

WORKBOOK FOR

An Integral Guide To **RECOVERY**

TWELVE STEPS AND BEYOND



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Integrated Recovery Program

Name: _____ Date: _____

Recovery Dimensions

Physical

Existential

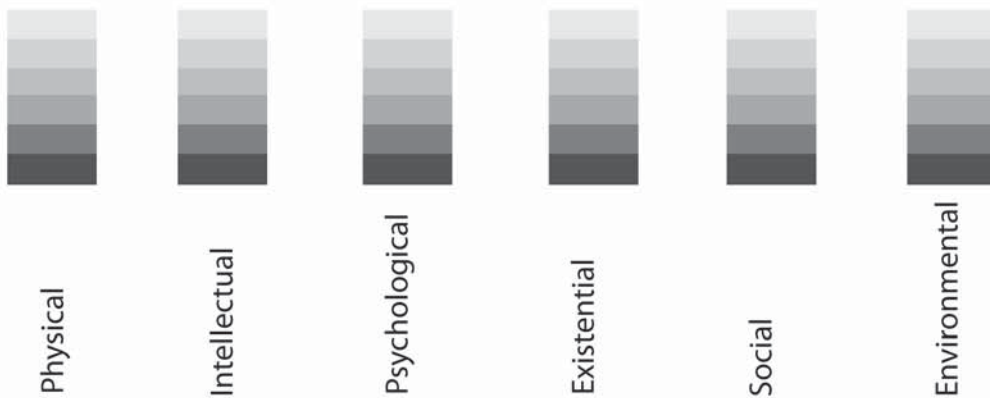
Intellectual

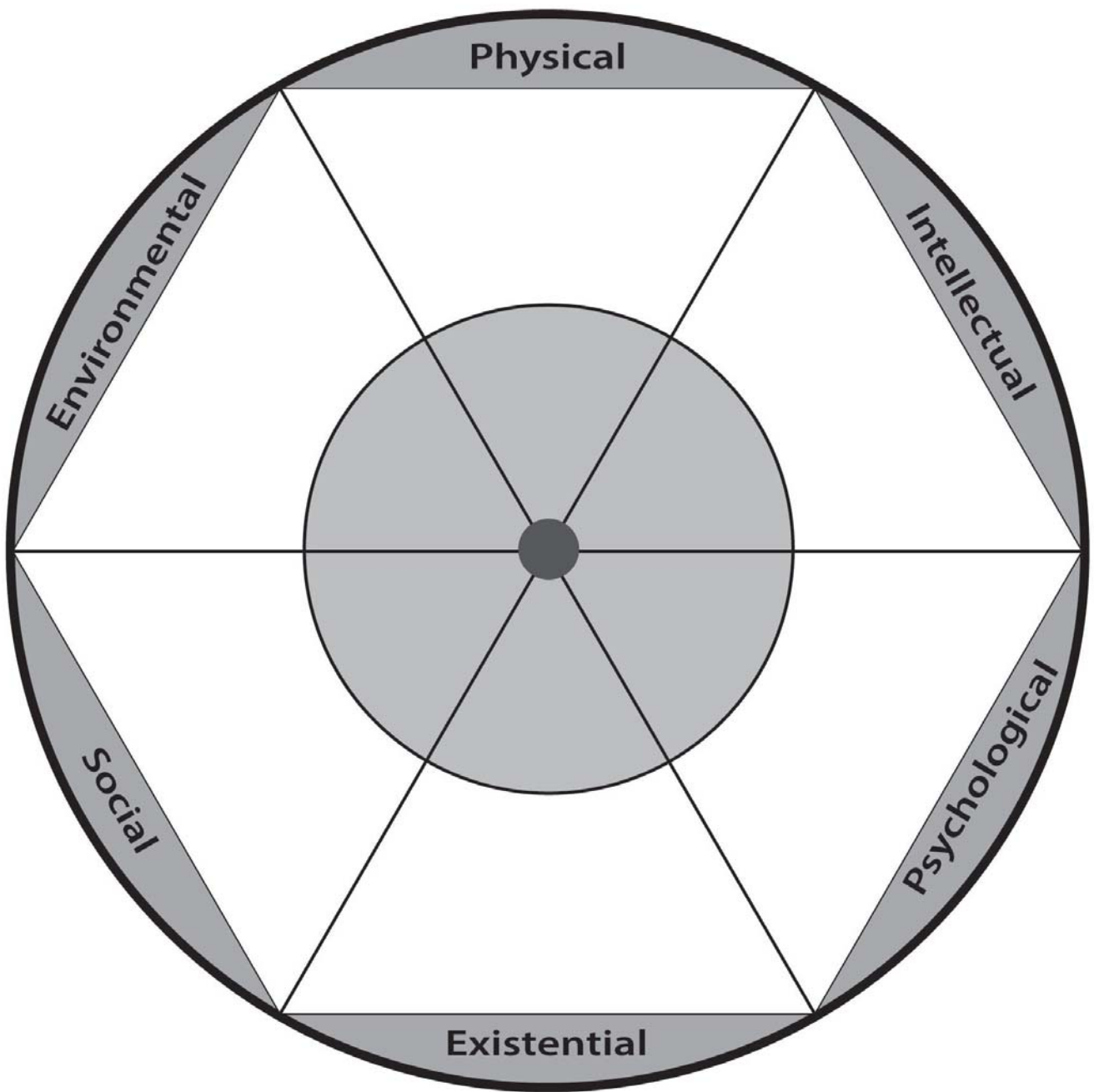
Social

Psychological

Environmental

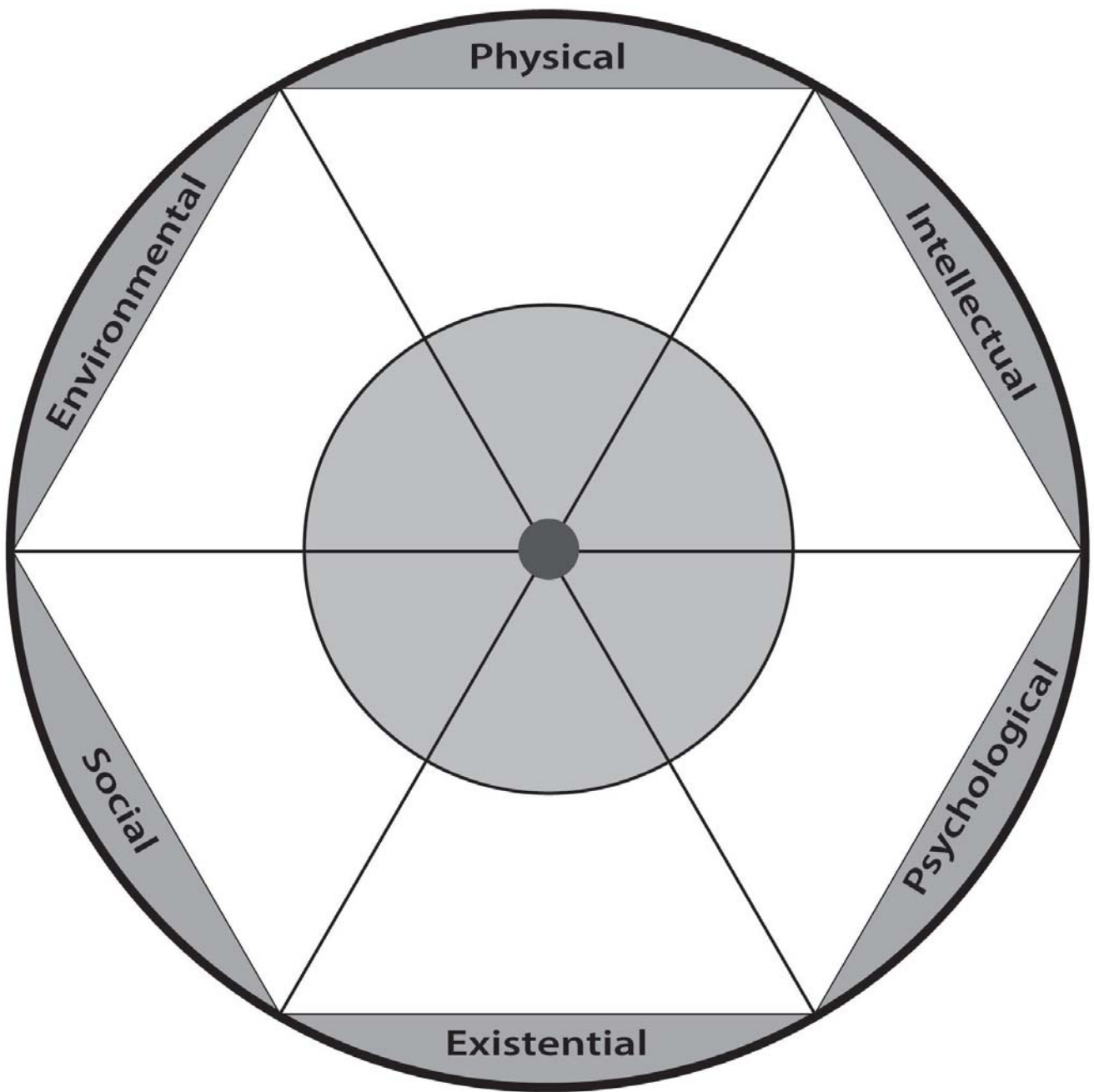
Integrated Recovery Graph





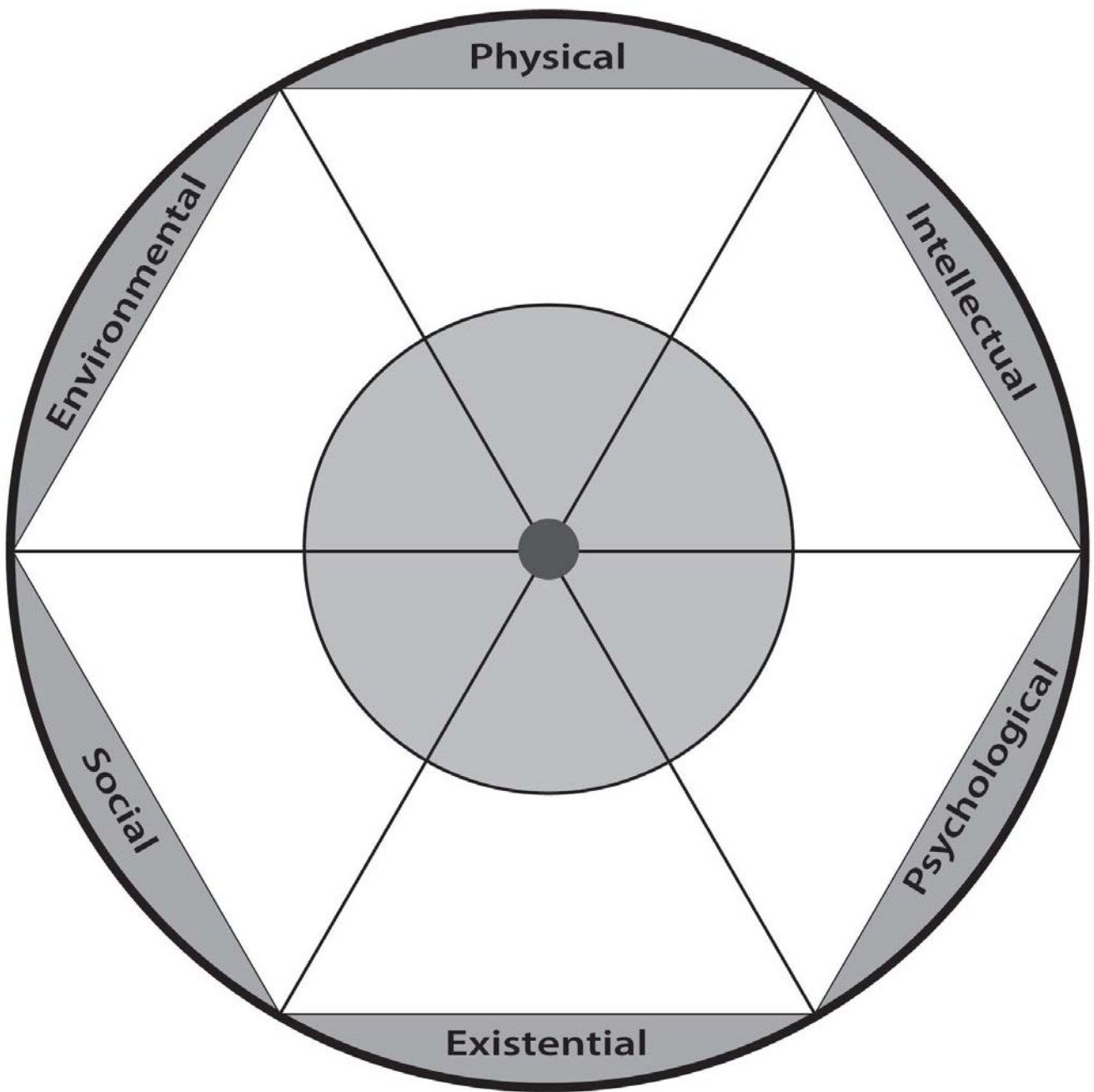
Additional Notes: _____





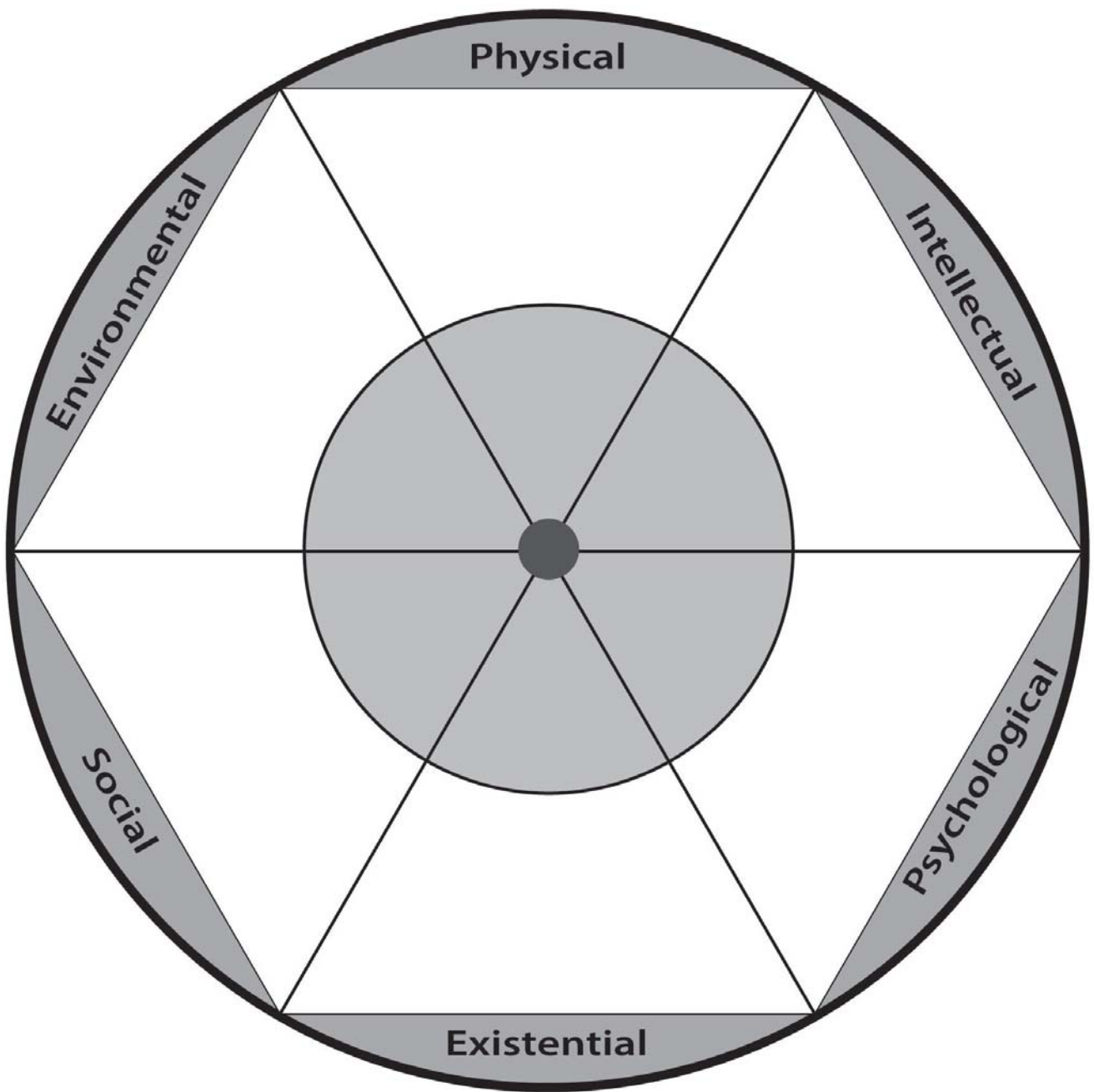
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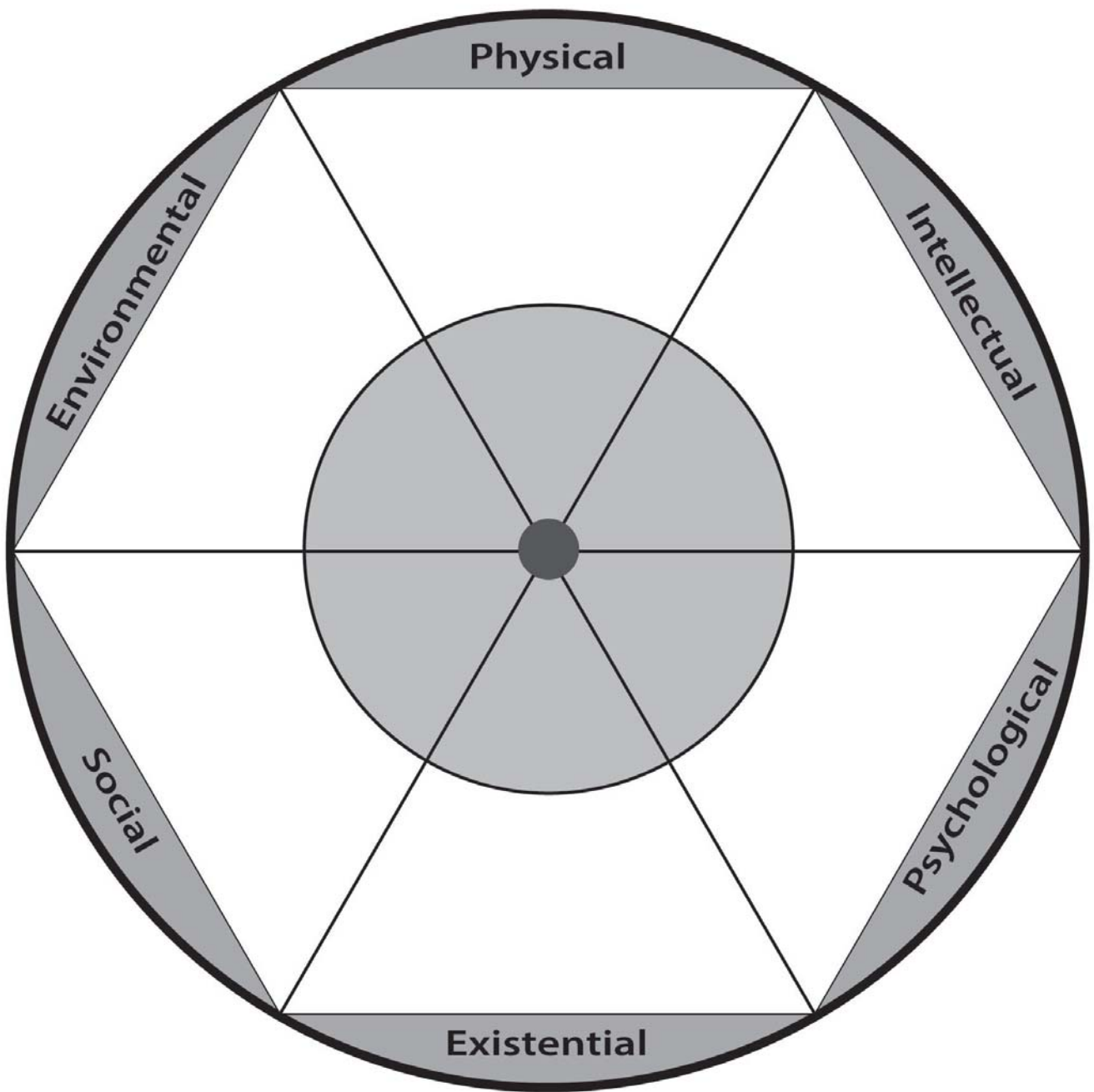
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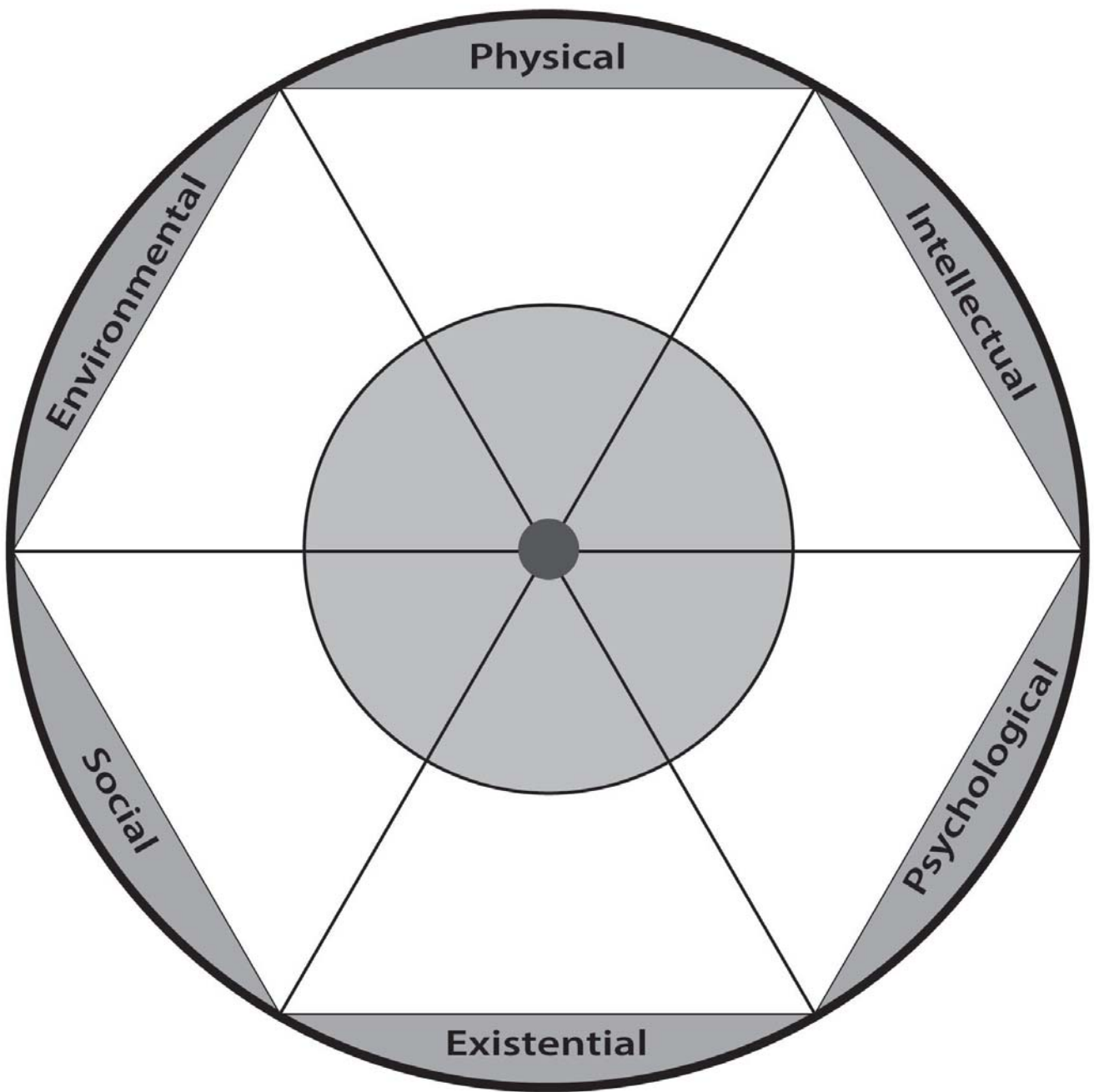
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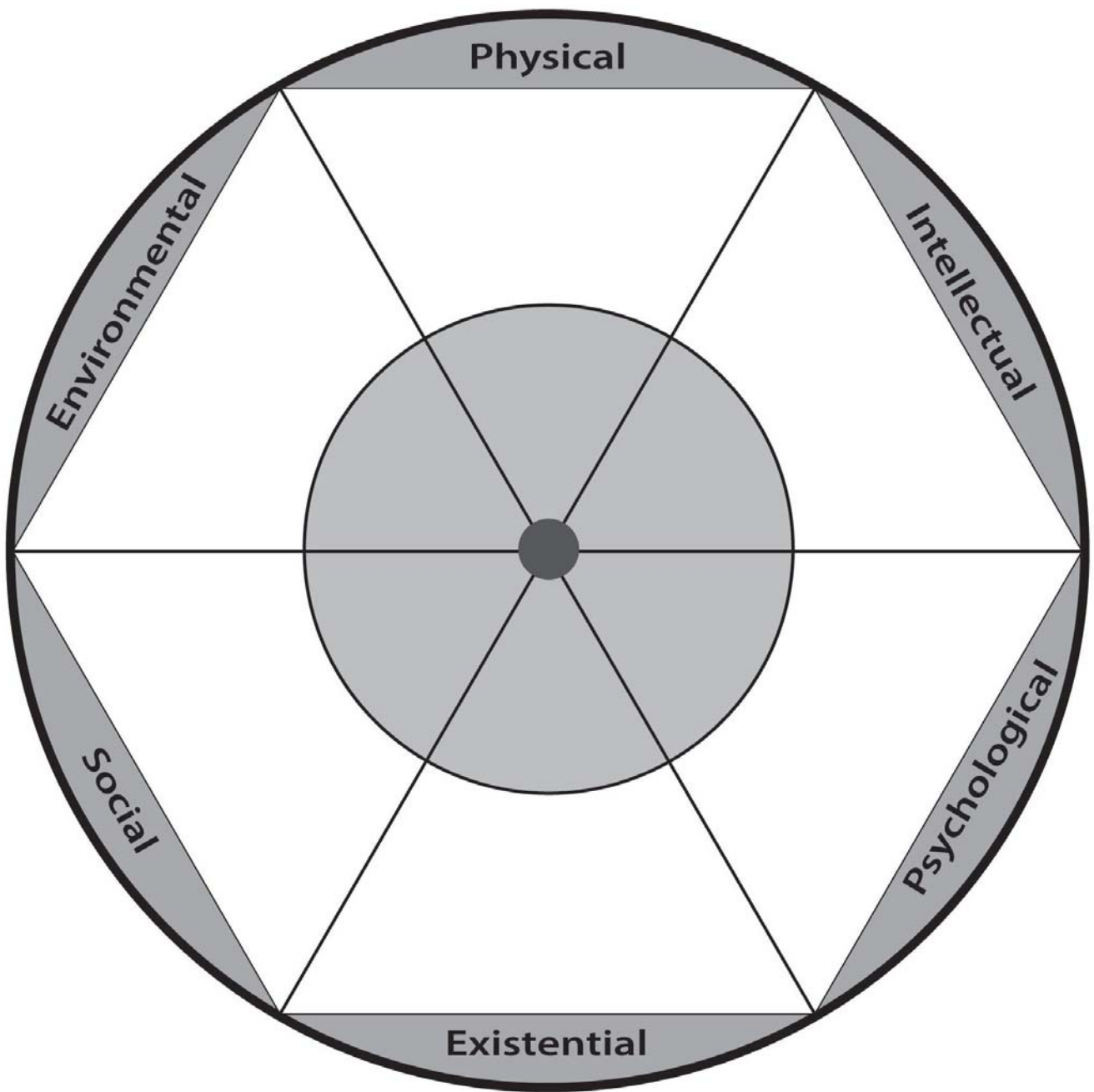
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Additional Notes: _____



Weekly Integrated Recovery Index

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		Total:
Phys									
Intel									
Psych									
Exis									
Soc									
Env									
								Total:	

Additional Notes: _____



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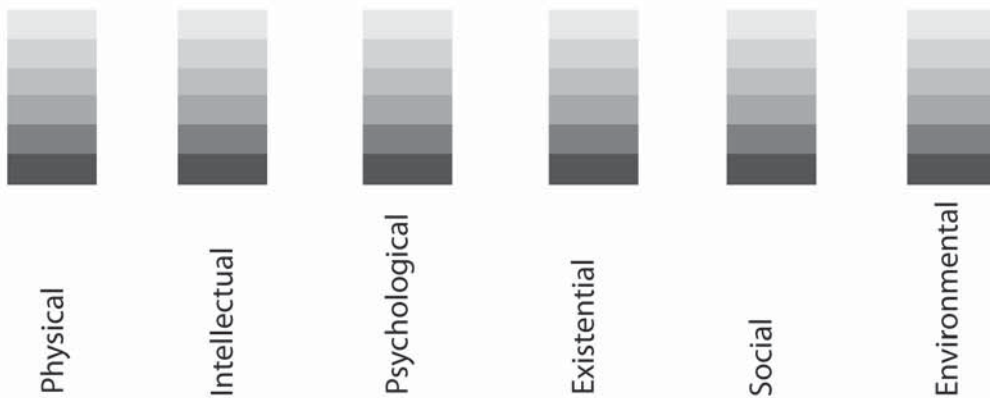
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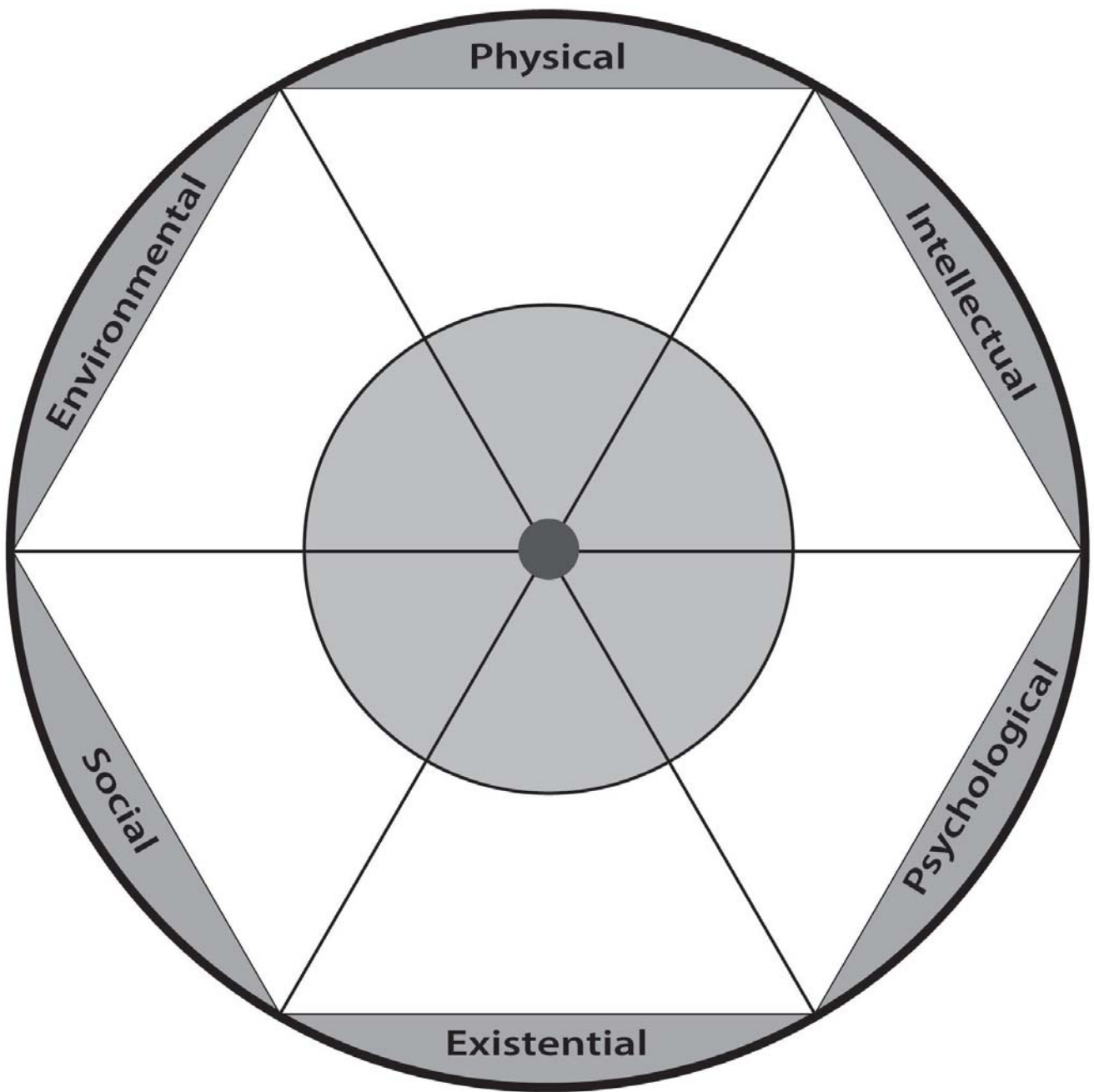
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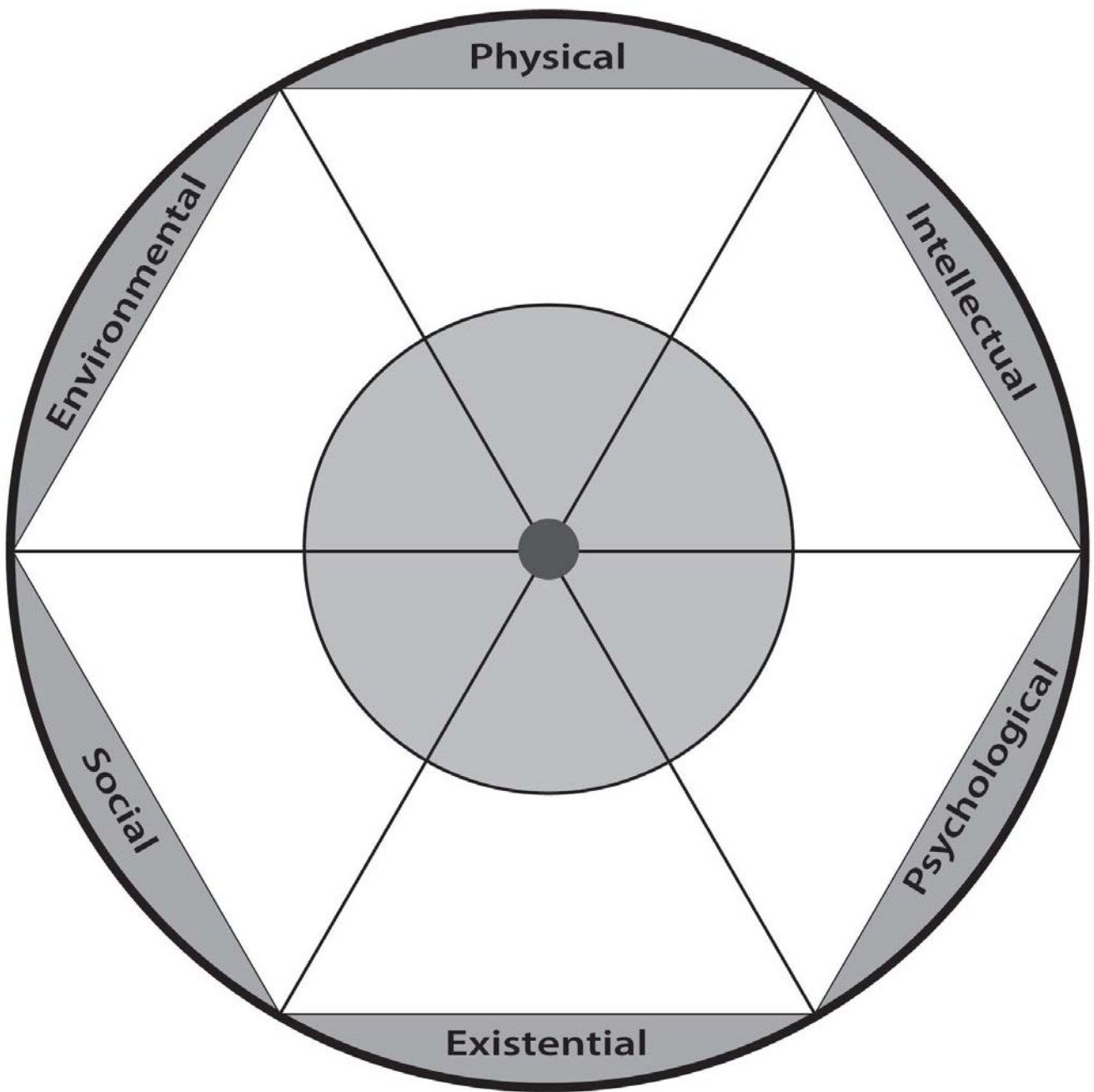
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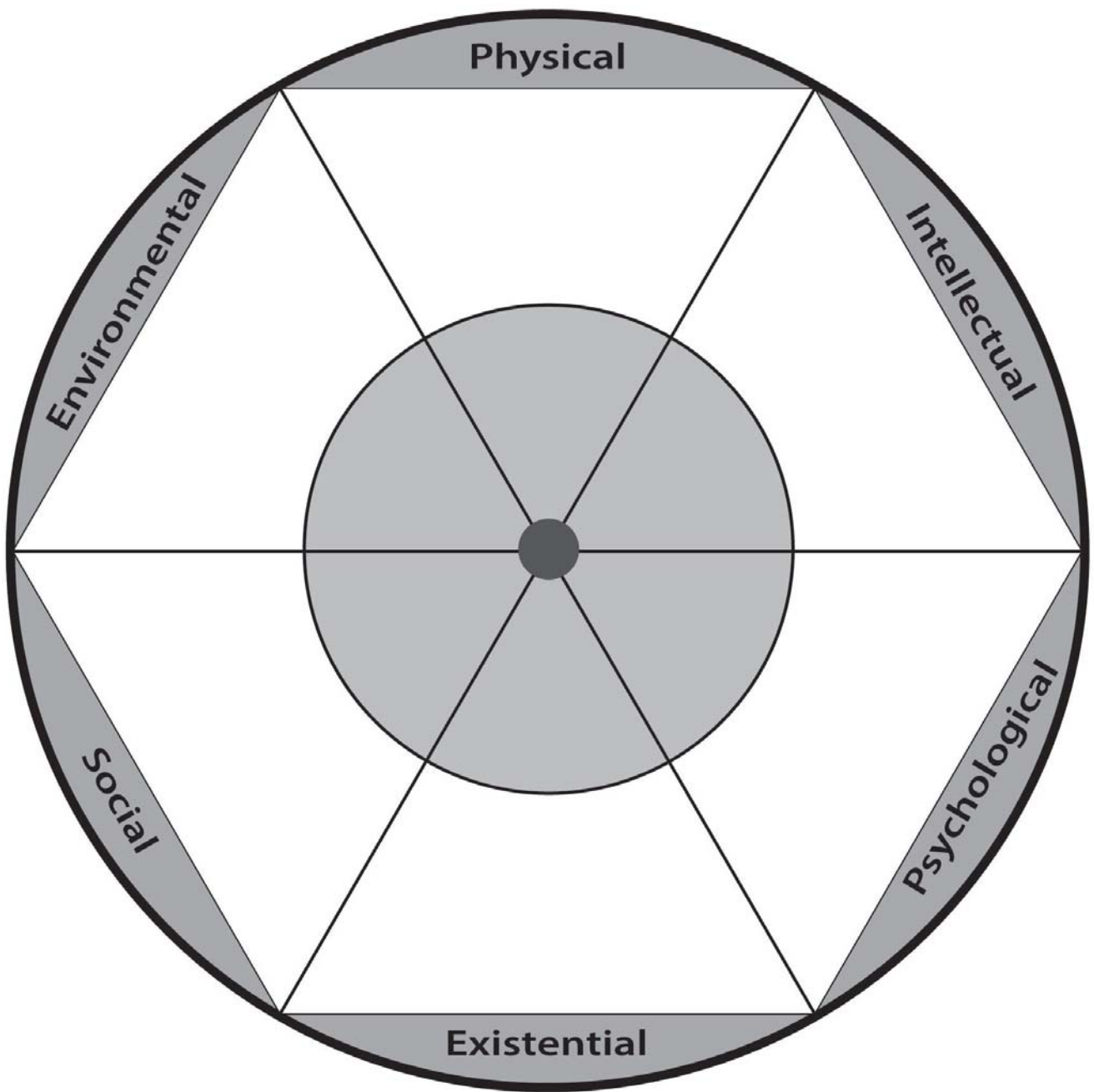
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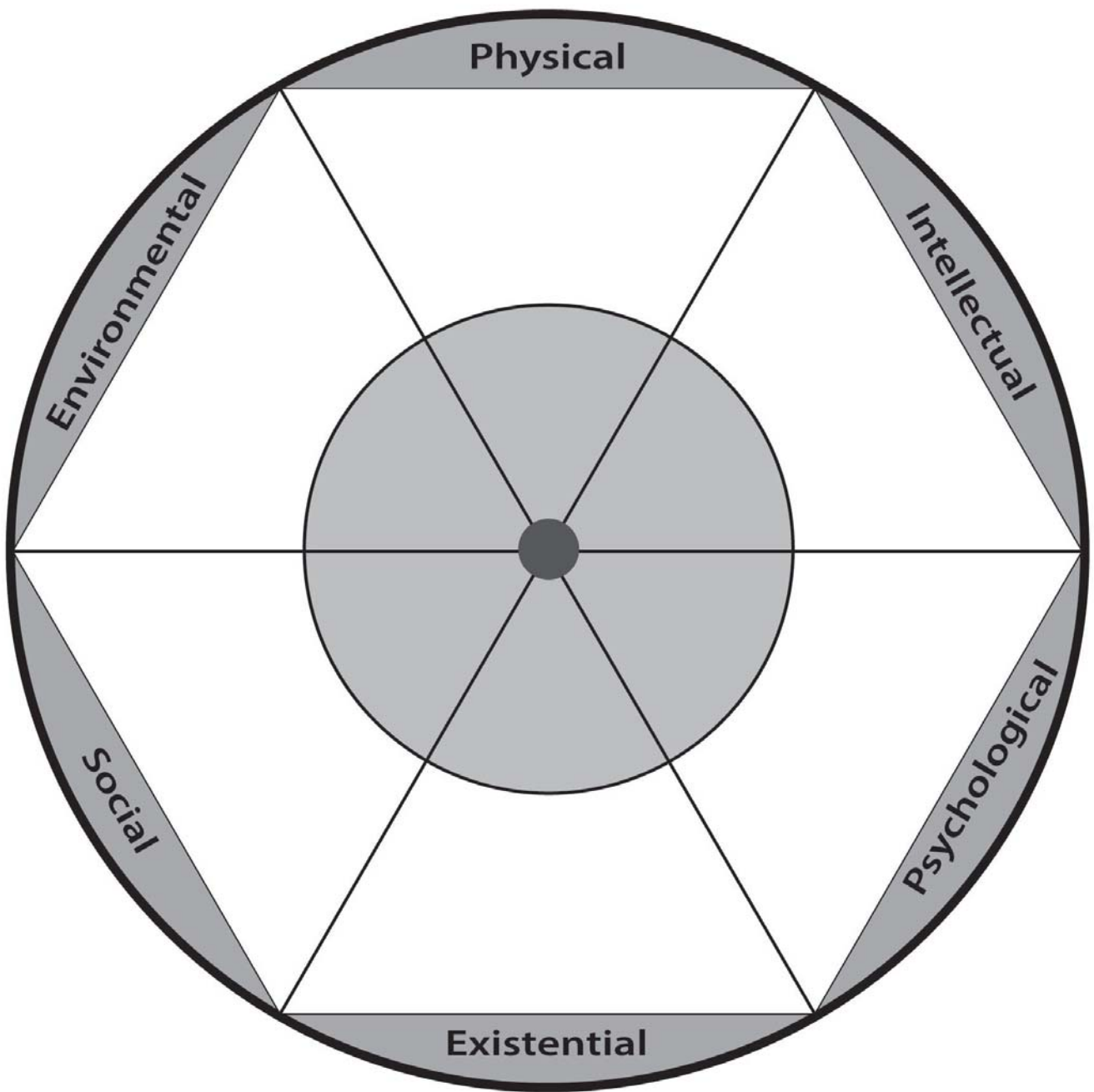
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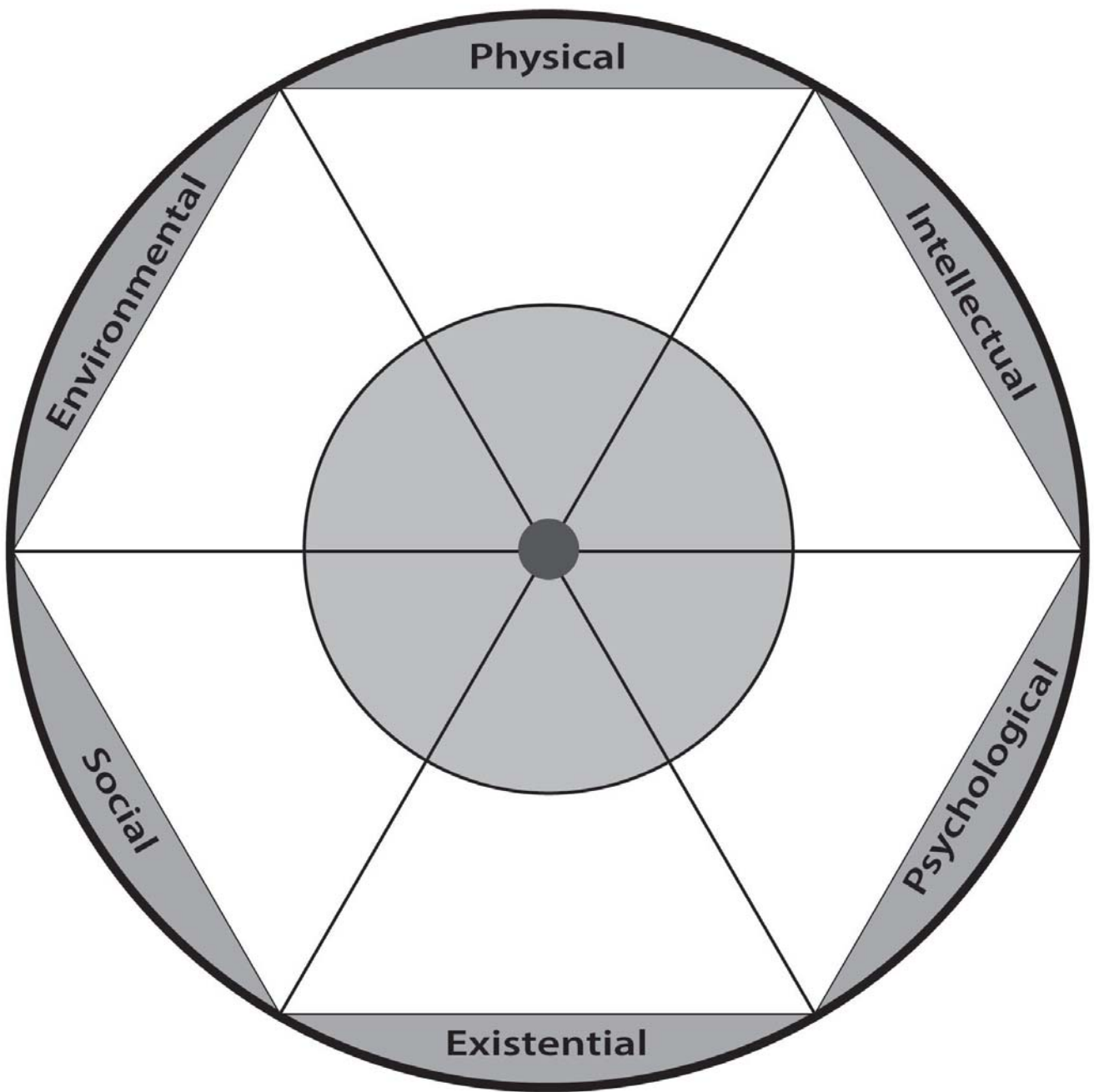
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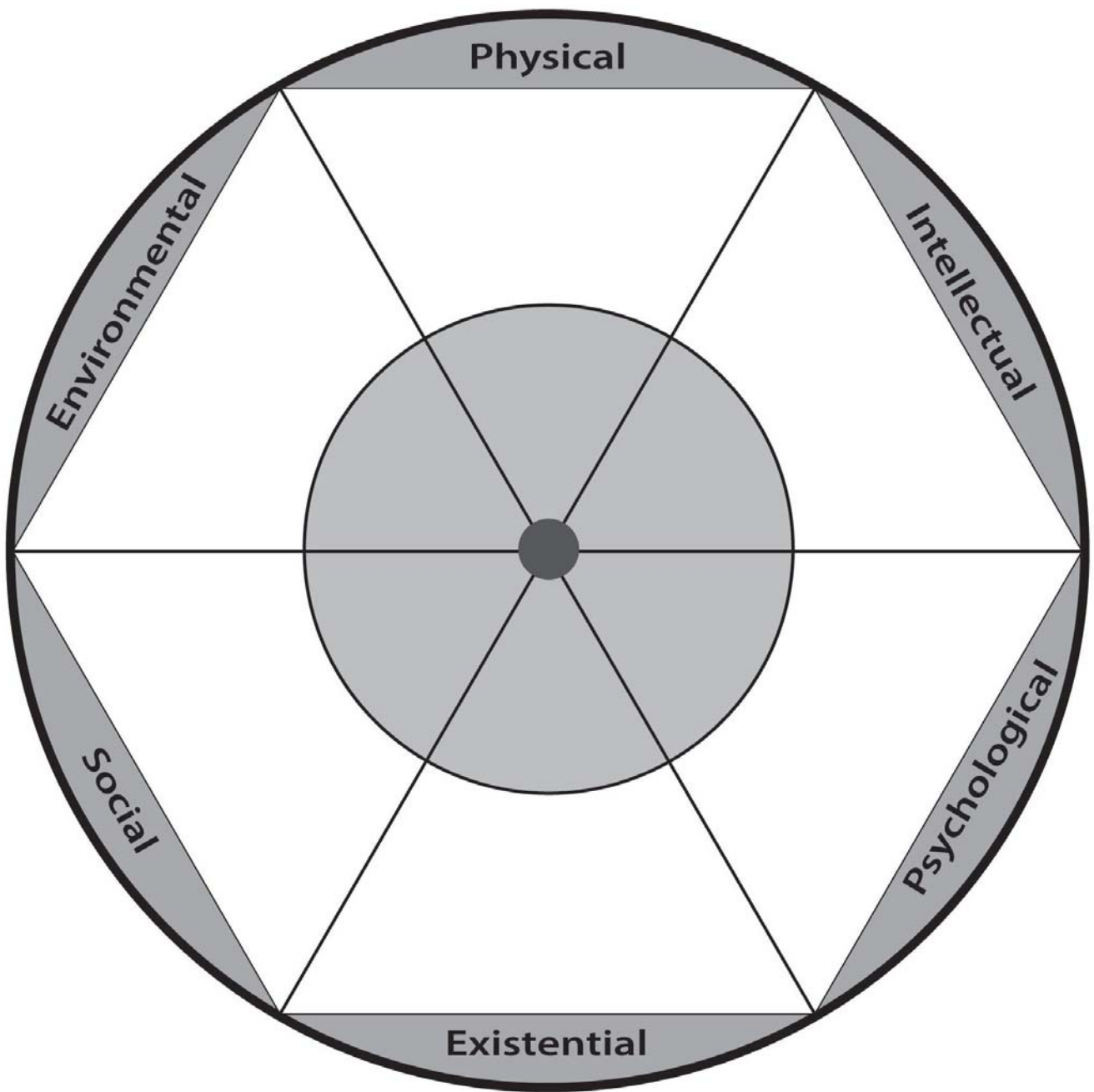
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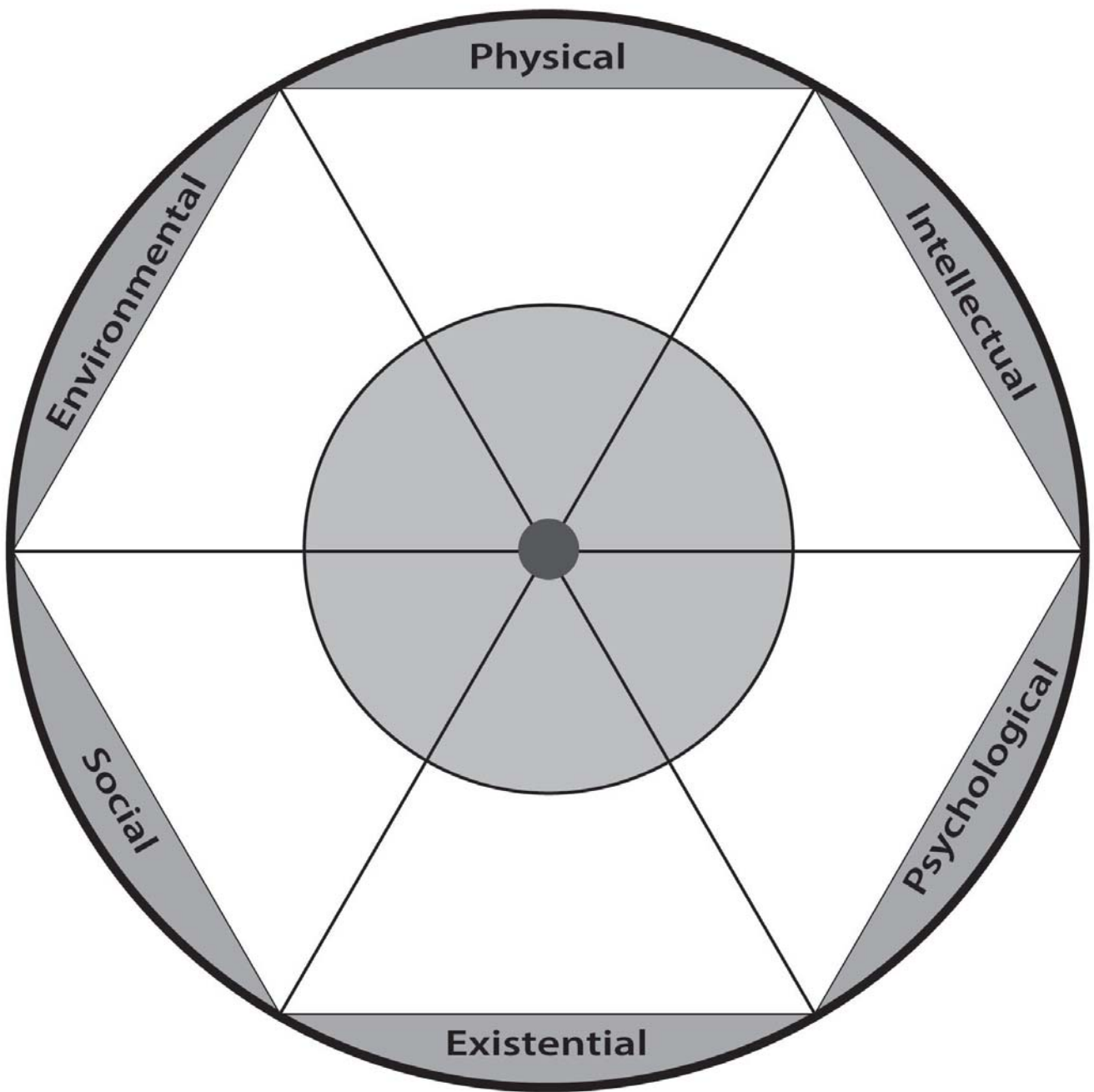
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Soc									
Env									
								Total:	

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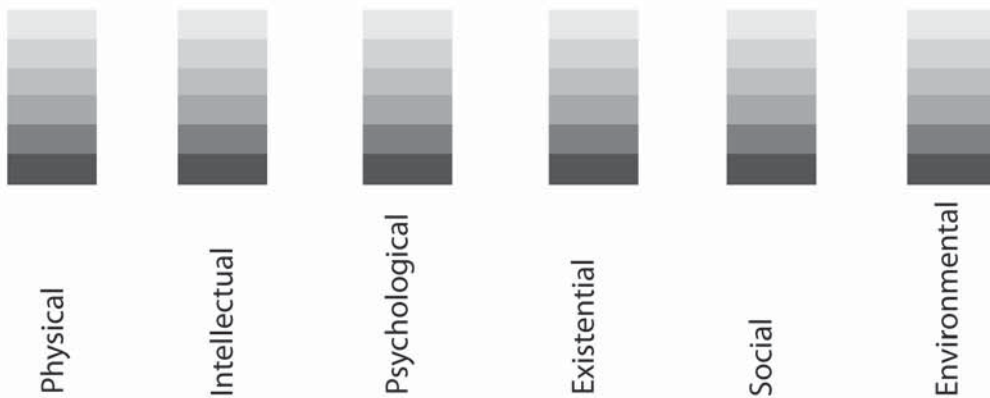
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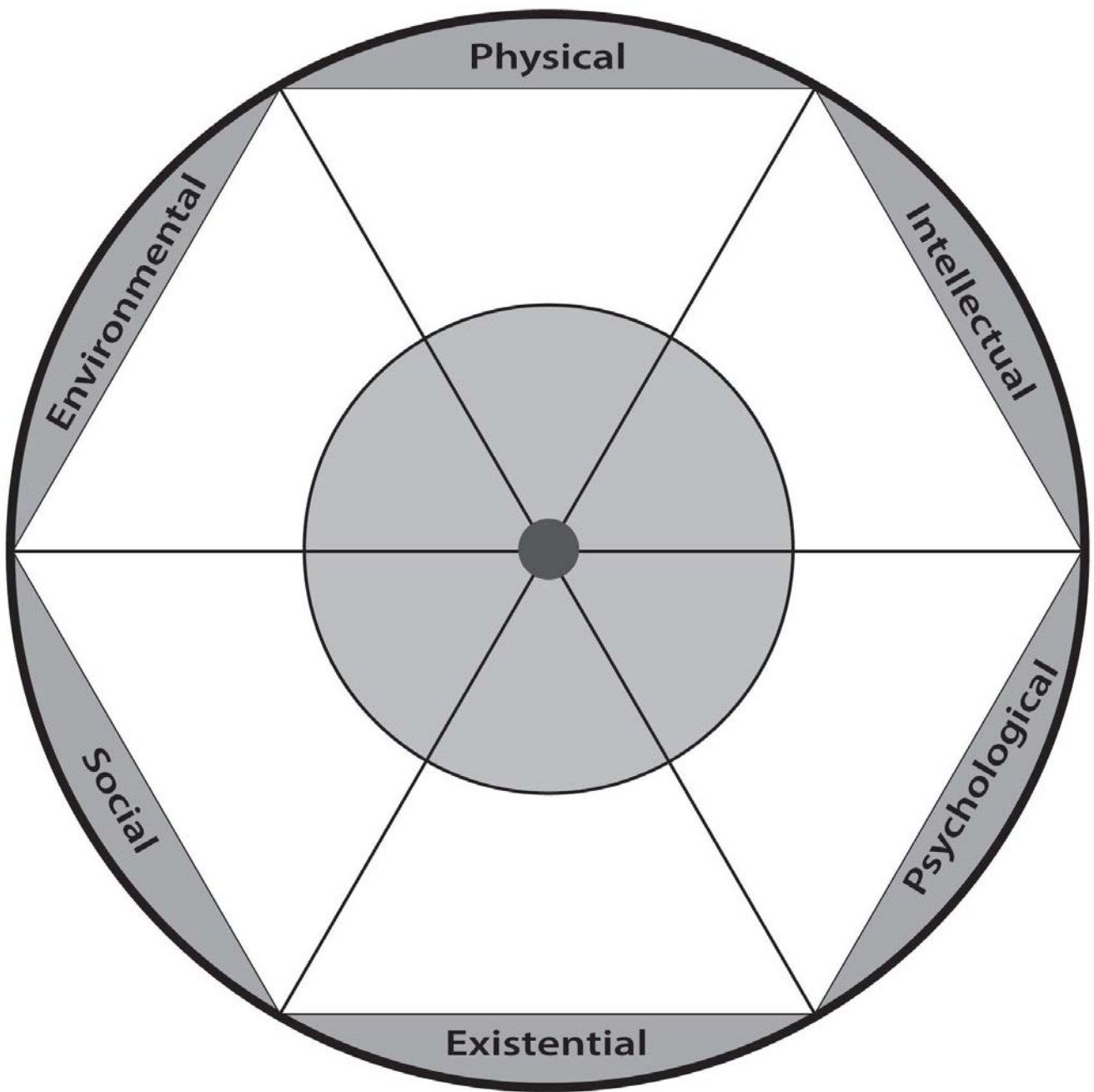
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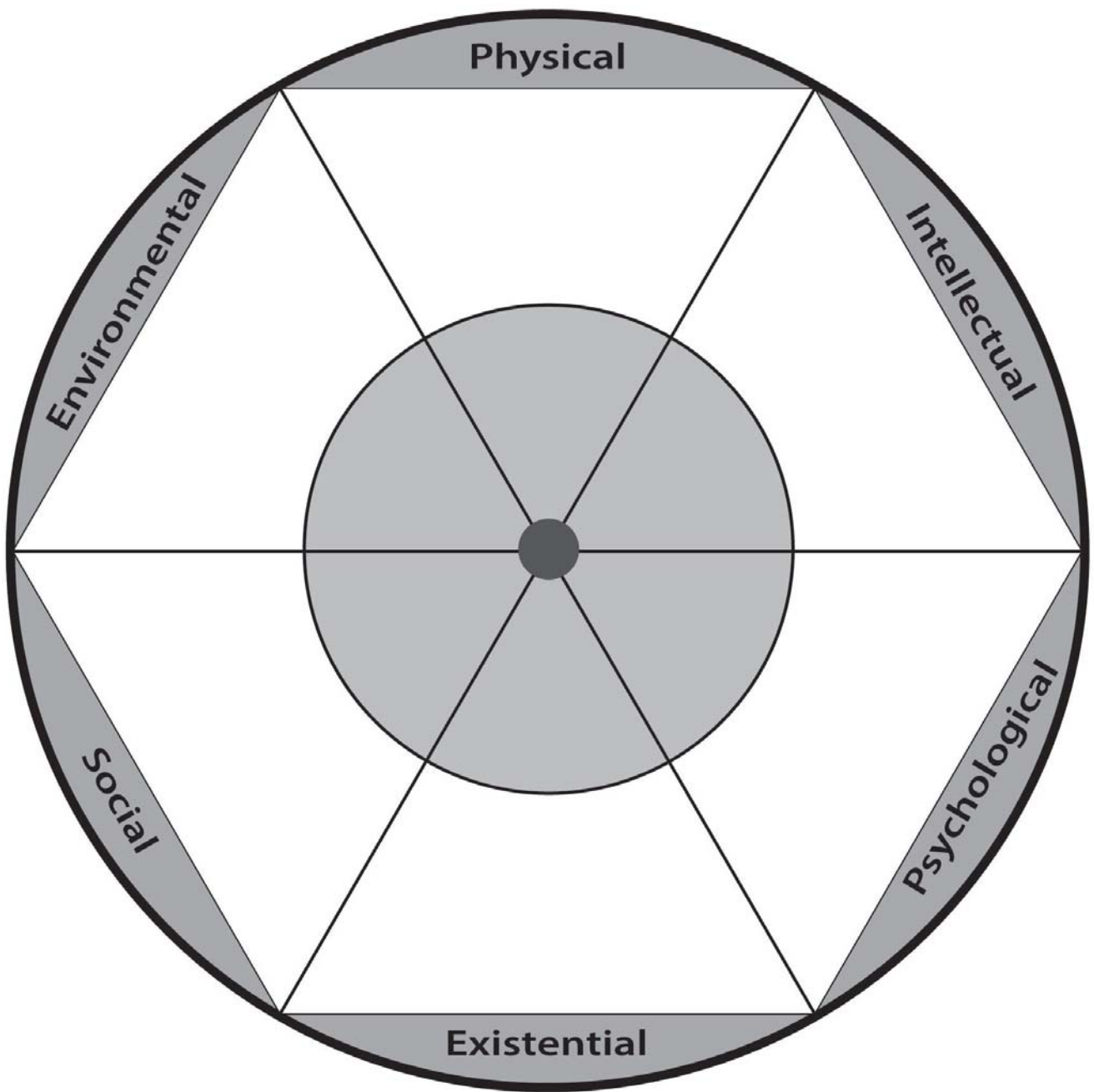
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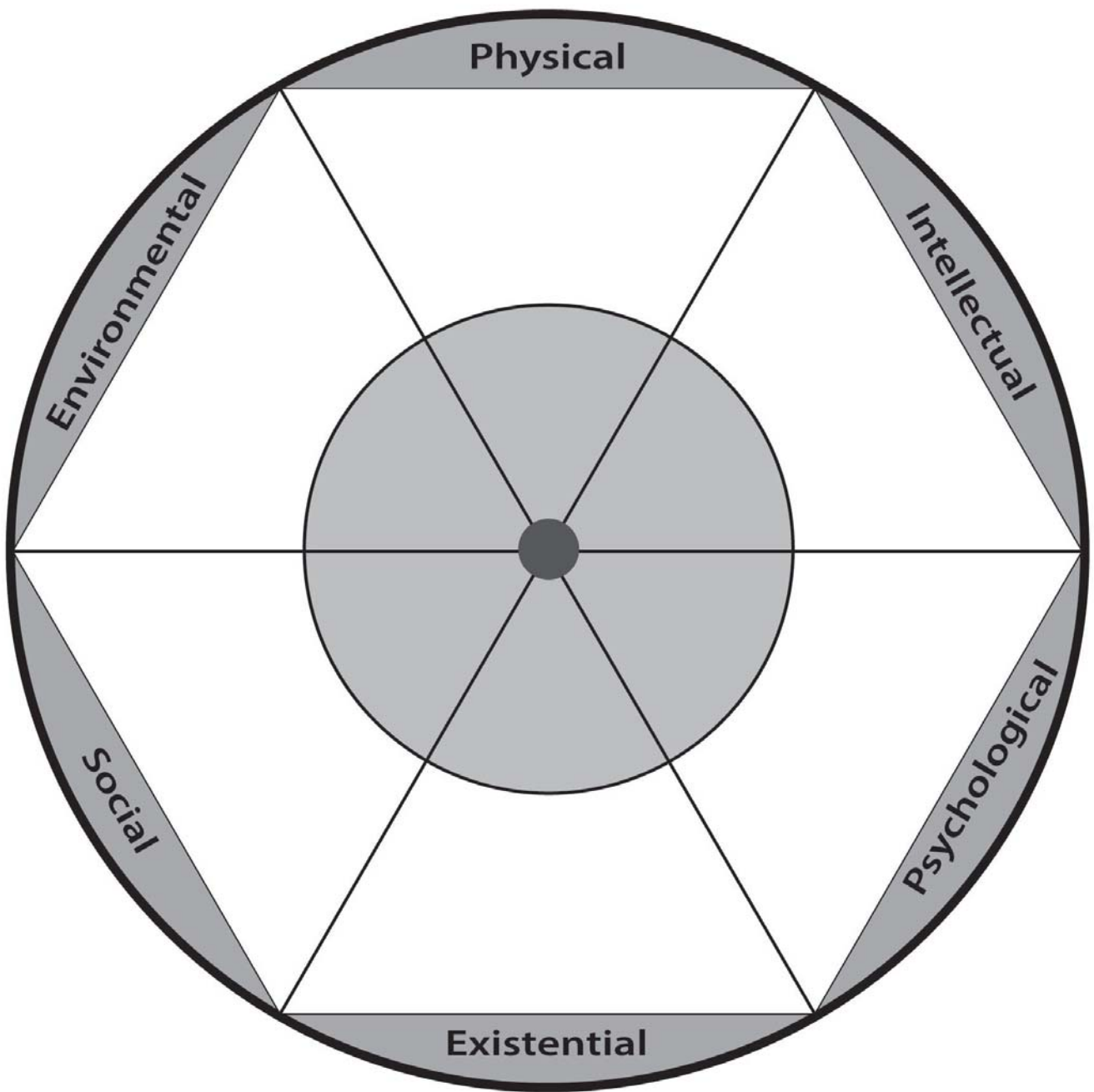
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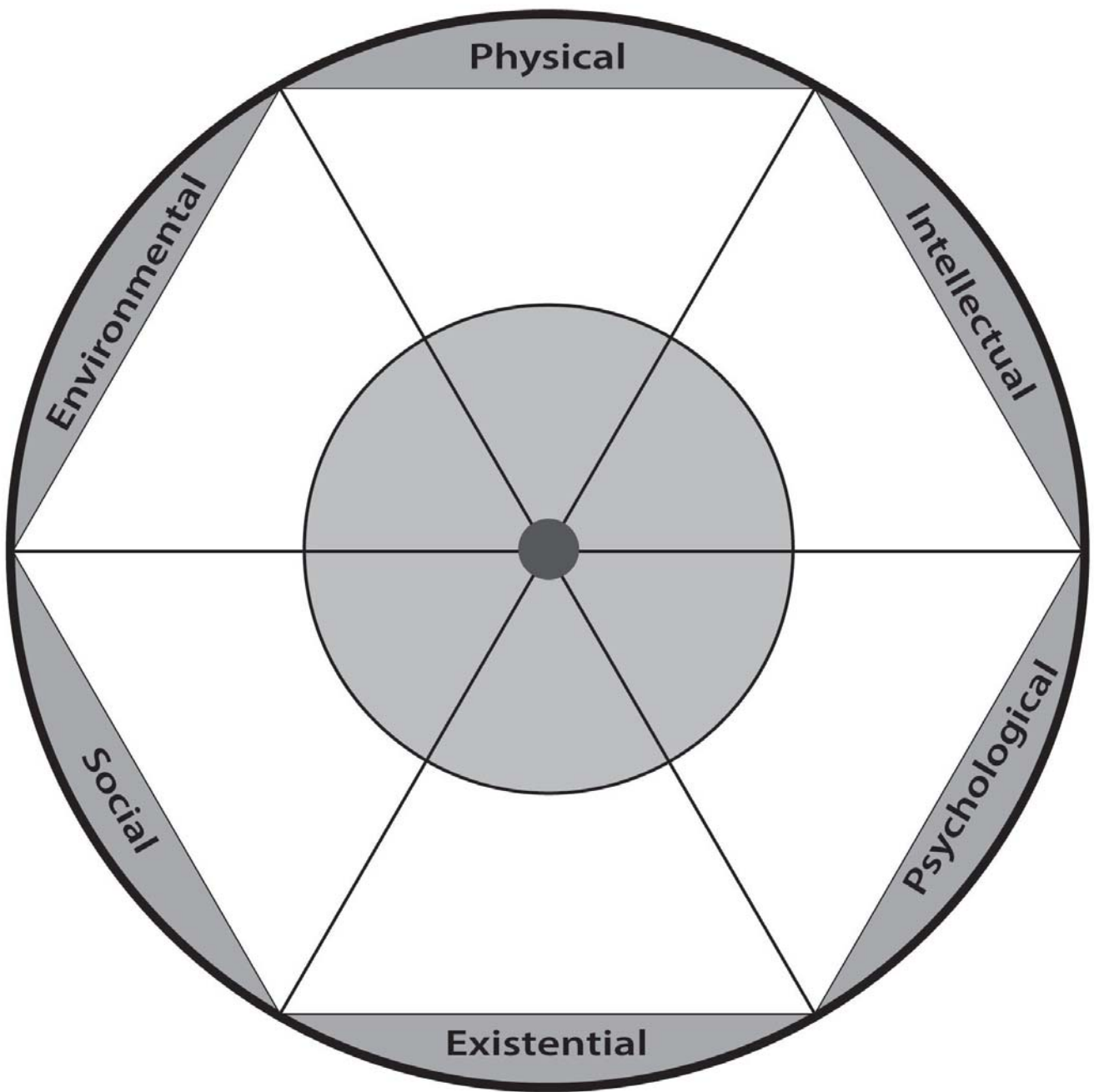
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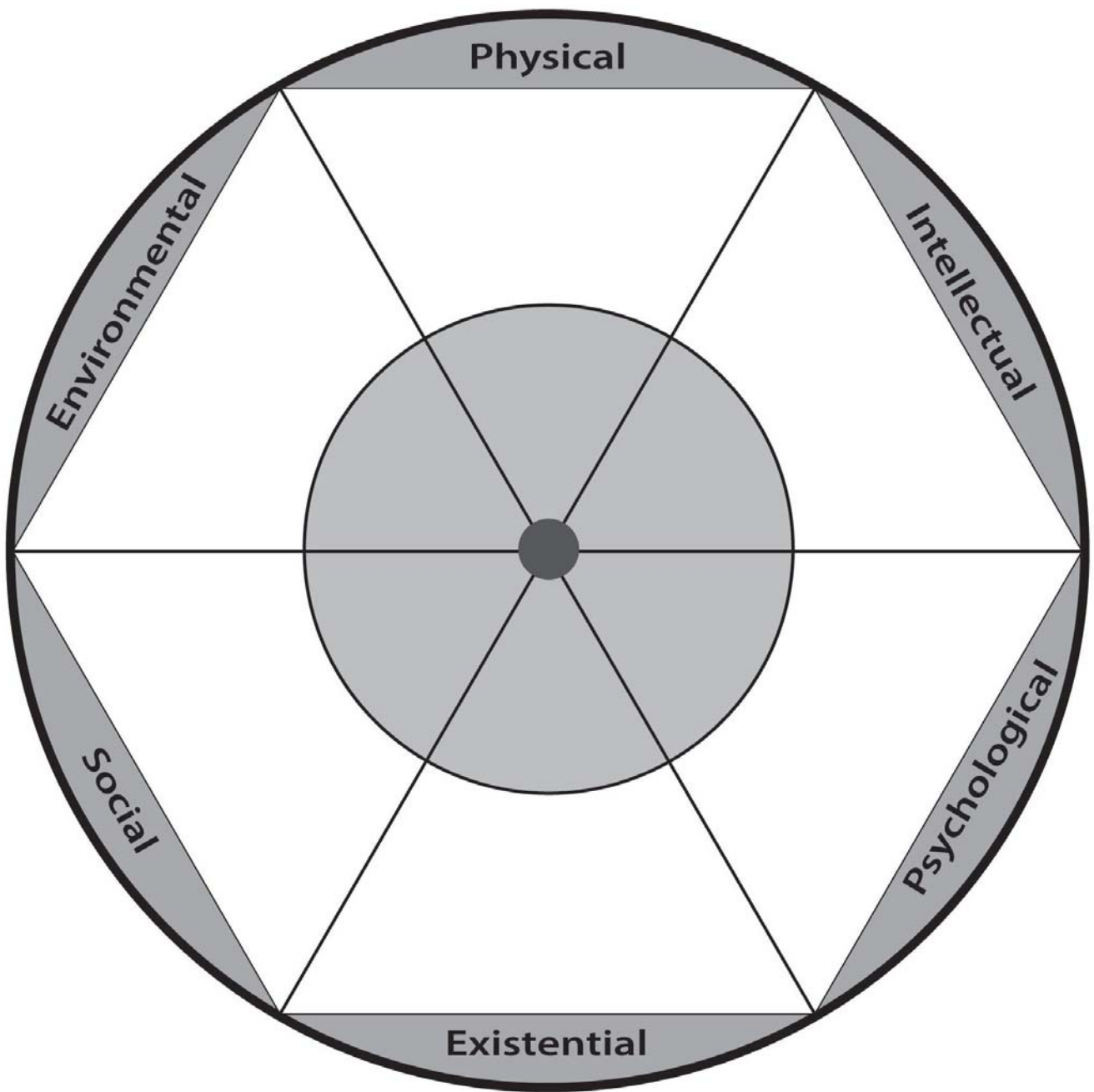
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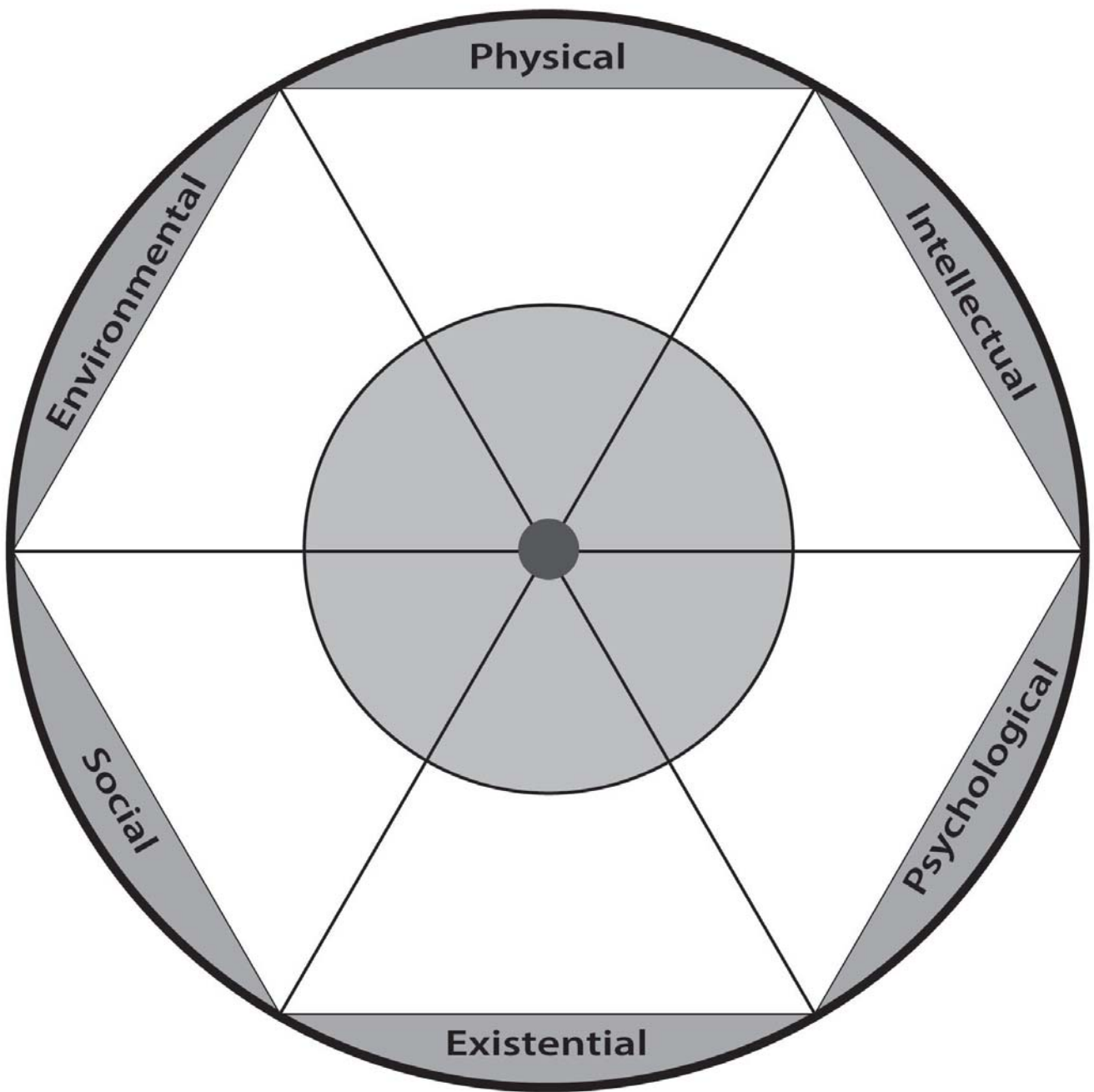
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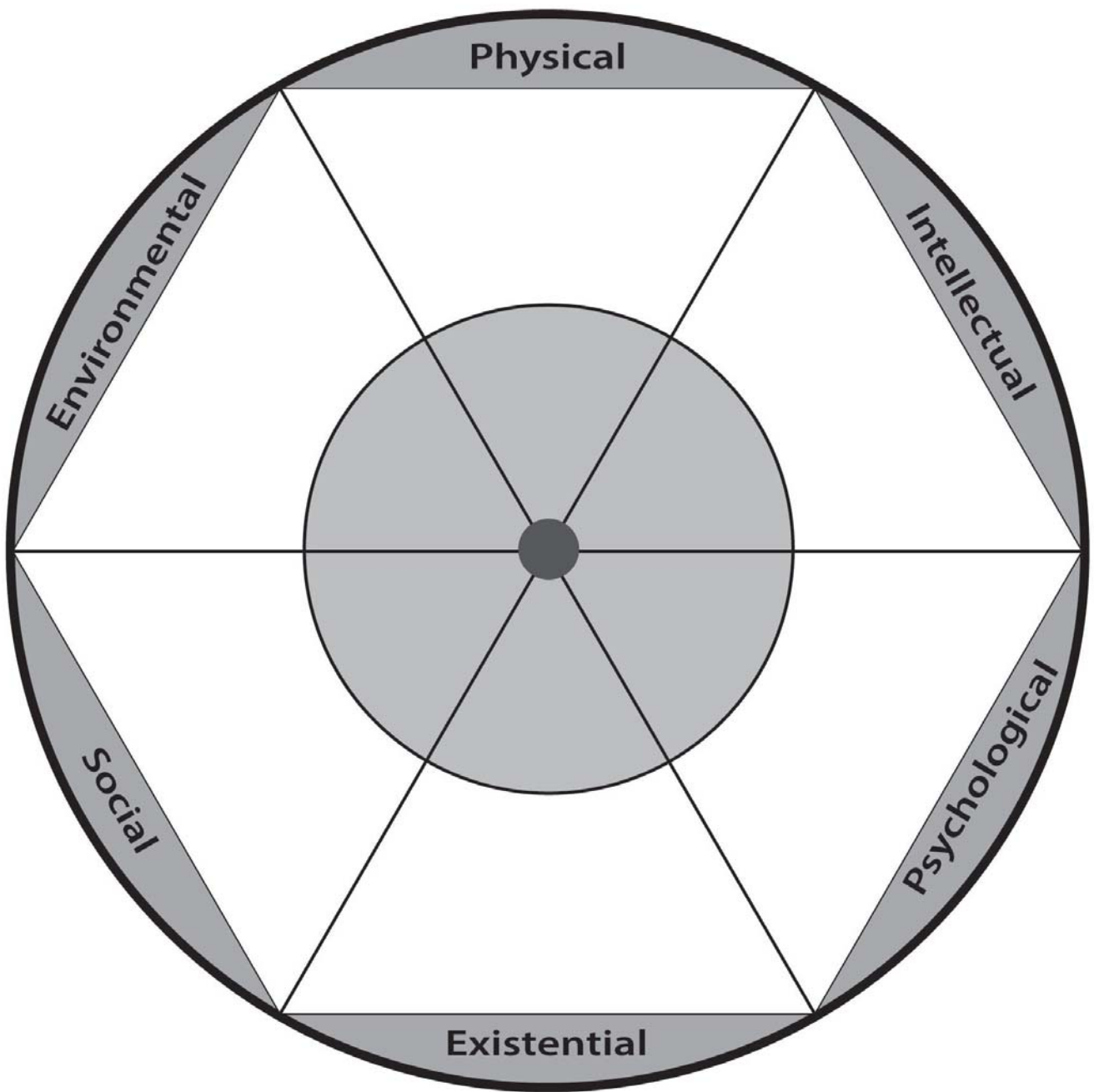
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Intel									
Psych									
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Soc									
Env									
								Total:	

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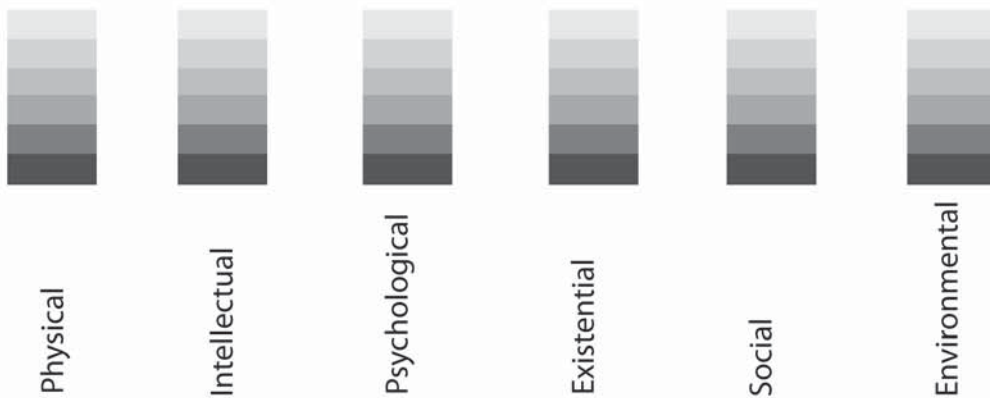
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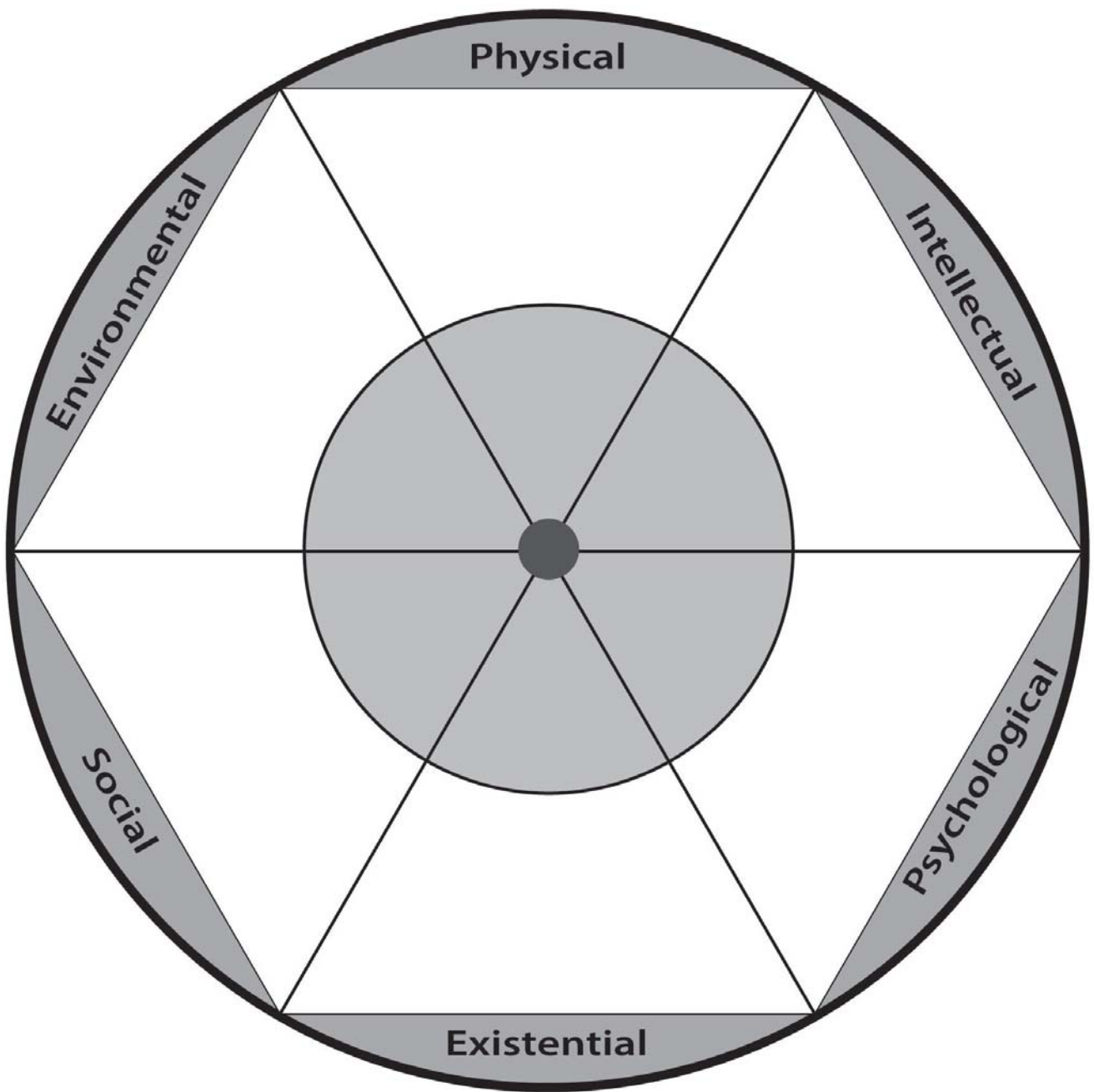
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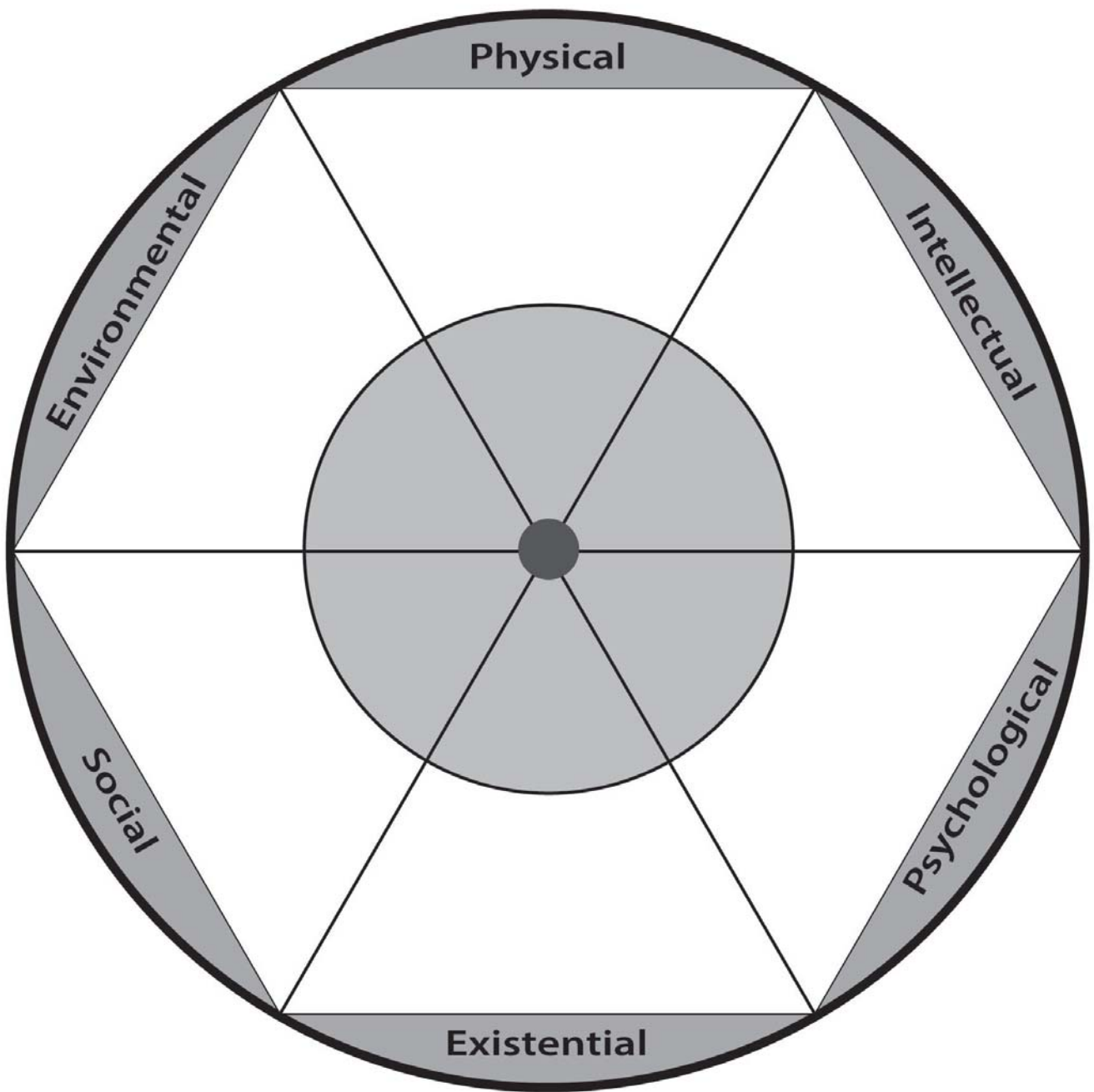
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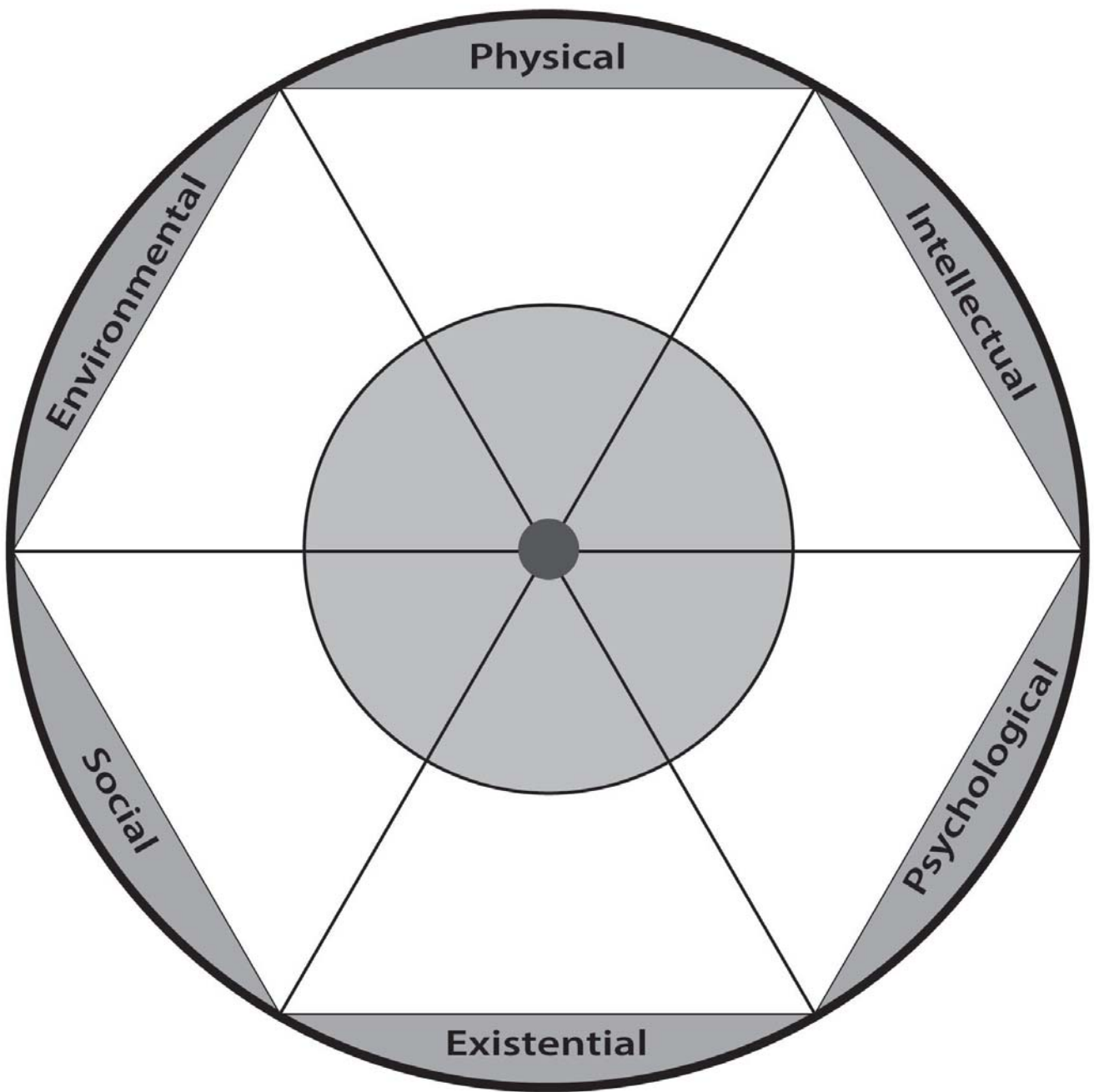
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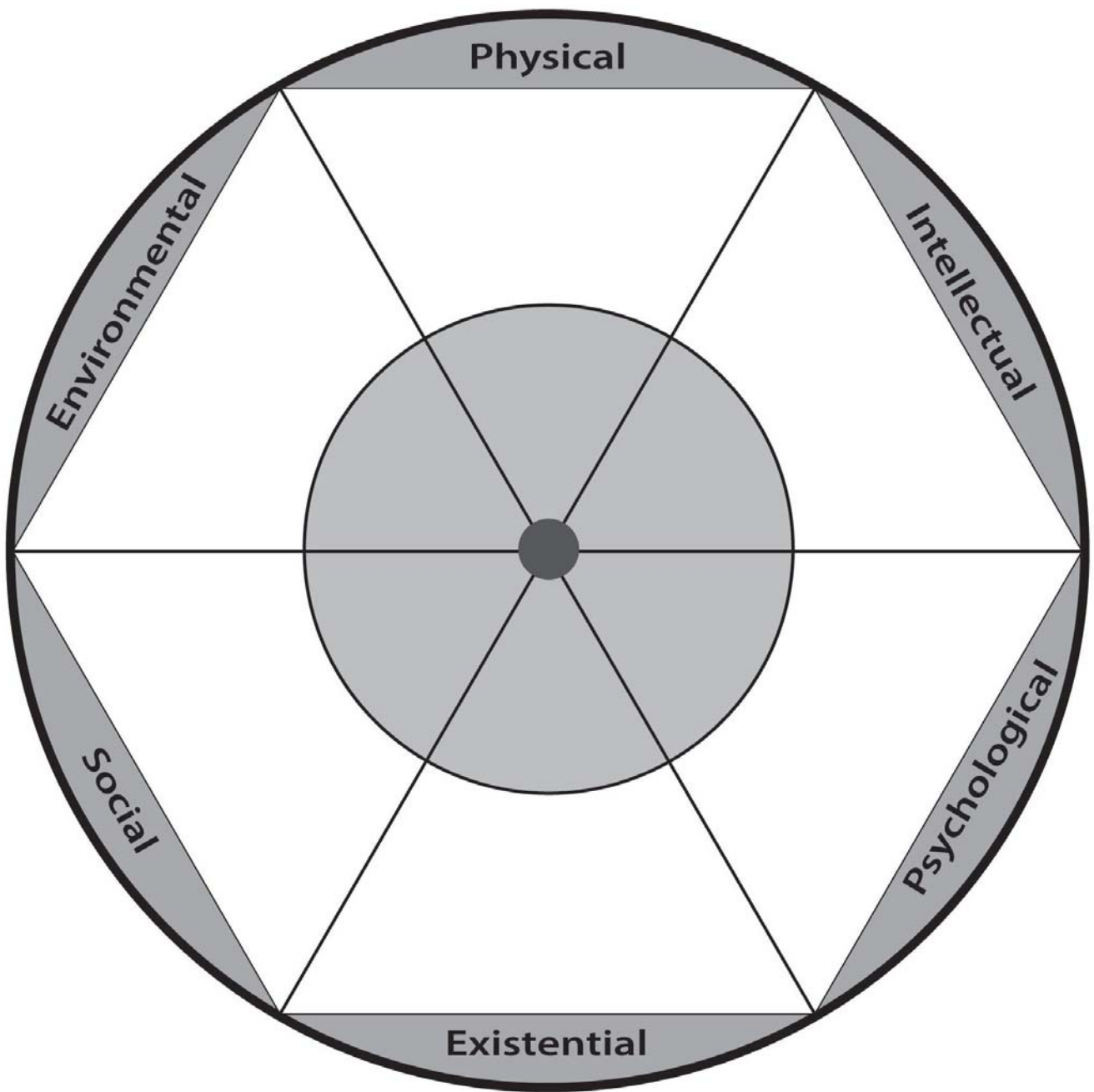
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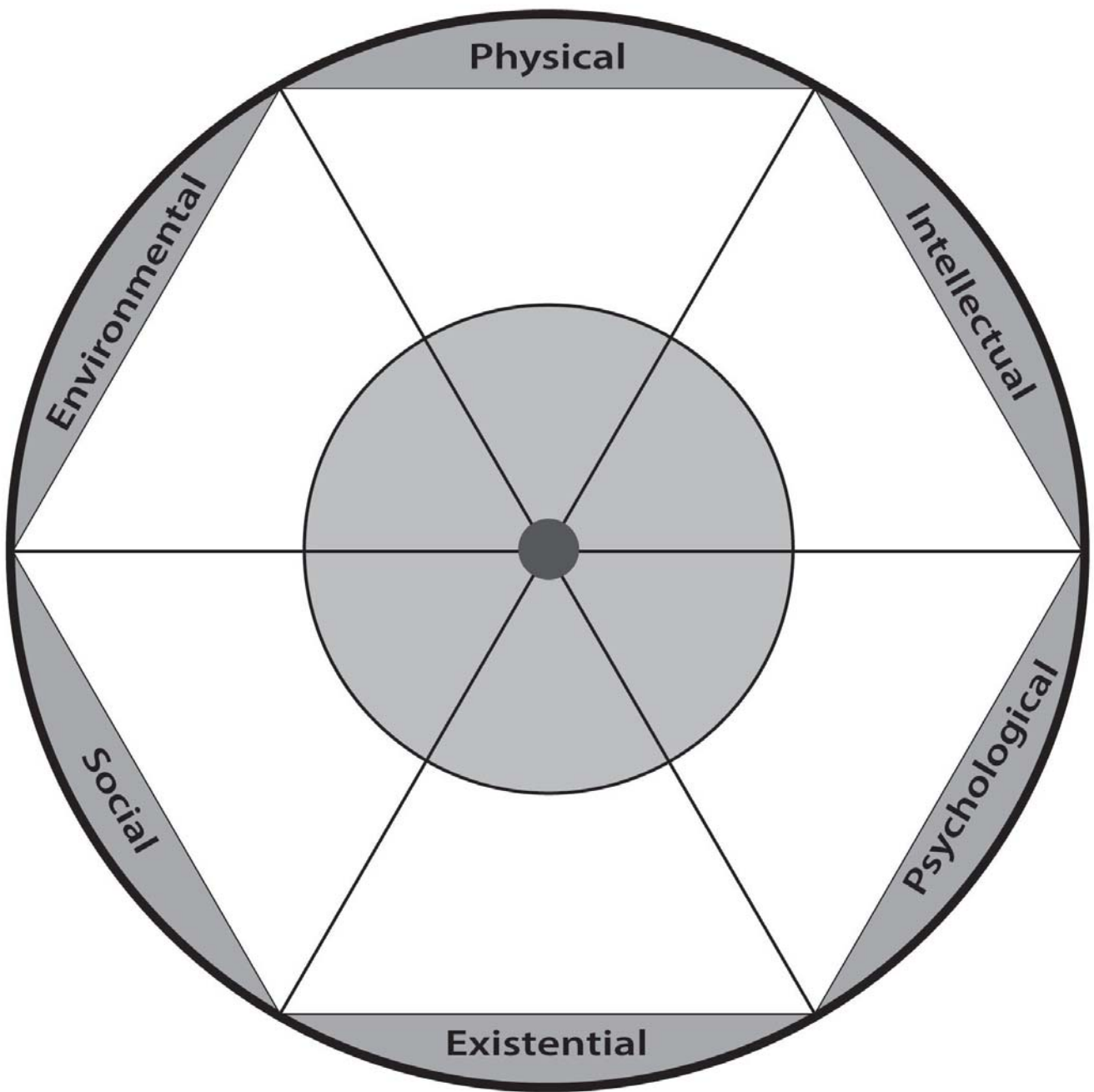
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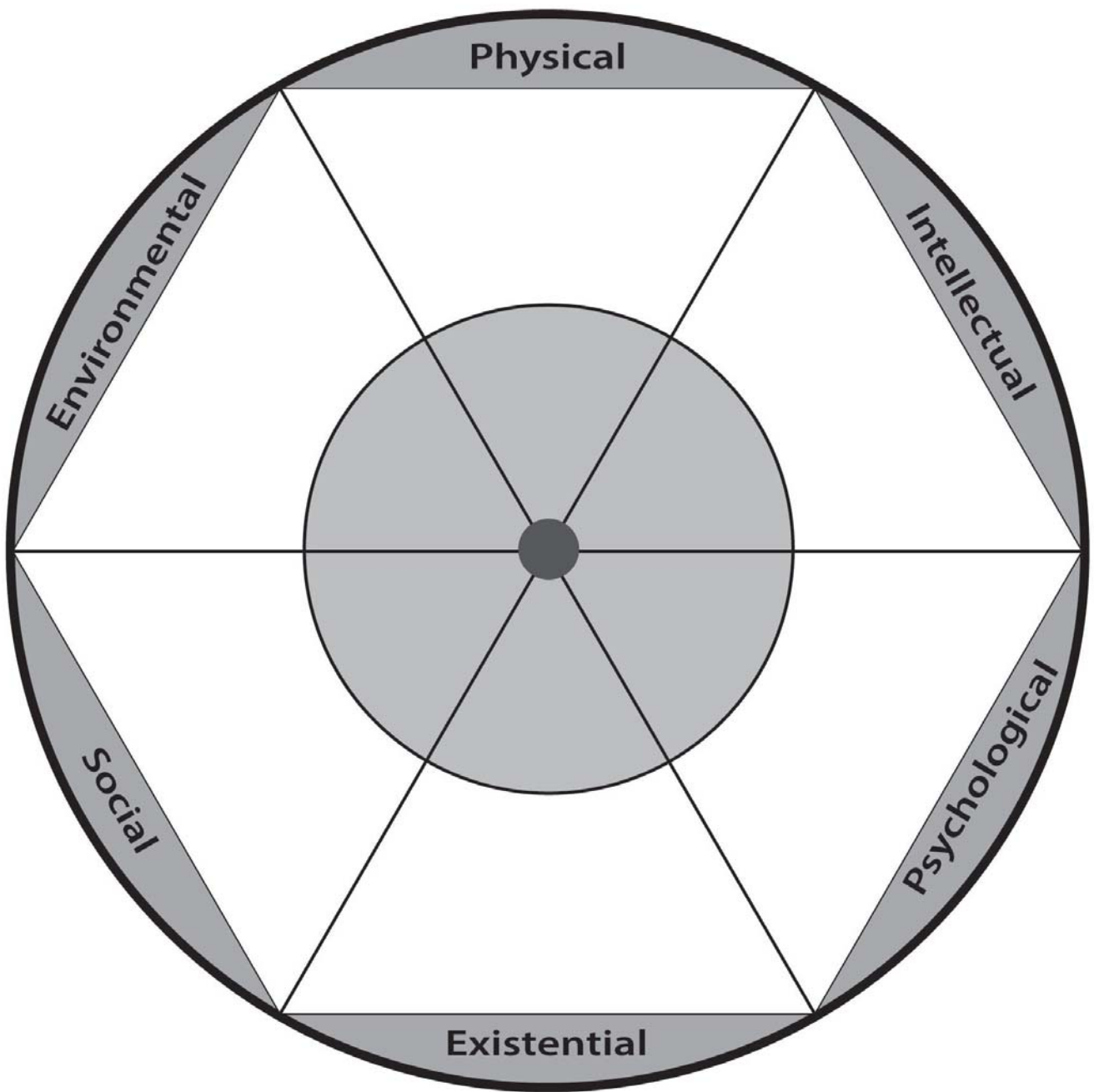
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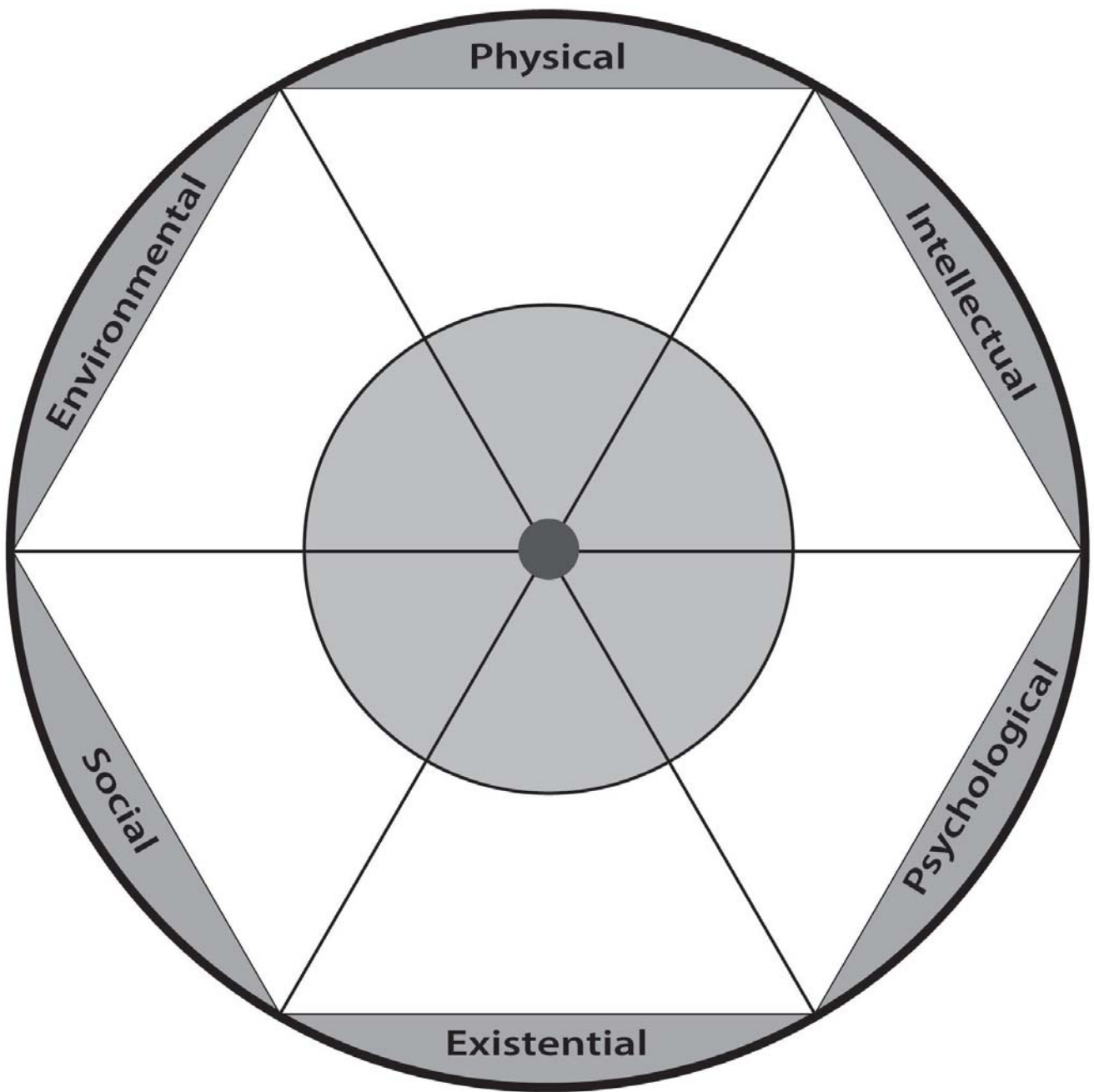
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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		Total:
Phys									
Intel									
Psych									
Exis									
Soc									
Env									
								Total:	

Additional Notes: _____



Monthly Integrated Recovery Index

	Week1	Week 2	Week 3	Week 4	Week 5		Total:
Phys							
Intel							
Psych							
Exis							
Soc							
Env							

Additional Notes: _____

