

# THE ART OF LIVING WITH CHANGE

Your Name

Your Email Address

1. Is there a way to put wheels on your recover? How?
2. What are 3 things that will help get your recovery going smooth?
3. Does being busy help achieve change? Why?
4. What does Focus mean?
5. What is Stage 1 recovery?
6. What is Stage 2 recovery?
7. What are 3 issues to start working on?
8. You are asked to share with someone or write down issues that you are working on today. What are examples?
9. What is change behavior?
10. What are 3 things that will help you in your recovery?