

**Triangle Area SAA
Recovery Manual Steps 1 - 9
Writing A Sobriety Plan**

OUTER CIRCLE

MIDDLE CIRCLE

INNER CIRCLE

Sobriety Plan

- _____
- _____
- _____
- _____
- _____
- _____
- _____

My questions ...

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OUTER CIRCLE

MIDDLE CIRCLE

INNER CIRCLE

Questions for discussion, contemplation, or journaling:

Exercise 1: Which stage in the Addiction Shame Cycle is the safest?

Exercise 2: Describe the relationship between the Three Circles, the Bubble, and the Addiction Shame Cycle.

Exercise 3: Can you overlay the Three Circles and the Bubble on the Addiction Shame Cycle?