

Addiction Recovery Worksheet: Recovering Your Honesty

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Denial, Distortion, and Dishonesty in Substance Use Disorder

Make a list of things that you did to hide your substance use.

Verbal Lies

List lies about when, where, and how you drank or used drugs. Identify the people that you lied to.

I lied to	Examples of my dishonesty about my drinking or drug using behavior

Other Lies

Identify examples of other lies that you told during your addiction. They may or may not be directly or indirectly related to my substance use problems.

I lied to	Other examples of my dishonesty

Dishonest Behavior

Identify other deceptive behavior in connection with your substance use. Who were you dishonest with? How were you dishonest in your behavior?

I was dishonest with	Examples of my sneaky, dishonest, deceptive behavior

What did you do when you were caught in lies and other forms of dishonesty?

Identify the impact of your dishonesty on your significant others, including spouse, parents, kids, coworkers, boss, etc.

Who I hurt	Examples of how my behavior hurt them

Identify examples of how your dishonest behavior hurt yourself.

Identify the feelings that occurred because of your dishonesty with others and yourself. Identify what you did with those feelings when they occurred.

Feelings	How I dealt with my feelings

Identify any forms of dishonesty that are continuing in your recovery. Make a list of people that you are still being dishonest with. List examples of what you being dishonest about.

I'm dishonest with	Examples of what I am still being dishonest about

Make a list of positive effects that could come about from taking the risks

Identify any current barriers to getting honest with the people in your life. Identify a plan for getting through those barriers to be able to get more honest in recovery.

Barriers	My plan for getting past the barriers to be more real with the people in my life.

Develop a goal for improving your ability to be honest in recovery. Develop a plan for how you can continue to become more and more honest with yourself and others during your continuing recovery.

#	Behavioral objectives to accomplish my goal
1	
2	
3	
4	

My Goal: _____

Objectives for accomplishing this goal:

Example: Do a daily AA/NA 10th step or take stock daily.

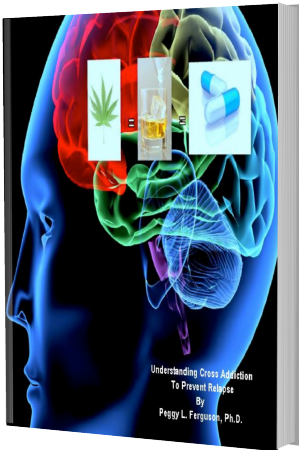
Example: Identify my values and what happens when I act outside my value system.

Example: Improve my self-awareness.

Keep in mind that becoming honest in recovery is not about indiscriminately doing an AA/NA fifth step with everyone you know. You are still in charge of making decisions about self-disclosure with others. You get to decide what to reveal, to whom, and when to reveal it. Working with a 12 step recovery sponsor can assist you making decisions about revealing old dishonest behaviors. Sponsorship can also guide making

amends in the eighth step. Twelve step programs are not the only recovery support system that can help you with accountability and recovery. Celebrate Recovery, Women for Sobriety, and many others are available. **Note: This article has been revised and edited from its original version, which was previously published in 2013 on this site. The content has been updated for contemporary language and concepts, clarity and accuracy.**

Arm Yourself With All The Good Information You Can Get.



“Understanding Cross Addiction to Prevent Relapse” is a simple, straightforward guide to empower you to choose wisely when faced with seemingly insignificant decisions that can sabotage your recovery. This relapse prevention guide is specific to cross-addiction issues. It discusses the nature of addiction, cross-addiction, and the role of cross-addiction in relapse. It includes a worksheet to assist in relapse prevention.

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