

First of all, we all have slips, no one is perfect. What is important with a slip is that we are honest, acknowledge it and try to see where we got off track. It is important that we don't keep slips to ourselves. We share what we have done with another person, our sponsor if we have one. We are going to give you a set of questions that you can answer with a sponsor or sobriety partner to help you stay accountable if you have a slip.

In this session we are going to look at a slip as a kind of breakdown, when, for a short period of time, what we had committed to has broken down. See this exercise as a neutral situation without bringing in guilt, shame, or blame. What happened, happened. Let's take a look at it and let's move forward with this information in a constructive and powerful way.

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 think it was not our fault. By not playing the victim in any situation, we become better able to recover in all areas of our lives. 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 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 with these actions? Be specific