

Foresight vs. Hindsight

Thinking ahead, planning, anticipating problems and avoiding them—that's *foresight*. Thinking after you act is *hindsight*. Don't wait until you're in the middle of a problem when your only choice is to react. Look closely at this list. Where do you usually fit?

FORESIGHT:

Thinking before You Act

1. Plan ahead.
2. Anticipate. Ask, what? How?
3. Be open to learning from other healthy people.
4. Look for the facts and do not rely on assumptions.
5. Express thoughts and feelings in the least threatening way.
6. Practice total honesty with my higher power, counselor, partner, agent, boss, close friends, sober support group, and sponsor.
7. Let go of power and control over others.

HINDSIGHT:

Thinking after You Act

1. No matter what, I must get my own way.
2. It's not necessary to talk about my intentions with anyone.
3. I'm not open to listening or learning from others.
4. Make decisions based only on assumptions and feelings.
5. Rely on feelings of the moment rather than rational thinking.
6. Avoid hurt and disappointment at all costs.
7. Hang on to power and control over others.



EXERCISE **38** EXERCISE

**Thinking Ahead:
A Daily Relapse Prevention Inventory**

Answer the following questions. By doing so, you'll be writing your own plan to avoid relapse.

- What clues were there today that you were building up to drinking, using drugs, or criminal behavior?

- What high-risk situations today could trigger a relapse for you?

- What's your plan for avoiding relapse?

