

Living In Balance Worksheets Pdf

JR Anderson

CREATING A HEALTHIER LIFE, A STEP-BY-STEP GUIDE ... Creating balance in our lives is an important part of wellness. Overall, a balanced life can mean many things, depending on culture, circumstances, resources, and other factors. Balance means making sure we have time to do the things that make us feel happy and fulfilled. **ASI-MV Worksheets & Handouts - terasinc.org** Living a balanced lifestyle can help raise your satisfaction with your life and reduce your risk for relapse. If the imbalance is too great, and you become overwhelmed by obligations and pressures, you may be tempted to use drugs/alcohol in order to escape. *Finding Balance in Recovery* Alcoholics or addicts quickly learn that extremes of any nature—positive or negative—are not helpful for recovery. The below worksheet can help you or a loved one examine balance distribution in a variety of areas in life and identify what areas need more or less focus. **Lifestyle Balance Pie - SMART Recovery BC** When completing this worksheet, you'll determine and evaluate the areas that you focus your time and energy, becoming aware of what parts of your life are in or out of balance. Be honest. This exercise will show you the areas in your life that you pay less attention to. Relapse Prevention Group Handouts Does your car need to be serviced or repaired? Do you have adequate insurance—health, home, car, and life insurance? Do you have a checking account or some way to manage your finances? Are you handling daily living chores (such as grocery shopping, laundry, and cleaning)? EKL.Session 20/LIB/final - Hazelden Welcome to the Attitudes and Beliefs session of the Living in Balance program. This session focuses on your attitudes and beliefs and how they affect your reactions to life, other people, and yourself. This session will help you think through those reactions. (PDF) Complete Living in Balance Collection, Core Program ... Complete Living in Balance Collection, Core Program: Revised and Updated for DSM-5, Moving from a Life of Addiction to a Life of Recovery (Mixed media product) \ TQXPB1ZVPL5. Spirituality has long been integrated into treatments for addiction.

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