently social creatures, and strong social connections are crucial for overall well-being and happiness.

* **Types of Relationships:**

The PERMA model recognizes the importance of relationships with partners, family, friends, colleagues, mentors, and the wider community.

* **Benefits of Positive Relationships:**

Strong relationships lead to feelings of belonging, support, and love, which are essential for mental and emotional health.

* **Strengthening Bonds:**

Sharing positive experiences, celebrating successes, and responding enthusiastically can strengthen bonds and boost intimacy, well-being, and satisfaction.

* **Examples of Positive Relationship Activities:**
  + Asking questions to learn more about people
  + Celebrating people's wins and successes
  + Making sure people feel valued
  + Spending time with loved ones
  + Engaging in meaningful conversations
  + Practicing empathy and compassion
  + Nurturing friendships

**Reflection Questions**

*Who are three people in your life who genuinely support your recovery? How can you strengthen those connections this week?*

1. Who: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Who: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Who: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**My Recovery Bill of Rights**

I have the right to:

* Put my recovery first.
* Say "no" to requests without feeling guilty.
* End relationships that are harmful to my sobriety.
* Ask for help and support when I need it.
* Feel my feelings and express them in a healthy way.
* Be treated with respect.
* Create a safe and supportive environment for myself.
* Change my mind.
* Be proud of my progress, no matter how small.
* Protect myself from people, places, and situations that trigger me.

**Reflection Questions**

*Which right from the "Bill of Rights" do you need to practice and honor the most right now? What is one step you can take to do that?*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**M: Meaning**

In the context of the PERMA model of well-being, examples of finding meaning and purpose include pursuing a social or political cause, engaging in a creative endeavor, or dedicating oneself to a religious or spiritual belief, or finding fulfillment through community or volunteer activities. The PERMA model emphasizes that a sense of meaning and purpose can be derived from belonging to and serving something bigger than oneself.  Finding a sense of purpose can be a powerful motivator in recovery. It's about connecting to something bigger than yourself and living in alignment with your values.

**Diverse Paths:** Meaning and purpose can be found through various avenues, including:

|  |
| --- |
| • **Profession**: Finding fulfillment in one's career or work.  • **Social or Political Causes**: Working towards a cause that aligns with one's values.  • **Creative Endeavors**: Engaging in activities that allow for self-expression and creativity.  • **Religious or Spiritual Beliefs**: Finding meaning through faith and spirituality.  • **Volunteer Work**: Contributing to the community through volunteering.  • **Family**: Being a part of a loving family and raising children.  • **Extracurricular Activities**: Participating in hobbies or interests that bring joy and purpose. |

**Personal Values:** A sense of meaning is often guided by personal values, and people who report having purpose in life tend to have greater life satisfaction and fewer health problems.

|  |
| --- |
| **Examples:**   * Volunteering at a local shelter, soup kitchen, or park cleanup. * Mentoring or helping others at work. * Pursuing a passion project or hobby. * Participating in a social or political movement. * Dedication to family and children. * Engaging in religious or spiritual practices. |

**20 Common Values**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. Authenticity | 6. Freedom | 11. Justice | 16. Security |
| 2. Compassion | 7. Friendship | 12. Kindness | 17. Service |
| 3. Courage | 8. Growth | 13. Knowledge | 18. Spirituality |
| 4. Creativity | 9. Honesty | 14. Love | 19. Stability |
| 5. Family | 10. Humor | 15. Loyalty | 20. Wisdom |

**Reflection Questions**

*From the list above (or others not listed), what are your top five core values?*

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*What is one small action you can take this week that aligns with one of your core values?*

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**20 Common Strengths**

Reflect on which of these apply to you, or which you’d like to grow. Check the ones that feel most true to you today.

|  |  |  |  |
| --- | --- | --- | --- |
| Creativity | Curiosity | Bravery | Perseverance |
| Honesty | Kindness | Fairness | Leadership |
| Self-Regulation | Gratitude | Hope | Humor |
| Spirituality | Love of Learning | Forgiveness | Social Intelligence |
| Prudence | Zest | Perspective | Teamwork |

*From the list above (or others not listed), what are your top five strengths?*

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*What is one small action you can take this week that aligns with one of your strengths?*

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**A: Accomplishment** is a key element of flourishing. Recognizing and celebrating our achievements — no matter how big or small — reinforces our progress and builds confidence. This section helps you reflect on your personal growth, set meaningful goals, and track your ongoing successes.

Setting and achieving goals, no matter how small, builds self-esteem and a sense of competence.

* + **Embrace Challenges:** View setbacks as opportunities for growth and learning, and persevere towards your goals.
  + **Reflect on Achievements:** Regularly acknowledge your accomplishments and the progress you've made.
  + **Celebrate Successes:** Acknowledge and celebrate your achievements, both big and small, to reinforce positive emotions and motivation.
  + **Develop a Growth Mindset:** Embrace challenges as opportunities for learning and development, and view failures as stepping stones to success.

A SMART goal is a goal that is Specific, Measurable, Achievable, Relevant, and Time-bound, a framework used to create effective and attainable goals.

Here's a breakdown of each element:

* **Specific:**

The goal should be clearly defined, leaving no room for ambiguity. It should answer the "who, what, where, when, and why" of the goal.

* **Measurable:**

The goal should have quantifiable metrics or indicators to track progress and determine success.

* **Achievable:**

The goal should be realistic and attainable, challenging but not impossible to reach, requiring effort but not being overly ambitious.

* **Relevant:**

The goal should align with overall objectives and priorities, ensuring that it contributes to a larger purpose.

* **Time-bound:**

The goal should have a clear deadline or timeframe for completion, creating a sense of urgency and accountability.

A SMART goal example could be: "By the end of June, I will complete a 5-mile run, improving my current time by 10 minutes, by training three times a week and incorporating a running plan".

Here's a breakdown of why this is a SMART goal:

* **Specific:** The goal is to complete a 5-mile run and improve the current time by 10 minutes.
* **Measurable:** The improvement in time (10 minutes) is quantifiable, allowing for progress tracking.
* **Achievable:** The goal is realistic and attainable with consistent training.
* **Relevant:** The goal is aligned with the desire to improve running performance and fitness.
* **Time-bound:** The goal has a specific deadline (end of June).

What is a SMART goal that you would like to achieve?

|  |  |
| --- | --- |
| |  | | --- | | **SPECIFIC** | |
| |  | | --- | | **MEASURABLE** | |
| |  | | --- | | **ACHIEVABLE** | |
| |  | | --- | | **RELEVANT** | |
| |  | | --- | | **TIME-BOUND** | |

**Reflection Questions**

*What is one thing you have accomplished in your recovery so far that you are proud of?*

1. What is something you’ve accomplished in the past 30 days that you’re proud of?

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2. Describe one personal strength (example list on pg. 19) that helped you accomplish this.

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3. What obstacles did you overcome to achieve it?

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4. How did this achievement make you feel?

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5. What is one goal you’d like to accomplish next?

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6. What is one small step you can take toward that goal today?

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**Nutrition, Exercise, and Sleep in PERMA+**

Proper nutrition, regular exercise, and quality sleep are essential pillars of the "+" in PERMA+, which emphasizes Physical Wellbeing. These habits directly influence mood, energy, focus, and emotional regulation—foundations for Positive Emotion and Engagement. Taking care of the body improves one’s ability to stay present, pursue goals, and manage stress. Physical health also supports Relationships by enhancing patience, empathy, and availability. It contributes to Meaning and Accomplishment by empowering individuals to live with vitality and purpose. In recovery, prioritizing these basics is an act of self-respect and a powerful tool for sustained growth.

**Nutrition**

**28 Healthy Foods to Incorporate**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. Avocado | 8. Oats | 15. Turmeric | 22. Kale |
| 2. Blueberries | 9. Greek Yogurt | 16. Garlic | 23. Chicken Breast |
| 3. Spinach | 10. Sweet Potatoes | 17. Green Tea | 24. Brown Rice |
| 4. Salmon | 11. Eggs | 18. Dark Chocolate | 25. Oranges |
| 5. Almonds | 12. Walnuts | 19. Bell Peppers | 26. Ginger |
| 6. Broccoli | 13. Lentils | 20. Beans | 27. Mushrooms |
| 7. Quinoa | 14. Chia Seeds | 21. Cottage Cheese | 28. Flax Seeds |

**Reflection Questions**

*What are 3 healthy foods from this list you can add to your diet this week?*

**Exercise**

**20 Healthy Exercises**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. Brisk Walking | 6. Pilates | 11. Push-ups | 16. Team Sports |
| 2. Jogging/Running | 7. Dancing | 12. Squats | 17. Martial Arts |
| 3. Cycling | 8. Hiking | 13. Lunges | 18. Tai Chi |
| 4. Swimming | 9. Strength Training | 14. Planks | 19. Jumping Rope |
| 5. Yoga | 10. Jumping Jacks | 15. Rowing | 20. Stretching |

**Reflection Questions**

*What is one form of movement you enjoy or are willing to try for 15 minutes, three times this week?*

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**Sleep**

**Reflection Questions**

*What is one change you can make to your bedtime routine to improve your sleep quality?*

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**Optimism**

Optimism isn't about ignoring the negative; it's the belief that your future can be better and that you have the power to influence it. It's a key ingredient for resilience. Optimism involves hoping for the best and focusing on what you can control.

**How to Develop Optimism:**

* The "Best Possible Self" Exercise: Take 15-20 minutes to write about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded in accomplishing all of your life goals. Think of this as the realization of all of your dreams. Be specific and write in detail.
* Reframe Negative Thoughts: When you catch yourself thinking negatively, challenge that thought. Is it 100% true? What is a more balanced or hopeful way to look at the situation? For example, instead of "I'll never be able to stay sober," try "Staying sober is challenging, but I am learning new tools and getting stronger every day."
* Focus on Solutions, Not Problems: When faced with a challenge, shift your energy from dwelling on the problem to brainstorming potential solutions and next steps.

**Reflection Questions**

*What is one area of your life where you can practice a more optimistic outlook?*

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*What is one thing you are hopeful for in your future?*

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**Putting It All Together: Your Weekly PERMA+ Plan**

**Example Weekly Plan**

Here is an example of what a filled-out week might look like. Use it as inspiration for creating your own.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| PERMA+ Element | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Positive Emotion | *Gratitude Journal* | *Savor a meal* | *Act of Kindness* | *Gratitude Journal* | *Listen to uplifting music* | *Watch a funny movie* | *Gratitude Journal* |
| Engagement | *Read for 30 min* | *Work on a puzzle* | *Go for a mindful walk* | *Practice a hobby* | *Learn something new online* | *Visit a museum or park* | *Plan your week* |
| Relationships | *Call a friend* | *Support group meeting* | *Lunch with a family member* | *Meaningful conversation* | *Reconnect with an old friend* | *Spend quality time with loved ones* | *Write a thank-you note* |
| Meaning | *Reflect on values* | *Volunteer work* | *Read an inspirational book* | *Journal about purpose* | *Connect with nature* | *Attend a spiritual service* | *Set intentions for the week* |
| Accomplishment | *Set a weekly goal* | *Work on a project* | *Learn a new skill* | *Organize a space* | *Review progress* | *Complete a task* | *Celebrate your successes* |
| + (Health) | *30 min walk* | *Healthy meal prep* | *Yoga or stretching* | *7-9 hours sleep* | *Try a new healthy recipe* | *Go for a hike or bike ride* | *Mindful eating practice* |

**Your Weekly Plan**

Use this template to create a weekly plan that incorporates all the elements of PERMA+. Fill it in with your own personalized activities.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| PERMA+ Element | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Positive Emotion |  |  |  |  |  |  |  |
| Engagement |  |  |  |  |  |  |  |
| Relationships |  |  |  |  |  |  |  |
| Meaning |  |  |  |  |  |  |  |
| Accomplishment |  |  |  |  |  |  |  |
| + (Health) |  |  |  |  |  |  |  |

**SMART Recovery Management Plan**

**Introduction to SMART Recovery**

SMART Recovery (Self-Management and Recovery Training) is a global community of mutual-support groups. It offers a self-empowering and evidence-based approach to recovery from all types of addiction and addictive behaviors. Instead of powerlessness, SMART focuses on finding the power within yourself to change and lead a fulfilling life.

This approach is built on the 4-Point Program®, which provides tools and strategies for each stage of your recovery. This document will guide you through those four points and help you create a personalized plan.

**Point 1: Building and Maintaining Motivation:** Motivation is the fuel for change. This point is about identifying *why* you want to change and keeping that reason at the forefront of your mind.

**Tool: Cost-Benefit Analysis (CBA):**  The CBA is a foundational motivational tool. It helps you get a clear and honest picture of your addictive behavior by weighing the pros and cons of both continuing it and changing it. The goal is to strengthen your motivation by seeing how change aligns with your long-term interests.

* PERMA+ Link: A CBA directly connects your choices to Meaning (M) by highlighting the conflict between the behavior and your values. It boosts your commitment to Accomplishment (A) by clarifying the rewarding benefits of a new lifestyle.

**Putting It Into Practice: Questions to Ask Yourself**

* Costs of Using: What are the negative consequences (long-term and short-term) of continuing this behavior? (Think about health, finances, relationships, self-esteem, time lost).
* **Benefits of Using:** What perceived advantages or "pros" do I get from this behavior? (e.g., temporary stress relief, social ease, avoiding boredom). Be brutally honest here.
* **Costs of Quitting:** What are the challenges or short-term "cons" of stopping? (e.g., dealing with withdrawal, feeling awkward in social situations, facing difficult emotions).
* Benefits of Quitting: What are the powerful, long-term advantages I will gain by stopping? (e.g., improved health, more money, deeper relationships, self-respect, freedom).
* **The Bottom Line:** Looking at all four lists, which side holds more weight for the life I truly want to live?

**Instructions:** Be as honest and specific as possible. Think about both short-term and long-term consequences.

|  |  |
| --- | --- |
| Advantages of Using/Doing (What I get from it) | Disadvantages of Using/Doing (What it costs me) |
| 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |  |
| --- | --- |
| Advantages of NOT Using/Doing (Benefits of quitting) | Disadvantages of NOT Using/Doing (What I'll miss) |
| 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Reflection Questions**

Looking at your CBA, do the long-term benefits of quitting outweigh the short-term benefits of using?

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**Point 2: Coping with Urges**

Urges are a normal part of the recovery process. They are time-limited and manageable. This point provides tools to understand and overcome them without acting on them.

**Tool: ABC for Urge Coping**

The ABC model is a core tool for understanding and managing your emotional life. It shows that our emotional and behavioral **C**onsequences are not caused directly by an **A**ctivating Event, but by our **B**eliefs about that event. This insight gives you the power to change your reactions by changing your thoughts.

* PERMA+ Link: This model is the key to managing your emotional responses, which is the foundation of stable Positive Emotions (P). By preventing unhelpful emotional spirals, it also helps you maintain healthier Relationships (R).

This tool helps you slow down and see that it's not the urge itself, but your *beliefs* about the urge, that lead to acting on it.

* A - Activating Event: The trigger or the urge itself.

(e.g., Feeling stressed after work; seeing an advertisement; a specific time of day)

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* B - Beliefs: The thoughts you have about the urge.

(e.g., "I can't stand this feeling," "I need it to relax," "One won't hurt," "This feeling will never go away")

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* C - Consequences: How you feel and what you do as a result of your beliefs.

(e.g., Feeling anxious, giving in to the urge)

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* D - Dispute: Argue with your beliefs (B).

(e.g., "Is it true that I can't stand it, or is it just uncomfortable?", "Has this feeling ever gone away on its own before?", "What will really happen if I have just one?")

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* E - Effective New Belief & Action: A new, more helpful thought and plan.

(e.g., "This feeling is uncomfortable, but I know it will pass in a few minutes. I will go for a walk until it subsides.")

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**Toolbox: 200 Response (Coping) Strategies**

When you get to step "E" in your ABC, you need an effective new action. Here is a large list of options. Find a few that work for you.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Physical & Relaxing** | **Mental & Mindful** | **Distracting & Engaging** | **Creative & Productive** | **Social & Supportive** |
| 1. Go for a walk | 41. Meditate for 5 mins | 81. Watch a movie | 121. Draw or doodle | 161. Call a friend |
| 2. Do 10 push-ups | 42. Practice mindfulness | 82. Watch a documentary | 122. Paint with watercolors | 162. Text a family member |
| 3. Stretch your muscles | 43. Deep breathing exercises | 83. Listen to a podcast | 123. Write a poem or story | 163. Go to a SMART meeting |
| 4. Jog in place | 44. Count to 100 slowly | 84. Listen to an album | 124. Journal your thoughts | 164. Talk to a therapist |
| 5. Dance to a song | 45. Visualize a calm place | 85. Play a video game | 125. Start a blog | 165. Meet a friend for coffee |
| 6. Take a hot shower | 46. Repeat a mantra | 86. Play a board game | 126. Play an instrument | 166. Volunteer |
| 7. Take a cold shower | 47. Ground yourself (5 senses) | 87. Read a book | 127. Learn a new song | 167. Help a neighbor |
| 8. Have a warm bath | 48. Write a gratitude list | 88. Read the news | 128. Try a new recipe | 168. Join a club or group |
| 9. Get a massage | 49. Plan your day/week | 89. Do a crossword puzzle | 129. Bake cookies or bread | 169. Go to a public place |
| 10. Do yoga | 50. Challenge a negative thought | 90. Do a Sudoku puzzle | 130. Cook a nice meal | 170. Cuddle a pet |
| 11. Squeeze a stress ball | 51. Read positive affirmations | 91. Research a topic | 131. Organize a closet | 171. People-watch at a park |
| 12. Use a foam roller | 52. Recall a happy memory | 92. Learn a new language | 132. Clean a room | 172. Compliment a stranger |
| 13. Progressive muscle relax | 53. Do a mental puzzle | 93. Watch educational videos | 133. Plan a project | 173. Ask someone about their day |
| 14. Drink a glass of cold water | 54. Use the DISARM tool | 94. Build a fantasy sports team | 134. Create a budget | 174. Write a letter to a friend |
| 15. Drink herbal tea | 55. Observe your thoughts | 95. Learn a magic trick | 135. Do laundry | 175. Plan a get-together |
| 16. Hold an ice cube | 56. Focus on your values | 96. Build with LEGOs | 136. Wash the dishes | 176. Join an online forum |
| 17. Eat a healthy snack | 57. Identify cognitive distortions | 97. Do a jigsaw puzzle | 137. Meal prep for the week | 177. Play with your kids |
| 18. Chew gum | 58. Mentally list state capitals | 98. Watch funny videos | 138. Water your plants | 178. Smile at 5 people |
| 19. Eat something sour | 59. Recite a poem | 99. Read comics | 139. Do yard work | 179. Practice active listening |
| 20. Splash water on your face | 60. Pray or reflect spiritually | 100. Browse a library | 140. Repair something broken | 180. Offer to help someone |
| 21. Put on a face mask | 61. Read Stoic philosophy | 101. Browse a museum online | 141. Take an online course | 181. Go to a concert |
| 22. Get a manicure/pedicure | 62. Remind yourself "This will pass" | 102. Learn a new skill online | 142. Update your resume | 182. Go to a sports game |
| 23. Lie down for 15 mins | 63. Delay the decision for 1 hr | 103. Organize digital files | 143. Write a to-do list | 183. Visit a relative |
| 24. Take a nap | 64. Review your CBA | 104. Edit photos | 144. Plan your dream vacation | 184. Reconnect with an old friend |
| 25. Use a weighted blanket | 65. Think of your "why" | 105. Window shop online | 145. Create a vision board | 185. Attend a local event |
| 26. Get fresh air by a window | 66. Fact-check your thoughts | 106. Look at maps | 146. Learn photography | 186. Go on a date |
| 27. Sit in the sun | 67. Detach from the thought | 107. Watch sports | 147. Take up knitting/crochet | 187. Join a team sport |
| 28. Feel your pulse | 68. See the thought as a cloud | 108. Listen to a ballgame | 148. Try woodworking | 188. Go to the library |
| 29. Focus on your breathing | 69. Label the emotion | 109. Play solitaire | 149. Start a collection | 189. Share a meal with someone |
| 30. Wear comfy clothes | 70. Say "STOP" out loud | 110. Learn juggling | 150. Start a garden | 190. Forgive someone |
| 31. Smell essential oils | 71. Imagine the urge floating away | 111. Research your family tree | 151. Write a business plan | 191. Offer encouragement |
| 32. Light a candle | 72. Think about your goals | 112. Watch a nature cam | 152. Create a website | 192. Send a thank-you note |
| 33. Put lotion on your hands | 73. Imagine success | 113. Play a puzzle app | 153. Tie-dye a shirt | 193. Have a deep conversation |
| 34. Go for a drive | 74. Problem-solve the trigger | 114. Read a magazine | 154. Mix a new music playlist | 194. Apologize if needed |
| 35. Take your vitamins | 75. Acknowledge the urge, don't act | 115. Learn calligraphy | 155. Build a model car/plane | 195. Be a mentor |
| 36. Cuddle a stuffed animal | 76. Notice 3 things you see | 116. Try origami | 156. Detail your car | 196. Find a mentor |
| 37. Hug yourself | 77. Notice 3 things you hear | 117. Go bird-watching | 157. Write a song | 197. Go bowling |
| 38. Use a heating pad | 78. Notice 3 things you feel | 118. Identify cloud shapes | 158. Write a screenplay | 198. Go to the movies |
| 39. Climb stairs | 79. Focus on an object's details | 119. Read inspiring quotes | 159. Design a t-shirt | 199. Join a book club |
| 40. Do jumping jacks | 80. Mentally narrate your actions | 120. Look at art | 160. Make jewelry | 200. Share your story |

**Point 3: Managing Thoughts, Feelings, and Behaviors**

This point focuses on learning to manage difficult emotions like anger, anxiety, and depression in a healthy way, without turning to addictive behaviors.

* PERMA+ Link: Mastering this point is fundamental to actively building a flourishing life. By learning to manage your internal world, you directly increase your capacity for P (Positive Emotions). This skill enables you to act in ways that improve your R (Relationships), allow you to achieve your goals for A (Accomplishment), and make choices that support your overall + (Health).

**Tool: ABC for Emotional Upsets**

This works just like the tool for urges, but it's for any difficult emotion.

* **A - Activating Event**: The situation that triggered the feeling. (e.g., A friend cancelled plans; I made a mistake at work)

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* **B - Beliefs**: Your thoughts about the situation. (e.g., "They always let me down," "I'm such a failure," "This is awful and I can't stand it.")

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* **C - Consequences**: The emotions and behaviors that resulted. (e.g., Feeling angry or depressed, wanting to isolate, having an urge)

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**Reflection Questions**

What is a common activating event (A) that leads to difficult feelings for you?

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What is a new, more helpful belief (B) you could practice thinking in that situation?

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**Point 4: Living a Balanced Life**

Recovery isn't just about stopping a behavior; it's about building a life you enjoy and don't want to escape from. This point helps you find balance and pursue meaningful activities.

Lifestyle Balance is Point 4 of the SMART program and is the ultimate goal of recovery: moving beyond simply avoiding a behavior to actively building a life that is varied, meaningful, and enjoyable. It involves assessing and nurturing all the important areas of your life so that your well-being doesn't depend on just one thing.

* PERMA+ Link: This section is the practical application of the entire PERMA+ model. Each area of your life contributes to Positive Emotions, Engagement, Relationships, Meaning, Accomplishment, and physical +health. A balanced lifestyle is a flourishing lifestyle.

**Putting It Into Practice: Questions to Ask Yourself**

* **Life Areas**: What are the most important domains of my life? (Consider: Career/Work, Finances, Physical Health, Mental/Emotional Health, Relationships (Family/Friends), Romance/Partnership, Fun/Recreation, Personal/Spiritual Growth, Physical Environment).
* **Satisfaction Rating:** On a scale of 1-10, how satisfied am I with each of these areas *right now*?
* **Identify Imbalance:** Looking at my ratings, which areas are well-nurtured and which have I been neglecting? Where is my life out of balance?
* **Set a Goal:** What is one small, specific action I can take in the next week to put a little more energy into one of my neglected areas?
* **The Big Picture:** How will creating more balance and satisfaction in my life naturally reduce the appeal of my old addictive behavior?

**Tool: The Lifestyle Balance Pie**

The **Lifestyle Balance Pie** is a visual tool that helps individuals examine how they currently spend their time across different life domains—such as relationships, work, health, recreation, and personal growth. Participants color or label "slices" of a pie chart to reflect the balance (or imbalance) in their lives. This helps identify areas that may be neglected or overemphasized. By comparing a “current” and “ideal” pie, individuals gain insight into where they can make small, intentional changes to support a more fulfilling, sustainable lifestyle in recovery.

PERMA + link: The Lifestyle Balance Pie supports **Positive Emotion** by encouraging the inclusion of joy-enhancing, restorative activities. It builds **Engagement** by helping individuals allocate time toward flow experiences and meaningful routines. **Relationships** benefit when connection is prioritized as an essential life domain. It fosters **Meaning** by prompting reflection on what truly matters and how to realign life with core values. **Accomplishment** is supported as individuals set realistic goals across multiple life areas. The "+" in **PERMA+** is enriched through increased **resilience**, **self-care**, and attention to **physical health**, ensuring that recovery is not just about abstaining—but about thriving.

Instructions: For each area of life below, rate your current satisfaction on a scale of 1 (very low) to 10 (very high).

* Relationships & Social Life: \_\_\_\_\_\_
* Career / Work / Vocation: \_\_\_\_\_\_
* Finances: \_\_\_\_\_\_
* Physical Health (Diet, Exercise): \_\_\_\_\_\_
* Mental & Emotional Health: \_\_\_\_\_\_
* Hobbies & Recreation: \_\_\_\_\_\_
* Personal Growth / Spirituality: \_\_\_\_\_\_
* Home Environment: \_\_\_\_\_\_

**Reflection Questions**

Which area has the lowest score? What is one small step you could take this month to improve your satisfaction in that area?

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What is a vital, absorbing interest or hobby you would like to spend more time on?

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**DIBS: Disputing Irrational Beliefs**

Use this when a specific thought is causing you stress or leading you toward an unwanted behavior.

PERMA+ link: The DIBS tool from SMART supports the *PERMA+* model by enhancing **Positive Emotion** through clear communication and reduced stress during recovery, **Engagement** by actively involving staff in structured recovery planning, and **Relationships** by fostering teamwork through shared processes. It also contributes to **Meaning** and **Accomplishment** by providing clarity and direction during challenging times, reinforcing staff confidence in responding effectively. The tool’s practical design strengthens the "+", promoting **Physical wellbeing** by ensuring consistent, timely action that safeguards both patients and teams.

* What specific thought is causing me stress or leading me toward an unwanted behavior right now?

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* Is this belief 100% true, or is it an opinion? Where is the hard evidence that proves it is a fact?

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* Is holding onto this belief helping me achieve my long-term goals, or is it hurting me?

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* What is a more rational, less extreme, and more helpful way to view this situation?

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* What new, constructive thought can I choose to focus on instead?

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**DISARM: Destructive Imagery and Self-talk Awareness & Refusal Method**

DISARM stands for Destructive Imagery and Self-talk Awareness and Refusal Method. This cognitive-behavioral tool helps individuals identify and reject the internal "addictive voice"—the thoughts, justifications, and mental images that try to lure them back into destructive behaviors. By recognizing these mental tricks as false and unhelpful, people can "disarm" their power and consciously choose healthier actions. The method often involves naming the voice (like calling it "the saboteur"), exposing its lies, and replacing it with constructive, recovery-oriented self-talk.

PERMA+ link: The DISARM method promotes **Positive Emotion** by helping individuals feel empowered and in control rather than overwhelmed by urges. It enhances **Engagement** by encouraging mindful awareness of inner dialogue and thought patterns. DISARM strengthens **Relationships** by reducing relapse-related conflict and fostering honesty with oneself and others. It supports **Meaning** by helping individuals stay aligned with their deeper values and recovery goals, and builds **Accomplishment** each time the addictive voice is recognized and rejected. The method also links to the "+" in PERMA+ by promoting **Resilience** and **mental wellbeing**, helping individuals build healthier, more adaptive thought patterns in their daily lives.

Use this to identify and shut down your "addictive voice" when it appears.

* What are the common phrases or excuses my "addictive voice" uses? (e.g., "Just one won't hurt," "You deserve it," "You can start again tomorrow.")

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* If I were to give this voice a name to separate it from myself (like "The Salesman" or "The Lizard Brain"), what would it be?

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* What are three powerful, pre-planned refusal statements I can have ready? (e.g., "Not today," "I'm not buying what you're selling," "I value my future more than this.")

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* What is a healthy, absorbing activity I can immediately pivot to after I've DISARM-ed the voice?

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**The Three Unconditional Acceptances**

1. Unconditional Self-Acceptance (USA):  
   I accept myself wholly, even when I make mistakes or fall short of my goals. My worth as a person is not determined by my achievements or failures.
2. Unconditional Other-Acceptance (UOA):  
   I accept that others will sometimes treat me unfairly, behave poorly, or make mistakes. Their actions reflect their own struggles and do not determine my emotional wellbeing.
3. Unconditional Life-Acceptance (ULA):  
   I accept that life will include pain, setbacks, and unfairness. I can still live meaningfully and peacefully even when life doesn’t meet my expectations.

PERMA + link: he Three Unconditional Acceptances support **Positive Emotion** by reducing guilt, anger, and disappointment. They foster **Engagement** by freeing individuals from perfectionism and helping them stay present in the process of growth. **Relationships** benefit as individuals release resentment and foster empathy for themselves and others. These principles reinforce **Meaning**, as they shift focus from control and judgment to compassion and purpose. **Accomplishment** becomes more sustainable, as individuals measure progress with kindness instead of harsh self-criticism. They also deeply support the "+" in PERMA+ by building **Resilience**, **self-compassion**, and **mental wellbeing**—cornerstones of lasting recovery.

These acceptances help reduce shame, blame, and frustration—supporting emotional resilience and long-term recovery.

Reflect on these when you feel distress caused by fighting with reality, yourself, or others.

* **(**USA - Self): In what ways do I punish myself for making mistakes? What would it feel like to fully accept myself as a valuable but fallible human being?

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* (UOA - Others): Whose actions are causing me distress right now? Am I demanding that they be different? How can I accept them as they are, without necessarily liking or approving of their behavior?

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* (ULA - Life): What difficult reality of my life am I currently fighting against? How is this resistance affecting my peace of mind? What's one small step I can take to practice acceptance today?

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**HOV: Hierarchy of Values**

The **Hierarchy of Values (HOV)** tool helps individuals identify and rank their core values, especially in relation to their recovery goals. It guides them to reflect on what truly matters—such as health, family, freedom, honesty, or achievement—and then assess whether their current behaviors align with those values. When substance use or destructive behaviors conflict with top values, it creates inner tension. By clarifying priorities and reordering choices to support those higher values, individuals gain motivation and direction for lasting change. HOV is especially helpful in resolving ambivalence and committing to a life consistent with one's deeper beliefs.

PERMA + link: The Hierarchy of Values tool deepens **Meaning** by helping individuals uncover and live in alignment with their core purpose. It enhances **Positive Emotion** by reducing internal conflict and increasing peace of mind. **Engagement** grows as individuals pursue goals that reflect their authentic values. **Relationships** benefit when people act with integrity, guided by what matters most. **Accomplishment** becomes more fulfilling and sustainable, as goals are driven by personal conviction rather than external pressure. The "+" in **PERMA+** is supported through **resilience** and **self-determination**, as individuals make empowered choices rooted in clarity and purpose.

Use this to connect with your motivation and remind yourself *why* you are making these changes.

* What are the 5-7 things that give my life the most meaning and purpose? (e.g., health, family, integrity, security, freedom, learning, creativity).

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* If I had to rank them, which value is my number one priority right now?

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* In what specific ways does my old addictive behavior get in the way of or damage these core values?

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* What is one action I can take today, no matter how small, that directly honors my most important value?

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**DEADS: A Tool for Escaping and Denying Urges**

DEADS is an acronym for a set of immediate, in-the-moment strategies to use when an urge or craving arises. It provides a structured sequence of options to avoid giving in to the urge until it passes.

* **D - Delay:** The first and most critical step. Urges are time-limited. By deciding to simply wait for a set period (15 minutes, an hour), you give the urge a chance to subside on its own. It's not about saying "never," but simply "not now."
* **E - Escape:** Remove yourself from the situation that is triggering the urge. If you're at home and feeling triggered, go to a different room or leave the house for a walk. If you're near a place associated with the old behavior, change your route.
* **A - Avoid:** This is a proactive strategy. It means staying away from the people, places, and things you know are high-risk triggers for you. It's about planning ahead to make your environment safer.
* **D - Dispute:** This is where you use your DIBS skills. Challenge the irrational thoughts that are supporting the urge. Argue with your "addictive voice" and remind yourself of your long-term goals and values.
* **S - Substitute:** Replace the urge-driven behavior with a healthy, positive, and value-aligned activity. This is about having a pre-planned list of engaging things you can do instead of giving in.

PERMA+ Link: Using DEADS directly strengthens Accomplishment (A) by giving you a tangible victory over an urge. It supports the + (Physical Health) by helping you abstain from harmful behaviors. The "Substitute" step is a perfect opportunity to engage in activities that foster Positive Emotions (P) or Engagement (E).

**Putting It Into Practice: Questions to Ask Yourself**

Use these questions as a worksheet when you are facing an urge or as a way to plan ahead.

**D - Delay**

* Can I commit to waiting just 15 minutes? What about 30? What's a period of time that feels manageable to wait right now?

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* What can I tell myself to reinforce the decision to delay? (e.g., "This feeling will pass. I don't have to act on it immediately.")

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**E - Escape**

* What is the trigger in my immediate environment right now?

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* Where can I physically go *right now* to get away from this trigger? (e.g., another room, outside, the library, a coffee shop)

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**A - Avoid**

* What specific high-risk situations, people, or places should I plan to avoid this week?

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* What practical steps can I take to make that avoidance possible? (e.g., change my route home, decline a specific invitation, delete a phone number)

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**D - Dispute**

* What is the irrational belief my addictive voice is selling me right now?

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* What is a powerful, rational comeback? (Remind yourself of your Hierarchy of Values).

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**S – Substitute** What are three healthy, value-driven activities I can do *right now* instead of giving in to this urge?

* + 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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* Which of those substitute activities sounds most appealing to me in this moment?

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**Urge Log** The Urge Log is a self-monitoring tool that helps individuals track cravings and urges to engage in addictive or harmful behaviors. It encourages people to record the time, situation, thoughts, emotions, intensity, and response related to each urge. By reviewing patterns and reflecting on how they managed (or could manage) urges more effectively, individuals gain insight and develop greater control. The Urge Log transforms moments of struggle into learning opportunities and prepares individuals to respond with healthier coping strategies in the future. This tool helps you become an expert on your own urges. By tracking them, you learn their patterns, see that they are temporary, and find which coping strategies work best for you.

PERMA + Link: The Urge Log enhances **Positive Emotion** by turning difficult moments into victories through awareness and growth. It fosters **Engagement** by promoting mindful reflection and active skill-building during and after urges. **Relationships** improve as individuals become less reactive and more self-aware, reducing interpersonal fallout from impulsive behaviors. It supports **Meaning** by aligning behavior with one’s values and long-term vision for recovery. **Accomplishment** grows as individuals track progress and celebrate successful urge management. The "+" in **PERMA+** is supported through increased **resilience**, **mental clarity**, and **emotional regulation**, helping individuals thrive despite challenges.

**Sample Urge Log**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date & Time** | **Trigger** | **Intensity (1-10)** | **Duration** | **Coping Strategy & Notes** |
| Friday, 6/13 at 5:30 PM | Finished a very stressful week at work. | 8 | ~20 mins | Went for a hard 15-minute walk while listening to loud music. Felt better after. |
| Saturday, 6/14 at 8:00 PM | At a party, saw old friends drinking. Felt awkward. | 7 | ~10 mins | Drank a seltzer, focused on one conversation. The urge passed once I felt more engaged. |
| Sunday, 6/15 at 3:00 PM | Feeling bored and restless at home. | 5 | ~30 mins | Used DISARM ("Nope, not doing that"). Cleaned the kitchen instead. Felt productive. |

**My Blank Urge Log**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date & Time** | **Trigger** | **Intensity (1-10)** | **Duration** | **Coping Strategy & Notes** |
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**HALT the BADS**

In recovery, our emotional and physical states can greatly influence our thoughts, behaviors, and choices. ‘HALT the BADS’ is a tool designed to help you recognize and respond to high-risk internal states that can make you vulnerable to relapse or distress.\

**PERMA+ link: HALT the BADS** helps you recognize emotional and physical triggers that can undermine your well-being. By responding to these cues with self-awareness and healthy coping, you protect your **Positive Emotions**, reduce stress that can damage **Relationships**, maintain energy and focus for **Engagement**, stay aligned with your **Meaning**, and build momentum toward **Accomplishment**.

**HALT stands for:**

• Hungry  
• Angry  
• Lonely  
• Tired

These are basic physical or emotional states that can impair judgment and increase stress. Taking care of these needs helps stabilize mood and strengthen recovery.

**BADS stands for:**

• Bored  
• Anxious  
• Depressed  
• Stressed

These mental and emotional states can be common triggers for cravings or unhelpful behaviors. Recognizing them early gives you the opportunity to choose healthier coping responses.

**Reflection:**

1. What signs do you notice when you're experiencing any of the HALT or BADS states?

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2. What are some healthy ways you can respond to each of these states? (List at least one for each.)

**H**ungry: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**A**ngry: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**L**onely: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**T**ired: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**B**ored: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**A**nxious: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**D**epressed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**S**tressed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. What are some early warning signs that you're entering one of these states?

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4. Who can you reach out to when you need help coping with a HALT or BADS trigger?

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**Urge Surfing**

Urge surfing is a mindfulness-based technique that helps you ride out cravings or impulses without acting on them. Instead of fighting or giving in to urges, you learn to observe them like waves—rising, peaking, and eventually passing. This skill can reduce the power of triggers and strengthen your ability to stay grounded during challenging moments.

**PERMA+ link:** By practicing urge surfing, you build \*\*Emotional Regulation\*\* and \*\*Mindfulness\*\*, which supports \*\*Positive Emotion\*\* and reduces reactivity that harms \*\*Relationships\*\*. Staying present enhances \*\*Engagement\*\* in your life and goals, helps you stay connected to your \*\*Meaning\*\*, and empowers you to make choices that lead to long-term \*\*Accomplishment\*\*.

**Practice: Ride the Wave**

When you feel an urge, follow these steps:

1. \*\*Pause\*\* – Don’t act. Just notice the urge is there.

2. \*\*Breathe\*\* – Take slow, deep breaths. Let your breath anchor you in the moment.

3. \*\*Observe\*\* – Notice where you feel the urge in your body. Is it tightness in your chest? A buzzing in your hands? Just watch it without judgment.

4. \*\*Ride it Out\*\* – Remind yourself that urges are like waves. They rise, peak, and fall. Imagine yourself surfing the wave until it passes.

**Reflection:**

1. What does an urge feel like in your body?

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2. What situations tend to trigger urges for you?

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3. How did it feel to surf the urge instead of reacting?

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**Putting It All Together: Your Change Plan Worksheet**

PERMA + link: The Change Plan Worksheet promotes Positive Emotion by transforming uncertainty into clarity, reducing fear and increasing hope. It fuels Engagement as individuals actively outline personal reasons for change, potential obstacles, and strategies for overcoming them. It supports Relationships by encouraging accountability and communication with supportive others. The worksheet strengthens Meaning by aligning change efforts with one’s core values, life goals, and vision for the future. Accomplishment is built through concrete steps and measurable progress, reinforcing confidence and momentum. It powerfully supports the "+" in PERMA+ by enhancing resilience, self-regulation, and motivation—core skills for lasting recovery and overall wellbeing.

This worksheet brings together all the points into a concrete plan of action.

1. My Goal for Change is: (Be specific)

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2. Why do I want to make this change? (Refer to your CBA)

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3. What are the first three steps I will take?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. How will I deal with urges and difficult feelings? (Refer to your ABCs)

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5. Who can I ask for support?

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6. How will I build a more balanced and enjoyable life?

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THANK YOU

AND

CONGRATULATIONS!

Congratulations on completing this recovery management workbook!  
Your commitment to growth, self-awareness, and lasting change is a powerful achievement. Every reflection, every goal, and every honest moment has helped shape a stronger foundation for your future.

Thank you for showing up—for yourself, your healing, and the life you are building.  
This workbook may be finished, but your journey continues—one step, one choice, one moment at a time. You’ve proven that you're capable, resilient, and worthy of a fulfilling life.

As you move forward, may you continue to discover joy in small things, strength in challenges, and meaning in every step.

**We wish you well—today and always.**  
Keep growing. Keep going. You are not alone.

# Recovery & Mental Health Support Resources

## Secular & Science-Based Recovery

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Description | Website | Phone |
| SMART Recovery | Science-based, self-empowering support for addiction recovery using cognitive and behavioral tools. | www.smartrecovery.org | (440) 951-5357 |
| LifeRing Secular Recovery | Self-directed, secular recovery group for those seeking abstinence without religious framing. | www.lifering.org | Visit site for online/local meetings |
| Secular Organizations for Sobriety (S.O.S.) | Secular sobriety support group that emphasizes self-empowerment without spiritual content. | www.sossobriety.org | Find meetings on website |

## 12-Step & Traditional Peer Support

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Description | Website | Phone |
| Alcoholics Anonymous (AA) | 12-step fellowship offering peer support for alcohol recovery. Meetings available worldwide. | www.aa.org | Visit website for local numbers |
| Narcotics Anonymous (NA) | Peer-led recovery support for individuals recovering from drug addiction. | www.na.org | Visit website for local helplines |
| Cocaine Anonymous (CA) | 12-step support group for recovery from cocaine and other substance use. | www.ca.org | Visit website for local meetings |
| Methadone Anonymous (MA) | Support community for people using methadone or buprenorphine as part of recovery. | Search online for local meetings | N/A |
| Marijuana Anonymous (MA) | 12-step fellowship for recovery from cannabis use disorder. | www.marijuana-anonymous.org | Visit website for meeting details |
| Dual Recovery Anonymous (DRA) | 12-step fellowship for individuals managing both mental health disorders and substance use disorders. Offers peer-led support and a focus on dual recovery. | www.draonline.org | Visit website for meeting info |

## Buddhist & Non-Theistic Recovery

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Description | Website | Phone |
| Refuge Recovery | Buddhist-oriented, non-theistic program using mindfulness and meditation for addiction recovery. | www.refugerecovery.org | Use meeting locator on website |
| Recovery Dharma | Peer-led recovery program rooted in Buddhist principles, including the Four Noble Truths and Eightfold Path. | www.recoverydharma.org | Check website for local meetings |
| Dharma Bum Temple – Recovery Sangha | San Diego-based Buddhist group integrating meditation and recovery support. | www.thedharmabums.org | Visit site for schedule |

## Spiritual/Alternative Pathways

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Description | Website | Phone |
| Pagans in Recovery | Inclusive, spiritual (non-traditional) support network combining Pagan values and 12-Step structure. | www.pagansinrecovery.org | See website for meeting info |

## Mental Health & Crisis Support

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Description | Website | Phone |
| SAMHSA National Helpline | Free, confidential help for mental health and substance use treatment referrals. | www.samhsa.gov | 1-800-662-HELP (4357) |
| 988 Suicide & Crisis Lifeline | 24/7 support for emotional distress, suicidal thoughts, or mental health crises. | www.988lifeline.org | Dial 988 |
| Crisis Text Line | Text-based emotional support available 24/7. | www.crisistextline.org | Text HOME to 741741 |
| NAMI HelpLine | Support and education for individuals and families facing mental health challenges. | www.nami.org | 1-800-950-NAMI (6264) |
| Grow | Mental health peer-support group promoting recovery through self-help and mutual aid. | Search 'Grow Mental Health Recovery' | See website for chapters |
| Veterans Crisis Line | Specialized support for veterans and their families in crisis. | www.veteranscrisisline.net | Dial 988, then press 1 |
| The Trevor Project | Crisis intervention and suicide prevention for LGBTQ+ youth. | www.thetrevorproject.org | 1-866-488-7386 |
| National Domestic Violence Hotline | 24/7 confidential support for those experiencing domestic abuse. | www.thehotline.org | 1-800-799-SAFE (7233) |
| Disaster Distress Helpline | Support for emotional distress related to disasters. | www.samhsa.gov | 1-800-985-5990 |

## Additional National Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Description | Website | Phone |
| National Drug Helpline | 24/7 help and treatment referral for substance use disorders. | www.drughelpline.org | 1-866-210-1303 |
| NCADD (Alcohol & Drug Dependence) | Advocacy and education on substance use prevention and treatment. | www.ncadd.org | 1-800-NCA-CALL (622-2255) |
| NIDA (National Institute on Drug Abuse) | Research and resources for understanding and treating substance use disorders. | www.nida.nih.gov | 1-301-443-1124 |
| Partnership to End Addiction | Support and resources for families impacted by addiction. | www.drugfree.org | 1-855-378-4373 |
| National Eating Disorders Association (NEDA) | Support and education for individuals affected by eating disorders. | www.nationaleatingdisorders.org | 1-800-931-2237 |
| RAINN (Rape, Abuse & Incest National Network) | Support for survivors of sexual violence. | www.rainn.org | 1-800-656-HOPE |
| LGBT National Hotline | Support and resources for LGBTQ+ individuals. | www.glbthotline.org | 1-888-843-4564 |
| Childhelp National Child Abuse Hotline | 24/7 support for suspected child abuse or neglect. | www.childhelphotline.org | 1-800-422-4453 |
| National Runaway Safeline | Support for youth in crisis or at risk of running away. | www.1800runaway.org | 1-800-RUNAWAY |
| Active Minds | Promotes mental health awareness and support among young adults. | www.activeminds.org | Visit website for contact info |
| FindTreatment.gov (SAMHSA) | Searchable directory for substance use and mental health treatment services. | www.findtreatment.gov | Online resource only |

## Recovery Programs & Treatment Services

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Description | Website | Phone |
| Racing for Recovery | Holistic recovery community offering counseling, fitness, group support, and outreach programs. | www.racingforrecovery.org | 419-824-8462 |

## Toledo / Lucas County Resources

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| --- | --- | --- | --- |
| Name | Description | Website | Phone |
| Thomas M. Wernert Center | Peer support and recovery-oriented mental health programs in Toledo. | www.wernertcenter.org | 419-242-3000 |
| Rescue Mental Health & Addiction Services | Emergency crisis and outpatient mental health and addiction treatment. | Search Rescue Mental Health Toledo | 419-255-9585 |

## Wood County Resources

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Description | Website | Phone |
| Wood County ADAMHS Board | Coordinates mental health and addiction recovery services in Wood County. | www.wcadamh.org | 419-352-8475 |
| Wood County Alcohol, Drug Addiction and Mental Health Services | Comprehensive recovery planning and crisis services for residents. | www.wcadamh.org | Same as above |