

Outside-the-Box Recovery

Name: _____

Date: _____

Give a checklist of the activities you would like to replace your addiction to drugs/alcohol!

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