



MINDSET EVOLUTION

Rewire Your Mind For The Life You Want To Live

TREATMENT CURRICULUM WORKSHEET

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.

1. What actually matters to me?

(Examples: "Family, health, honesty, growth, being someone people can count on.")

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.")

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.")

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

Mindset Evolution is a ten-session, fulfillment-focused program available after discharge that continues this work. It is not a level of care and not a substitute for aftercare — it runs alongside the continuing care plan you and your treatment team create. Learn more at everesttherapysolutions.com/mindset-evolution.



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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.

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. That's how moments of clarity become lasting change: by acting on them in ways that keep us on the path towards the life we want to live.

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. Examples: "My counselor, today," "My family, on our next call," "My group, this week.")

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

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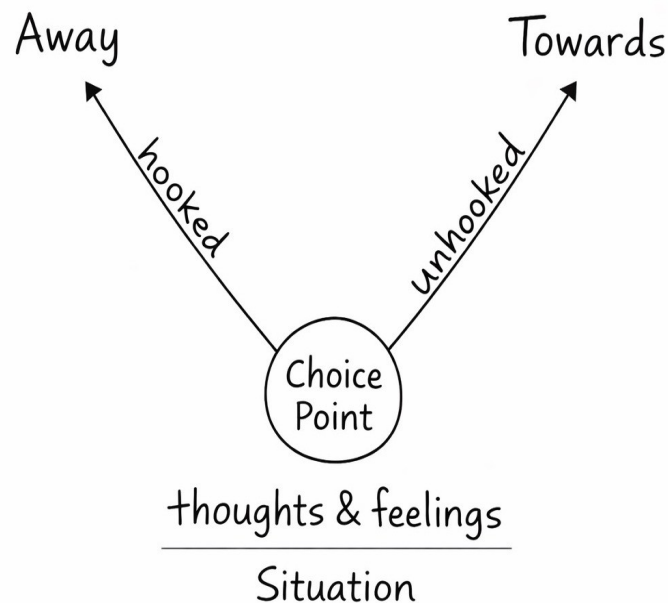
Your Choice Point

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 below.

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.

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 wrote about on the values worksheet.")

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

Mindset Evolution — a ten-session, fulfillment-focused program available after discharge — continues this work alongside your continuing care plan; it is not a level of care or a substitute for aftercare. The Choice Point was created by Dr. Russ Harris with Joseph Ciarrochi and Ann Bailey; adapted here with gratitude. Learn more at everesttherapysolutions.com/mindset-evolution.



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TREATMENT CURRICULUM WORKSHEET

From Pushed to Pulled

Building a Life Worth Moving Towards

Everest Therapy Solutions
Created by Michael Chester, MA, LPC

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.

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 actually matters to me?

(Examples: "Family, health, honesty, growth, contribution.")

4. What kind of person do I want to be in my recovery — no matter what life throws at me?

(Examples: "Someone who shows up with patience," "someone who keeps moving forward," "someone my family can count on.")

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.")

THE WORK CONTINUES

Treatment is where the pull begins — it isn't where it ends. Clarifying what matters, deciding who you want to be, and building patterns that move you towards that life is ongoing work.

Mindset Evolution is a ten-session program available after discharge that continues exactly this work: clarifying your values, defining who you want to be in your recovery, and building the strategies and patterns that create a genuinely fulfilling life — one that pulls you forward.

It is not a level of care, a substitute for aftercare, or a treatment program — and it is designed that way on purpose. It works alongside whatever continuing care plan you and your treatment team create, with one focus: helping you build a life you'd never trade.

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 educational resource and is not affiliated with or endorsed by Alcoholics Anonymous World Services, Inc. Learn more at [everesttherapysolutions.com/mindset-evolution](https://www.everesttherapysolutions.com/mindset-evolution).



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DISCHARGE PLANNING WORKSHEET

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. This page is about choosing one committed action, planning for what might get in the way, and knowing exactly what your first move towards the life you want to live will look like. 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 continuing care plan I built with my team.")

2. What is one specific action I'm committing to in week one?

(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.")

When exactly will I do it?

(Examples: "Tuesday at 10 AM," "The first morning I wake up at home," "Before dinner on my first day back.")

What might get in the way?

(Examples: "Feeling overwhelmed by being back," "The thought that I'll start next week instead," "Old routines pulling at me.")

If that happens, then I will...

(Examples: "Do a smaller version instead of skipping," "Notice this is exactly what I identified above, and take the first step anyway," "Call someone before deciding anything.")

3. Who will I tell about this plan before I leave?

(Examples: "My case manager," "My partner," "My sponsor," "A peer from my cohort.")

"Being sober isn't just to not use — it's to create the life we truly want to live."

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