

## MODULE 1 - Introduction



You are about to embark on a journey that will take you from the swamps of addiction and perhaps a life that has become unmanageable to the dry ground of sobriety. From being stuck in old patterns to the breakthroughs, mountaintops and strength that comes with this courageous work. These

workbook pages come directly out of the *Into the Clear* Module 1 lessons. They will help you reflect, strategize, and apply the principles and transformational keys from those lessons, module by module. **Fill in the blanks** to complete the ideas and concepts. Take the reflection and application questions and respond to those in the space provided or in a separate journal.

### PURPOSE

The purpose of the first module and the principles introduced are to come to terms with the addiction mentality and behaviors in your life, stand on the commitment of becoming or maintaining sobriety from substance use, and begin walking in the direction of strength and renewal.





Coming to terms with addiction mentality and behavior.

1. The crutch and vice of substance use and abuse can be a symptom of a deeper pain and \_\_\_\_\_

(Module 1.1).

2. You are establishing a new \_\_\_\_\_ of daily living

that includes receiving daily support and information through this Series on a variety of topics related to recovery from alcohol and drug addiction (Module 1.1).

3. Many of us have never experienced what it is like to have a consistent \_\_\_\_\_

\_\_\_\_\_. Having that consistency is key to preventing \_\_\_\_\_ choices

regarding alcohol and drug use (Module 1.1).

4. When we experience painful, disappointing, or unjust events and interactions

with others, there is the tendency to \_\_\_\_\_ and \_\_\_\_\_ from the emotions

associated with them, or \_\_\_\_\_ - \_\_\_\_\_ in a hostile way.

Often, we don't know exactly why we have fallen into \_\_\_\_\_ behavior

(Module 1.1).

5. We need to take responsibility for \_\_\_\_\_ area of our lives, and for the

choices we make whether good or bad and to deal with those consequences in a

mature way (Module 1.1).



6. This voice of being unsatisfied and not good enough must be \_\_\_\_\_

(Module 1.1).

Committing to sobriety and understanding alcohol and addiction.

7. *We have the capacity* to make good choices each and every day regardless of how we \_\_\_\_\_ or what others \_\_\_\_\_ and \_\_\_\_\_. Instead of looking at our whole life (past, present, and future) which can easily be overwhelming, we can choose to focus on the \_\_\_\_\_ and \_\_\_\_\_ (Module 1.1).


8. You can make good decisions for today, like \_\_\_\_\_ from any altering substance and staying sober. Remember, your \_\_\_\_\_ day sober is still better than your \_\_\_\_\_ day drunk, high, or trapped in your vices (Module 1.1).

9. There is a difference between decisions made from impulsive reactions and those based on \_\_\_\_\_ responses (Module 1.1).

10. In Module 1 you learned about various truths regarding alcohol including the fact that \_\_\_\_\_ is the most commonly used addictive substance (Module 1.7).

11. We learned that alcohol is processed in our \_\_\_\_\_, and that the excess effects every organ of the human body, especially the \_\_\_\_\_ (Module 1.7).





*We have the capacity to make good choices each and every day regardless of how we feel or what others do and say!*

12. There are many misconceptions about addiction and addicts. Slapped on labels do not help us to grow through challenges or understand our own personal addiction process. Each of us is unique. Those suffering from addiction are not \_\_\_\_\_ or frail or unwilling to \_\_\_\_\_ (Module 1.7).

13. Merriam-Wester Dictionary says alcoholism is both a \_\_\_\_\_ addiction to the consumption of alcoholic liquor, and /or the mental \_\_\_\_\_ resulting from alcohol dependency.

14. In looking at the differences between habits and addictions you have learned how important it is to be \_\_\_\_\_ of the circumstances that cause you to take a certain action. (Module 1.7)?

15. In the lesson on having a healthy self-image, we talked about rites of passage from adolescence into \_\_\_\_\_. We learned many of the so called “rites of



passage” that we have adopted here in our modern culture are not truly rites of passage, but rather expressions of \_\_\_\_\_.

Understanding who we are and making choices that reflect our true beliefs is \_\_\_\_\_ of our God-given talents and abilities (Module 1.7).

17. Many of us have gone through experiences or traumas that gave us a form of post-traumatic stress disorder. Without even realizing it we may be living and \_\_\_\_\_ those emotions. We also learned that there is always \_\_\_\_\_, and if we seek answers and help, we will find it (Module 1.7).

18. Our participation in addictive acts we learned is the \_\_\_\_\_ step in a chain or process of thoughts and feelings. If we can learn to \_\_\_\_\_ the first thought that can lead to the \_\_\_\_\_ that occurs with addiction, we can navigate away from those status quo, habitual decisions, and stay focused on our goals.

19. We heard a story from Jill, who instead of confronting the conflicts present in her marriage, withdrew and avoided those emotions, and began \_\_\_\_\_ to the

INSTEAD OF AVOIDING THE CONFLICT COULD JILL HAVE SPOKEN  
DIRECTLY TO HER SPOUSE ABOUT WHAT SHE REALLY WANTED  
AND NEEDED?



bars which would eventually lead to her divorce, and spiral down deeper into \_\_\_\_\_ behavior and \_\_\_\_\_.

## **Journaling and Application**

### **Questions for Reflection**

Write a paragraph (or more if you like) about what you learned from the Getting Started Module.

**What sticks with you the most?**

**What did you not understand well if anything?**

**How can you apply these ideas to your life in the week ahead?**

**What has improved in your life since last week?**

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