NEW DAY RECOVERY

Session 12 Handout

The Lie, the Cost, and the Truth

From Session 12. A lie written on paper, labeled a lie, loses its disguise.

Name: _____ **Date:** _____

Load-bearing lies cluster in three families. Lies about myself: I am my worst act; I am too far gone; needing help means I am weak. Lies about support: everyone has given up on me; asking for help only burdens people; no one can be trusted with the truth. Lies about recovery: people like me do not make it; needing medication means I am not really in recovery; one slip erases everything.

My most costly lie	My answer
The lie (family: myself / support / recovery)	
Where I learned it	
What it costs me now	
My truth statement, with evidence from my own life	

Belief rating for my truth statement: before _____ after _____

Homework: carry your truth statement where the lie usually speaks (workbook cover, phone note). Each time you catch the lie this week, read the statement aloud and log it: date, lie, truth read, belief rating before and after.