NEW DAY RECOVERY

Session 17 Handout

Honest Expression: Four Movements

From Session 17. Feelings named precisely stop leaking out as rage, relapse, or shutdown.

Name: _____ **Date:** _____

A structured way to bring pain to the people and supports who can help — instead of to the substance, the binge, or the explosion. Four movements: turn toward support, name it plainly, ask for what you need, choose your anchor.

1. I am turning toward my supports with this:

2. Here is what is wrong:

3. Here is what I am asking for:

4. Here is what I am choosing to stand on:

Homework: read your written piece once a day — out loud if you can. Do not edit it as feelings change; add a dated line instead, and watch whether the anchor movement gets stronger.