MINDSET EVOLUTION

Rewire Your Mind For The Life You Want To Live

WORKSHEET 1 OF 5 · TREATMENT CURRICULUM

Who I Want to Be in My Recovery

Values: The Direction Behind the Work

Getting sober gives us back the ability to choose. This worksheet is about what we choose next. A value isn't a goal we finish — it's a direction we pick on purpose, over and over, through our actions. Long after the consequences fade from memory, our values are still there to guide us. There are no right or wrong answers here — only honest ones.

STEP 1 · CIRCLE 5 THAT FEEL LIKE YOU

Mark the five that feel most true — not the five you think you should pick. If something that matters to you isn't here, add it. Close is a great place to start.

- ◯ **Family** — Making time for and investing in the people you love.
- ◯ **Integrity** — Living in alignment with what matters most.
- ◯ **Courage** — Facing fear and doing the hard thing anyway.
- ◯ **Contribution** — Making a difference for others.
- ◯ **Compassion** — Caring about the pain of others.
- ◯ **Fun** — Making room for play and lightness.
- ◯ **Kindness** — Treating others with warmth and care.
- ◯ **Growth** — Continuing to become a better version of yourself.
- ◯ **Connection** — Feeling close to and understood by others.
- ◯ **Peace** — Feeling calm and settled, even when life is busy.
- ◯ **Discipline** — Doing what you said you would, even when it's hard.
- ◯ **Authenticity** — Being real, not performing for others.
- ◯ **Curiosity** — Staying open to learning and asking questions.
- ◯ **Creativity** — Expressing yourself in original ways.
- ◯ **Health** — Taking care of your physical and mental wellbeing.
- ◯ **Freedom** — Having the space to make your own choices.
- ◯ **Honesty** — Telling the truth, even when it's hard.
- ◯ **Adventure** — Seeking out new experiences and challenges.
- ◯ **Faith** — Trusting in something greater than yourself.
- ◯ **Security** — Feeling stable and safe in your life and finances.
- ◯ **Balance** — Giving fair time and energy to what matters.
- ◯ **Your own:** _____
- ◯ **Your own:** _____
- ◯ **Your own:** _____

1. What actually matters to me?

(Start with the five values you circled. Examples: "Family, health, honesty, growth, being someone people can count on.")

MY FIVE _____ _____ _____ _____ _____

In your own words, why do these matter to you?

2. What kind of person do I want to be in my recovery — no matter what shows up?

(Examples: "Someone who shows up with patience," "someone who keeps moving forward," "someone who tells the truth, even when it's hard.")

3. Think of a moment during treatment — even a small one — when you acted like that person. What did you do?

(Examples: "I stayed in group when I wanted to walk out," "I told the truth in session instead of the easy version," "I checked on someone who was having a hard day.")

ONE SMALL ACTION THIS WEEK

4. What is one small action I can take this week that would look like that person?

(Examples: "Speak up once in group," "Make the phone call I've been avoiding," "Ask for help with the thing I've been carrying alone.")

When will I do it?

(Examples: "In group tomorrow morning," "On my family call Sunday," "Before lunch today.")

> ***"A value is a direction we choose through our actions — again and again."***

Keep this page. Worksheets 2 through 5 build on the person you described here.

Burning the Boats

Acting on Clarity While We Have It

In addiction, it's common to have moments of clarity — moments when we know the life we want, and we know we want to stop engaging in the behavior we've been living in. But often that clarity can disappear as quickly as it showed up — the urgency fades, the reasons blur, and the boats we left in the harbor start looking like options to take us back to places we said we wouldn't go. That fading isn't weakness — it's the brain protecting what it has learned to treat as survival. Which is exactly why we act while the clarity is here, for the person you described in Worksheet 1.

Burning the Boats: Removing the escape routes we've quietly kept — the hiding places, leftover substances, and reservations to use — while we have the clarity to do it. A burned boat can't carry us backwards later when clarity is gone and old patterns are pulling us away from where we want to go.

1. What boats am I still keeping?

(Examples: "A hiding place at home, at work, or in my car," "substances or paraphernalia I left behind," "a contact I haven't deleted," "a reservation to use I've been quietly holding onto — the thought that if things get hard enough, I could go back.")

2. What would burning each one look like?

(Examples: "Telling my family or treatment team where the substances are," "talking about my hiding places so someone can clear them out before I get home," "deleting the contacts while someone sits with me," "saying the reservation out loud in group or to my counselor — a reservation spoken is a boat already burning.")

3. What might my mind say to talk me out of it?

(Examples: "It's not a big deal," "I'll deal with it when I get home," "I might need it someday," "It's embarrassing to admit I still have it.")

4. Who will I tell, and when?

(This is the step that makes it real. Clarity is here right now — the best time to burn a boat is while you can still see it clearly. One row for each boat.)

THE BOAT	WHO I'LL TELL	WHEN
A hiding place in my car	*My counselor*	*Today*

> ***"Clarity fades — the boats we burn while we have it keep us on the path to the life we want to live."***

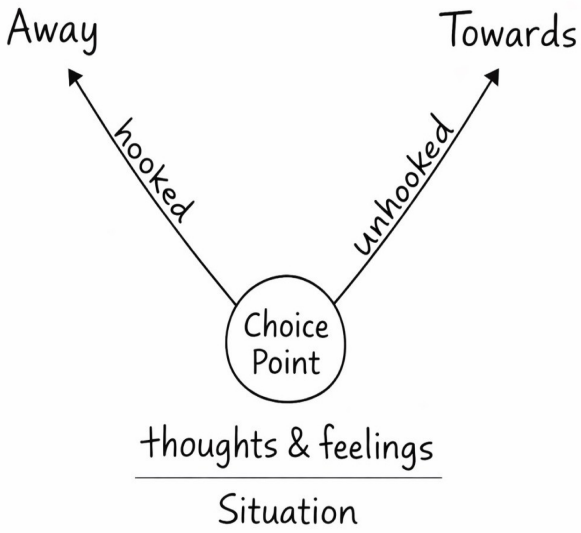
Your Choice Point

The Moment Between What Shows Up and What You Do Next

Difficult thoughts and feelings show up on their own – we don't choose them. But between what shows up and what we do next, there is a moment of choice. Getting "hooked" pulls us into an away move; noticing and unhooking lets us choose a towards move instead, even while the thought or feeling is still there. Treatment is full of these moments – pick one and work through it on the next page.

Towards Move: An action that moves you closer to the person you want to be and the life you want to live – chosen on purpose, even when difficult thoughts and feelings are present. It's defined by its direction, not by how it feels, and it's an action, not a feeling: you don't have to feel ready or motivated to make one. Even a small version still counts.

Away Move: An action that moves you further from the person you want to be – usually towards comfort in the moment.



The Choice Point – in any situation, thoughts and feelings show up, and the choice of direction is ours.

Choice Point 2.0 © Russ Harris, 2017, adapted from the Choice Point by Bailey, Ciarrochi & Harris, 2013.

1. What was the situation?

(Examples: "A craving during free time," "A hard phone call with family," "Being asked to share in group," "Getting feedback I didn't want to hear.")

2. What thoughts and feelings showed up?

(Examples: "I can't do this," "One time wouldn't matter," "They don't understand me" – anger, shame, restlessness, the urge to leave.)

3. What would being hooked look like? (Away moves)

(Examples: "Shutting down," "Skipping group," "Picking a fight," "Telling people what they want to hear instead of the truth.")

4. What would unhooking look like? (Towards moves)

(Examples: "Going into group," "Saying out loud what's actually going on," "Asking for support instead of isolating," "Using a skill from treatment.")

5. If you chose towards moves in these moments over and over – in treatment and after – where would that lead?

(Examples: "Real progress instead of just getting through," "People trusting me again," "Becoming the person I described in Worksheet 1.")

> ***"Unhooking doesn't make the thought or feeling disappear – it means moving towards who you want to be while it's still there."***

From Pushed to Pulled

Building a Life Worth Moving Towards

WHY THIS WORKSHEET

Early in recovery, the wreckage is vivid. The consequences are close enough to touch, and they do a lot of the work of keeping us moving — for a while.

The chapter "More About Alcoholism" in the Big Book of Alcoholics Anonymous makes a sobering observation: after even a short period of time, the memory of how bad it truly was begins to fade, and no amount of willpower can bring it back with enough force when we need it most. In other words, being pushed away from an old life has a shelf life. The pain gets further away, the push gets weaker, and if that push is all we have, we're left with nothing holding the wheel.

There's a reason for that fade, and it isn't weakness. Addiction hijacks the brain's survival system — over time, the brain starts treating use as if it were survival itself. A brain that believes using equals surviving would much rather forget how bad things got, because remembering makes us less likely to use — and, as far as the brain understands, less likely to survive. The fade isn't a failure of willpower. It's biology doing its job — which is exactly why we need a pull the brain can't erase.

None of this means the push was wrong, or that needing it was a failure. The consequences got you here, and that matters. This isn't about beating yourself up for being pushed — it's about building something that doesn't fade when the push does.

This worksheet is about building the other side of the equation: the pull. Not a life we protect because we're afraid of what we'd go back to — a life so connected to what matters to us that we're drawn towards it. The push fades. The pull is something we can strengthen for the rest of our lives.

> ***"The consequences that pushed us here will fade — the life that pulls us forward is ours to build."***

REFLECTION · WHAT'S PUSHING ME

1. What consequences are pushing you towards recovery right now?
(Examples: "What my family went through," "where I was physically and mentally when I got here," "what I almost lost.")

2. Honestly — which of these will feel less vivid 90 days from now? A year from now?
(This isn't a trick question. It's how memory works for all of us. Noticing it now is what lets us prepare for it.)

REFLECTION · WHAT'S PULLING ME

3. What matters most to me, and who do I want to be in my recovery?
(If you have Worksheet 1, look back at what you wrote there — otherwise answer it fresh. Examples: "Family and honesty — someone my kids can count on," "Health and growth — someone who keeps moving forward.")

4. Which of those will still pull me forward a year from now, when the consequences feel far away?
(Examples: "Being there for my kids," "being someone who tells the truth," "feeling healthy in my own body.")

5. What would a life look like that I'd protect — not because I'm afraid of losing it, but because I'd never trade it?
(Examples: "Mornings I actually want to wake up for," "real relationships instead of hiding," "work that means something," "being fully present with the people I love.")

REFLECTION · ONE TOWARDS MOVE

Towards Move: An action that moves you closer to the person you want to be and the life you want to live — chosen on purpose, even when difficult thoughts and feelings are present. A towards move is defined by its direction, not by how it feels: it often feels uncomfortable in the moment, while an away move (avoiding, numbing, putting it off) usually feels better right now but moves you further from who you want to be. It's anchored to your values, not outcomes — and it's an action, not a feeling, so you don't have to feel ready, motivated, or confident to make one. Even a small version still counts.

1. One towards move I'm committing to before discharge:

(Examples: "Having the honest conversation I've been putting off," "sharing where any paraphernalia I still have can be found," "writing down what I want my first week home to look like," "asking about what support is available to me after discharge.")

When will I do it?

What might get in the way?

(Examples: "Talking myself out of it," "waiting until I feel ready," "forgetting.")

What could I do if that happens?

(Examples: "Start with a smaller version," "remind myself why this matters," "come back to it instead of giving up.")

NEXT: MY FIRST WEEK HOME

Treatment is where the pull begins — it isn't where it ends. Worksheet 5 takes everything you've written so far home with you: the person you want to be, the boats you've burned, and the towards move above.

The concept referenced in this worksheet is paraphrased from the chapter "More About Alcoholism" in *Alcoholics Anonymous* (the "Big Book"). This worksheet is an independent resource and is not affiliated with or endorsed by Alcoholics Anonymous World Services, Inc.

My First Week Home

Where the Pull Gets Tested

The first week home is where everything built in treatment meets everyday life. The structure changes, the routines change — and the person you've decided to be goes with you. Start with the towards move from Worksheet 4. Build this page alongside your aftercare plan — following that plan is a towards move in itself, because focusing on your sobriety is also a way of building the life you want to live. And remember — this is about progress, not perfection.

1. Picture your first week home, living like the person you want to be. What are you doing?
(Examples: "I'm up in the morning with a routine instead of drifting," "I'm at the meeting I said I'd go to," "I'm spending real time with my kids," "I'm following the aftercare plan I built with my team.")

MY COMMITMENT FOR WEEK ONE

The one specific action I'm committing to:
(Examples: "Attend my first outpatient appointment," "Go to a meeting within 48 hours of getting home," "Take a 20-minute walk each morning," "Call my sponsor or support person on day one.")

The day and time:
("Tuesday at 10 AM.")

Where it happens:
("At the clinic on Main Street.")

IF THAT GETS IN THE WAY, THEN I WILL…

Name it now, while you can see it clearly. A plan made in advance is easier to follow than a decision made in the moment.

What might get in the way

("Feeling overwhelmed by being back," "the thought that I'll start next week," "old routines pulling at me.")

Then I will…

("Do a smaller version instead of skipping," "notice the thought and take the first step anyway," "call someone before deciding anything.")

WHO I'LL TELL BEFORE I LEAVE

(Examples: "My case manager," "my partner," "my sponsor," "a peer from my cohort." Telling someone is what turns a plan into a commitment.)

ONE LINE TO TAKE WITH ME

In your own words: who you are going home as.

> ***"Being sober isn't just about not using — it's about creating the life we truly want to live."***

WHERE THIS GOES NEXT

Mindset Evolution is a personal growth program, starting with 10 guided sessions, that continues this work after discharge: clarifying what matters, noticing the patterns that pull you away, and building ones that move you towards the life you want. It is meant to be used alongside your aftercare plan, or after you complete it — not as a replacement for one. Learn more at **joinmindsetevolution.com/recovery**.

An important note. Mindset Evolution is a complementary personal growth program built on research-based psychological strategies. It is not a level of care, not treatment, and not a substitute for aftercare or professional support.