



Part 2: Restructuring Your Life

Becoming Organized

Most people don't think about the relationship between disorganization and stress. However, being disorganized not only creates stress, but also creates opportunities for relapse.

Live in balance. Addiction is a chaotic whirlwind that pushes people along. Life gets out of control. In contrast, becoming organized and structured strengthens recovery. Most people in recovery need to begin new activities, such as exercise, prayer/meditation, therapy, and participating in self-help groups, to replace or counteract old, unhealthy habits. However, they also need to know when to stop, since too many activities can cause stress. You need to live in balance. It is important that you focus on the right balance of activities that are healthy, helpful in your recovery, and enjoyable.

Manage your time. During active addiction, your time was devoted to getting and using alcohol and/or other drugs. In recovery, your time centers on getting and staying sober. The world of recovery is a lot less chaotic than the world of addiction, and these new activities require planning and scheduling. You must make specific plans to exercise at a specific time, call your sponsor at a prearranged time, go to self-help meetings at specific times, and get involved in recreational activities at specific times.



LEARNER OBJECTIVES FOR PART 2:

You will

- Understand ways in which becoming organized can reduce stress
- Understand ways in which developing priorities can reduce stress
- Understand ways to reduce relationship struggles
- Understand ways to seek support during times of stress



EXERCISE 3

Please answer the following questions:

1. When you are sober or trying to get sober, do you sometimes feel like there are a million things you need to do all at once?

Yes No *(If yes, please explain.)*

2. What are some of the things you do that take up important time and energy that could be better spent on recovery-related activities?

3. What are some of the problems you have with managing your time? What are some things that you need help doing to better manage your time?

(more writing space on next page)



DID YOU KNOW?

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