

Breakdown Worksheet for Closed Back to Basics

First and foremost, it's essential to recognize that everyone experiences slips; no one is perfect. What truly matters when a slip occurs is our honesty in acknowledging it and our willingness to reflect on how we veered off course. It's vital not to keep these slips to ourselves. Sharing our experiences with someone we trust—like a sponsor or a sobriety partner—can provide the urgent support we need.

This worksheet provides you with a quick method to get back on track by exploring a slip as a temporary breakdown in your B2B commitments. Approach this exercise with an open mind, free from guilt, shame, or blame. What has happened is in the past; now, let's examine it constructively and use this insight to move forward with strength and determination. Use this mistake to help you understand your addiction more.

By completing the Breakdown Worksheet, we seize the opportunity for greater growth. Rather than hating ourselves or feeling like failures, we embrace this chance to enhance our recovery journey by gaining a deeper understanding of our addiction and improving our ability to navigate it.

When you complete this worksheet, envision sealing off the incident hermetically. This means it will not carry over into the next hour or day, allowing you to focus on your recovery without the weight of past mistakes.

BREAKDOWN QUESTIONS

1. Acknowledge the breakdown. Examples: "I broke my media bottom line for 3 hours last night" or "I overslept and missed the B2B meeting."
2. How did you generate this breakdown? How did you create it?
(It empowers us to take 100% responsibility for what we generate in our lives, even if we believe it was not our fault. By refusing to play the victim in any situation, we enhance our ability to recover in all aspects of our lives. As a wise woman once said, "Everything happens for me, not to me.")
3. What is the underlying belief that is at play? For instance, what were you thinking or believing before the event happened? What was the unconscious impulse?
4. What are the prices you are paying for living or behaving this way?
5. What are the prices others pay when you live or behave this way?
6. Take a moment to experience it—you need to be connected to the consequences without shaming or letting guilt be a part of this inquiry—Take a breath and stay in reality.
7. What is your recommitment or commitment going forward? Be specific.
8. Who do you get to be as you move into the future (Examples: I get to be honest; I get to be rigorous with my time; I get to be present; I get to feel my feelings, etc.)
9. What actions will you take going forward? Be specific.
10. Who will you ask to help you to be accountable for these actions? Be specific