

Name : _____

Date : _____

Being Honest with Yourself

1. What does being honest with yourself mean to you in the context of sobriety?

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2. Think about a time when you were not completely honest with yourself about your recovery. What were the circumstances, and what was the outcome?

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3. How do you recognize when you might be rationalizing or justifying behaviors that could threaten your sobriety?

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4. How does dishonesty (to yourself or others) impact your ability to stay sober and build healthy relationships?

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5. What practical steps can you take to ensure you are maintaining honesty in your recovery journey? (Examples: journaling, accountability partners, therapy, etc.)

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