

DAILY INVENTORY

It is suggested that you take an inventory everyday. A good time to do this would be at night before going to sleep. In doing so, you will be able to see where you are in your recovery program and in your relationships with other people.

Remember that the recovery program is based on living "one day at a time." The following inventory is a guide to help you review your day. You will be able to identify your strengths as well as areas that need changes.

In reviewing your day, ask yourself, was I...?

- | | |
|--|--|
| <input type="checkbox"/> Honest with myself/others | <input type="checkbox"/> Closed to others about problems |
| <input type="checkbox"/> Responsible | <input type="checkbox"/> Having substance thoughts/cravings |
| <input type="checkbox"/> Forgiving of self/others | <input type="checkbox"/> Allowing stress to build up |
| <input type="checkbox"/> Working on a goal | <input type="checkbox"/> Cutting corners in my program |
| <input type="checkbox"/> Encouraging of others | <input type="checkbox"/> Putting myself in high-risk situations |
| <input type="checkbox"/> Dishonest | <input type="checkbox"/> Isolating, withdrawing from support |
| <input type="checkbox"/> Acting impulsively | <input type="checkbox"/> Saying what people want to hear
but feeling differently inside |
| <input type="checkbox"/> Impatient | <input type="checkbox"/> Critical of others |
| <input type="checkbox"/> Resentful | <input type="checkbox"/> Complacent |
| <input type="checkbox"/> Blaming | <input type="checkbox"/> Feeling sorry for myself |
| <input type="checkbox"/> Doubting my disease | <input type="checkbox"/> Rationalizing |
| <input type="checkbox"/> Defensive | <input type="checkbox"/> Lacking structure |
| <input type="checkbox"/> Focusing on someone else | |
| <input type="checkbox"/> Irresponsible | |

Ask yourself, am I...?

_____ Angry

_____ Depressed

_____ Nervous

_____ Worried

_____ Scared

_____ Bored

_____ Ashamed

_____ Lonely

Have I allowed myself to get too...?

_____ Hungry

_____ Lonely

_____ Angry

_____ Tired

Have I noticed any of my relapse signs today? If so, which ones?

What will you do to deal with your relapse signs?
