

INNERGOLD

changing the world one person at a time

Before acting on a trigger or temptation discipline yourself to review the 10 Commandment Questions of Relapse Prevention. Commit them to memory and let them be a guiding force in your life.

The Ten Commandment Questions of Relapse Prevention

- 1) Will acting on this temptation bring me long-term satisfaction or instant gratification?
- 2) What will be the end result if I act on this temptation?
- 3) If I choose to act on this temptation will it make my life better or worse?
- 4) Do I take 100% responsibility for my own actions or do I blame others and make excuses?
- 5) Can the addicted part of my brain force me to act out against my will?
- 6) Is there a part of me that wants to walk away from this?
- 7) Can I choose to follow that part that wants to walk away?
- 8) Is there a feeling of peace that will come to me if I walk away?
- 9) Would I feel better about myself tomorrow if I didn't act out today?
- 10) Will I honor the rational part of my brain that is encouraging me to walk away from this temptation?

ONE CAN POSITIVELY DIRECT ONES MIND BY LEARNING TO ASK THE RIGHT QUESTIONS.

"A sudden bold and unexpected question doth many times surprise man and lay him open."

- Francis Bacon



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