



Replacing Drugs with the Good Stuff (1)

Before recovery, your life probably revolved around one thing: drugs or alcohol. Now you've quit, and you're thinking, "How will I enjoy life again?" Here's the answer: *you have to replace your addiction with another passion.* You need an alternative to addiction. Make a list below. Think short and long term goals. Think passions, healthy rebellion, fun, sober parties, all of it!

Can't think of anything? Go over the list on the next page and add anything that appeals to you!

Grab a piece of paper and answer these questions:

--Look at the activities you checked. Choose a few. Where can you fit this stuff into your schedule? When will you start doing them? Show somebody your plan.

--Choose 1 long-term goal and research what it takes to start/complete the project. How would you break the task down into smaller steps? What's the first step? When will you take that first step? Again, show somebody your plan.

Replacing Drugs with the Good Stuff (2)

Go over the two lists. Check activities you enjoy or would like to try and add them to your list on the first page.

Short-Term Goals (Happy=Now)

- | | |
|---|---|
| <input type="checkbox"/> Ride a motorcycle | <input type="checkbox"/> Dye hair a new color |
| <input type="checkbox"/> Doodle | <input type="checkbox"/> Ride a rollercoaster |
| <input type="checkbox"/> Get a tattoo | <input type="checkbox"/> Eat pizza |
| <input type="checkbox"/> Try indoor sky-diving | <input type="checkbox"/> Cuddle (with pet or human) |
| <input type="checkbox"/> Drink ice cream shake | <input type="checkbox"/> Dance to good music |
| <input type="checkbox"/> Eat pizza | <input type="checkbox"/> Pray and go to church |
| <input type="checkbox"/> Go horseback riding | <input type="checkbox"/> Go hiking |
| <input type="checkbox"/> Go roller or ice-skating | <input type="checkbox"/> Draw or paint |
| <input type="checkbox"/> Have a BBQ | <input type="checkbox"/> Play video games |
| <input type="checkbox"/> Dance in the rain | <input type="checkbox"/> Visit a stranger in nursing home |
| <input type="checkbox"/> Journal | <input type="checkbox"/> Bake a cake for someone |
| <input type="checkbox"/> Take your dog for a walk | <input type="checkbox"/> Read book, newspaper, comics |
| <input type="checkbox"/> Knit, crochet, or sew | <input type="checkbox"/> Watch a funny movie |
| <input type="checkbox"/> Burn incense and candles | <input type="checkbox"/> Play cards or a board game |
| <input type="checkbox"/> Visit a bookstore or library | <input type="checkbox"/> Go window shopping |
| <input type="checkbox"/> Attend a twelve-step meeting | <input type="checkbox"/> Lie out under the sun |
| <input type="checkbox"/> Go to movies or theater production | <input type="checkbox"/> See a psychic |
| <input type="checkbox"/> Visit the beach | <input type="checkbox"/> Go fishing |
| <input type="checkbox"/> Spend the day house-hunting | <input type="checkbox"/> Go to pet store |
| <input type="checkbox"/> Draw a maze | <input type="checkbox"/> Do puzzles or color |
| <input type="checkbox"/> Think good thoughts about world | <input type="checkbox"/> Call or write a friend |
| <input type="checkbox"/> Get together with clean friends | <input type="checkbox"/> Fly a kite |
| <input type="checkbox"/> Curl up with cup of hot chocolate | <input type="checkbox"/> Visit kimrosenthalmd.com |

Long-Term Goals (Happy + Proud + Successful = Later)

- | | |
|--|---|
| <input type="checkbox"/> Go (back) to school | <input type="checkbox"/> Learn to play musical instrument |
| <input type="checkbox"/> Collect fish, watches, birds | <input type="checkbox"/> Become an addiction counselor |
| <input type="checkbox"/> Join a music band | <input type="checkbox"/> Make serious plans to be famous |
| <input type="checkbox"/> Write an autobiography | <input type="checkbox"/> Make plans to travel, and go! |
| <input type="checkbox"/> Fall in love | <input type="checkbox"/> Study Zen/martial arts |
| <input type="checkbox"/> Become an expert on something | <input type="checkbox"/> Raise chickens or emus |
| <input type="checkbox"/> Start volunteering at a shelter | <input type="checkbox"/> Build a model car or plane |
| <input type="checkbox"/> Join a fencing or shooting club | <input type="checkbox"/> Start a business |
| <input type="checkbox"/> Learn how to juggle or do tarot | <input type="checkbox"/> Make a home-made movie |
| <input type="checkbox"/> Get a job | <input type="checkbox"/> Get a profession |
| <input type="checkbox"/> Earn your driver's license | <input type="checkbox"/> Get a pilot's license. |
| <input type="checkbox"/> Take care of a bonsai tree | <input type="checkbox"/> Make a gift for somebody |
| <input type="checkbox"/> Design a website | <input type="checkbox"/> Go after your dream job |
| <input type="checkbox"/> Write lots of poetry | <input type="checkbox"/> Save up for something special |