

Three-Circle Method

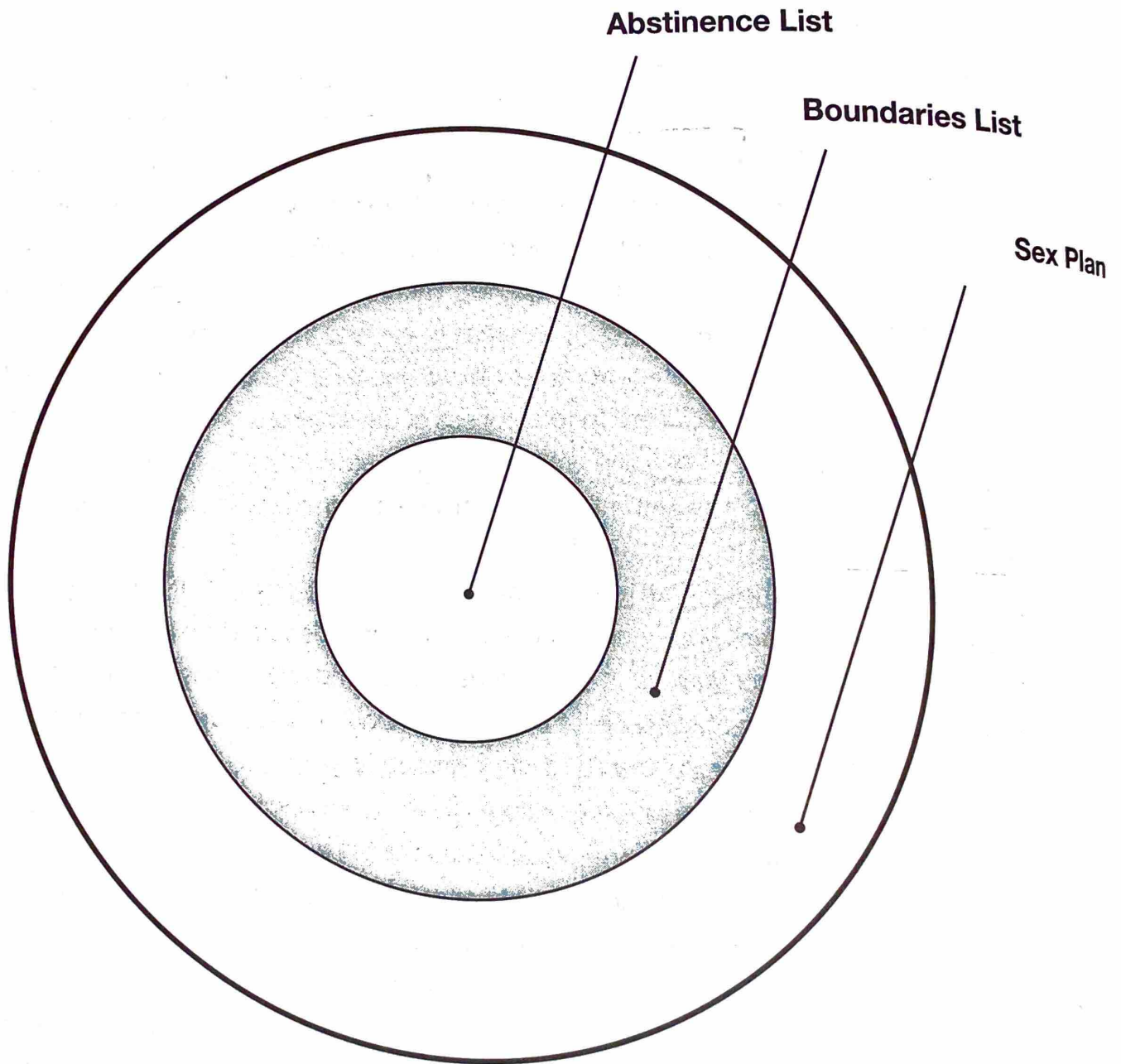


Figure 6.3

Abstinence List

“Abstinence” means concretely defining behaviors that you will abstain from as part of your recovery. To use one of these behaviors again means a slip; to continue it over a period of time means a relapse. You identify these behaviors when you admit your powerlessness over them and you specify your unmanageability. List as many behaviors as you need to. Be very specific and concrete. Remember that addicts often amend, add to, or delete from their lists as circumstances and recovery warrant. No change should be made, however, without consulting with your group, sponsor, or therapist.

Example: *No visits to strip joints, prostitution or outcall services, or pornography stores or theaters.*

Your Abstinence

As of (date): _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

(Continue as required)

Boundaries List

Boundaries are self-imposed limits that promote health or safety. They may involve situations, circumstances, people, and/or behavior that you avoid because they are dangerous, jeopardize your abstinence, or do not add to your recovery or your spirituality. Boundaries are guides to help you toward health. Crossing over a boundary does not signify a relapse but, rather, a need to focus again on priorities. List below boundaries that will help your recovery. Be as concrete as possible.

Your Boundaries

As of (date): _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____

22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____