

Name : \_\_\_\_\_

Date : \_\_\_\_\_

# ***Personal Integrity in Recovery***

## **1. Defining Integrity in Recovery**

a) How do you define personal integrity?

b) Why is integrity important in recovery?

c) Identify three ways you can practice integrity in your daily life.

## **2. Honesty Self-Assessment**

***On a scale of 1 (Rarely) to 5 (Always), rate yourself with (✓) on the following:***

a) I am honest with myself about my recovery progress.

1       2       3       4       5

b) I take responsibility for my actions and decisions.

1       2       3       4       5

c) I follow through on commitments I make to myself and others.

1       2       3       4       5

d) I admit when I am wrong and make amends when needed.

1       2       3       4       5

e) I communicate openly without deception.

1       2       3       4       5

## **3. Integrity in Difficult Situations**

a) Describe a time when you were tempted to act against your values. How did you respond?

b) How would you handle a situation where telling the truth might have difficult consequences?

c) What strategies can you use to remain honest and accountable, even under pressure?