



Reflection Choices

Not all possible behaviors are included. Use your best clinical judgment when assigning reflections for behaviors not included on this list.

Wearing hats, hoods, glasses, or blankets around the house

- Write one page: "Describe how not following rules has been a problem in the past and describe some consequences of those choices."
- Forfeit the item for 24 hours.

Eating or drinking in the dorm

- Write one page: "Do I need something to eat? Or do I need something else: consolation, reward, stress relief, distraction, comfort?"
- Lose snack shack and soda machine privileges for 24 hours.

Sagging pants, showing cleavage, tight clothing

- After changing clothes, write one page: "Describe your physical appearance during active addiction. What do you want your physical appearance to be in recovery?"
- Forfeit clothing item until discharge.

Cross-talking

- Write one page: "How would you feel if someone were disrespecting you while you were sharing a milestone you achieved while in treatment?"
- Write an apology letter to present to the group.

Feet on furniture, lying down, or sleeping in common areas

- Write one page: "How have people disrespected your personal items in the past? What did they do? How did it make you feel? How should your things be treated?"
- Clean or polish the item of furniture you were using incorrectly.

Being late for group

- Develop a daily schedule for a sober working person named Richard or Alexis. Then write three possible scenarios that could happen if Richard/Alexis is constantly late for each scheduled item.
- Summarize concepts from your NA or AA book until group lets out.

Missing group

- Ask the therapist what the topic was about. Then write a one-page summary of what the topic means to you and how you can apply it to your recovery.
- Ask each peer in the house what group was about and record each response in writing.

Missing wake-up

- Write one page: "Describe your time-management habits during active addiction. Do your time management habits have a continued effect on your recovery? Explain."
- Wake up one hour earlier the next day.

Missing an assignment deadline

- Complete the assignment. Then write one page: "Why was my assignment not a priority for me?"
- Complete the assignment. Then write one page: "Why do I expect different results when I do the same thing over and over?"

Glorifying drug use

- Make a list of all the things you lost due to drug use. Explain how each thing was lost and the effect that loss had on your life.
- Explain in writing, "Why am I in treatment? What will happen if I continue to use? How did my life become unmanageable?"

Pairing off with another patient or boundary issues with another patient

- Sign a contract (along with the other patient) to maintain 10-foot distance. Then write one page: "How can distractions affect my recovery?"
- Sign a contract (along with the other patient) to maintain 10-foot distance. Then write one page: "What does the phrase 'healthy relationship' mean to me?"

Incomplete chore or chore refusal

- Complete the chore during free time. Repeat the same chore the next day, plus one additional chore.
- Complete the chore during free time. Then write one page: "How has not doing things correctly the first time hurt me in the past?"

Refusal to attend or participate

- Write about three times you should not have participated in an activity but you did anyway.
- Write one page: "What things should I keep doing to strengthen my recovery? What will happen if I'm not consistent with them?"

Theft

- Return the item. Make a list of things your addiction has stolen from you. Write one page about how that made you feel.
- Return the item. Write one page: "What does the word 'impulsive' mean? List three times you were impulsive in the past. What happened? What will happen if you're impulsive in the future?"

Disrespecting a Stepworks team member or a peer

- Write one page: "What do the words 'responding' and 'reacting' mean to you? Did you respond, or did you react? How could you have handled the situation differently?"
- Write one page: "What does the word 'respect' mean to you? How could you have been more respectful?"

Breaking curfew

- Write one page: "How has breaking rules hurt you in the past?"
- Curfew is one hour earlier the next day.

Using tobacco products in the house

- Write one page: "Why is smoking not allowed in the house? What negative consequences could occur if the smoke alarm went off? Why does Stepworks have designated smoke breaks?"
- Patient loses privilege of holding their own cigarettes for 24 hours. A Stepworks team member must administer at smoke breaks.

Taking a smoking break outside of allotted times

- Write three pages: "What important information did you miss in group because you weren't there? How will this continued behavior affect your recovery?"
- Patient loses privilege of holding their own cigarettes for 24 hours. A Stepworks team member must administer at smoke breaks.

Impulsivity

- Make a list of negative consequences that happened because you were impulsive in the past.
- Using the 12-Step Step Four exercise, write an autobiography of your wrongs. What role did your impulsivity play?

Verbal fight or heated argument

- Write two pages: "What started the fight? What emotions and memories did it bring up before, during, and after? How could you have handled the situation differently?"
- Using the iPod, complete the "Relax Your Body" meditation.