

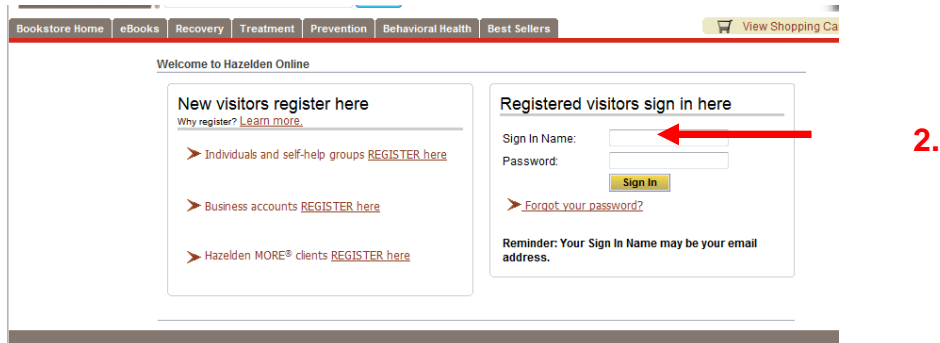
Self Directed Learning Packet Two

A. Sign into your MORE Program

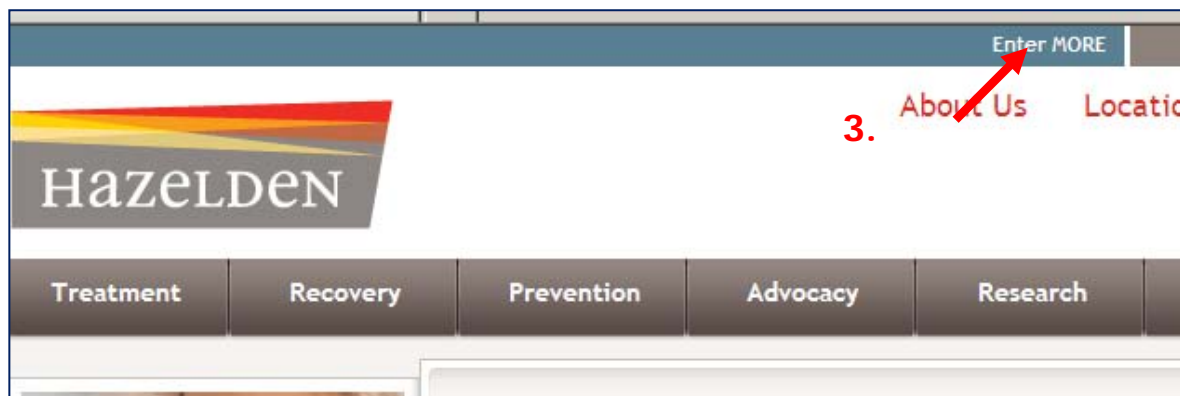
1. Click sign in on the upper right corner of the Hazelden landing Page



2. Enter the sign in name from your sign in card (Your e-mail address) Enter the 6 character or more password you created in your first MORE Training, click Sign In.



3. Click Enter MORE on the top tool bar.

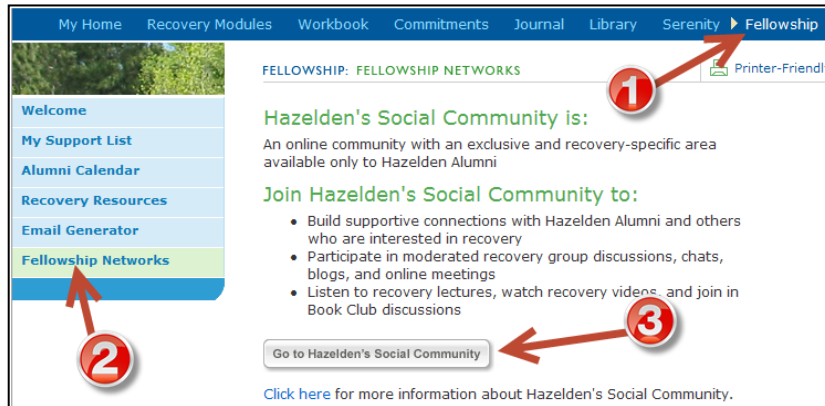


Continue to next page



B. Sign into Social Communities

1. **Click** on **Fellowship**
2. **Click** on **Fellowship Networks**
3. **Click** on the tab **Go to the Alumni Network**
4. **Enter** your **Username** and the **Password** you used for **MORE**
5. **Click Sign In**



You will be on the landing page of the Alumni Network

6. **Minimize** your Alumni Network page until the Recovery Coach arrives



Continue to next page



Complete Your Relapse Prevention Plan Part 2, and 3

Click on the **Relapse Prevention Plan** tab on the top right of page.

Before you begin, it may be helpful to use the **Sample Relapse Prevention plan** on the next page as a guideline to complete Part 2 and 3 of your Relapse Prevention Plan.

Note: When you finish completing part 2 of your relapse plan, **SAVE** and **CONTINUE**, then scroll back to the top of the page to the left side of your page and **click** on Relapse Prevention plan part 3.



more™
Last Viewed Module Relapse Prevention Plan
1-Assessment Summary
My Account • Cart • Sign Out
WORKBOOK
My Home Recovery Modules Workbook Commitments Journal Library Serenity Fellowship
WORKBOOK: MORE TRAINING Printer-Friendly
Relapse Prevention Plan, part 3
This is the third part of your Relapse Prevention Plan. Be sure to complete the first two parts as well.
It is important to have people you know you can call for help when you need it. You can call one of your contacts from your Personal Support List in MORE or you can call the MORE line during business hours, 7 days a week, at 1-866-355-MORE (6673).
List five people (by first name only to preserve confidentiality and their phone numbers) whom you will call and ask for help when you need it.
Overview
MORE Training
Relapse Prevention Plan, part 1
Relapse Prevention Plan, part 2
Relapse Prevention Plan, part 3
Module One
Module Two
Module Three
Module Four

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WORKING IN MODULE ONE

Click on My Home on the blue task bar. Work through the first section of the module, Grounding Yourself. You will learn to navigate through some of the areas on the blue task bar, complete life exercises, workbook activities, and to use the important resources in the MORE Program

MORE Home Page

1. Read the paragraph under Module 1: A New Beginning
2. Click on Section 1: Grounding Yourself

My Home on the blue taskbar

MY HOME

My Home Recovery Modules Workbook Commitments Journal Library Serenity Fellowship

Jane, you've been sober for:
50 Days!

The last section of "A New Beginning" is now available! In this section, we will continue to help you schedule your day as well as start some healthy routines, make time for sober fun, and get more involved in the Twelve Step fellowship. When you are done with this section, take the [Progress Check](#) to see how you are doing. And remember, take each day **one day at a time**.

Recovery Module

Module 1: A New Beginning
In "A New Beginning," you will learn the basic skills to help you during the early stages of recovery like making your environment safe, getting connected in a Twelve Step fellowship, creating healthy routines, and handling cravings to drink or use other drugs.

- [Assessment Summary](#)
- [Grounding Yourself](#)
- [Checking Your Reality](#)
- [Sticking with It](#)
- [Creating Routines](#)
- [Progress Check](#)

Don't Forget!
Your Module 2 Assessment will be available on
08/21/2010

My Recovery Coach

Arlene Mary Jane
Jennifer Jeff
Jeff Mc Kenzie
([About Me](#))

Message Center:
[View Messages](#)
[Send Message to Coach](#)

STRUGGLING IN Recovery?

If you have relapsed or are thinking of using, don't despair, **we can help you.**

[Reach Out Now](#)

The **Module 1 Checklist** on the next page has been developed for you to use as a guideline to help you work through Section 1: **Grounding Yourself**. The program may ask you to explore another area (Workbook activity, Library, or to set a Commitment).

Continue to next page

Working in the Recovery Module

SECTION 1 – GROUNDING YOURSELF

The Recovery Modules and Workbook activities are based on milestones of recovery. They contain important lessons. Today, you will be working through the activities in Section 1 Grounding Yourself. Give yourself every advantage by learning to navigate through your module and complete the activity in each section.



Overview

Read the **Welcome** overview through to the bottom of the page. **Click**

Create a Safe Space – Navigate through this section, complete the following activity:



Activity- **Life Exercise: Open and print** the underlined PDF **Trash Your Stash Checklist**.

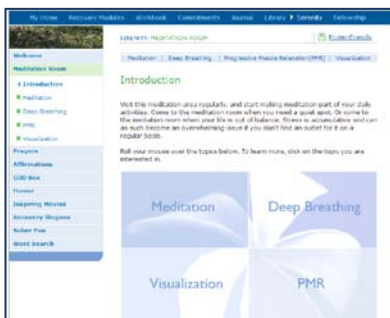
Read through the checklist to help you identify items to add or remove from your environment. **Close** checklist by **clicking** on the **X** in the upper right corner. Continue to navigate through the rest of the activities in the section. **Click**



Plan for Recovery: Navigate through this section, complete the following activity:

Activity- Open and read the underlined PDF **Relapse Prevention Strategies** **close** article by **clicking** on the **X** in the upper right corner. At the bottom of the page, **Click**

Focus on Spirituality As you are navigating through this section, **click the link** at the bottom of your page – For more thoughts on spiritual focus, visit the **Meditation Room**:

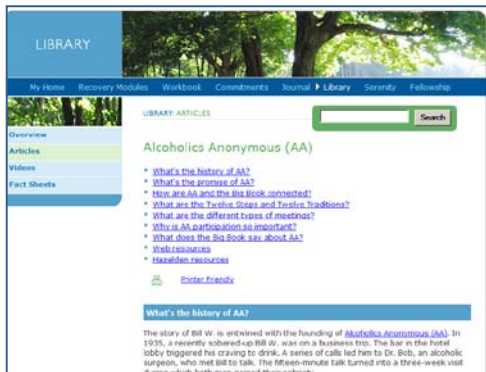


Activity- **click the link** to visit the **Meditation Room**.

There are several activities in this area for you to relieve stress. You can listen to one of the meditation exercises or **click on** one of the topics from the left menu you are interested in. To get back to your last viewed area, scroll to the top of the page and **click**

1-Focus on Spirituality

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Go to Meetings Navigate through this section, complete the following activity:

Activity-Read one of the articles **In the Library** on AA or NA scroll back to the top of your MORE page and click back to top and the tab **Last Viewed Module** to get back to your last viewed area.

Connect with a Sponsor Navigate through this section, complete the following activity:

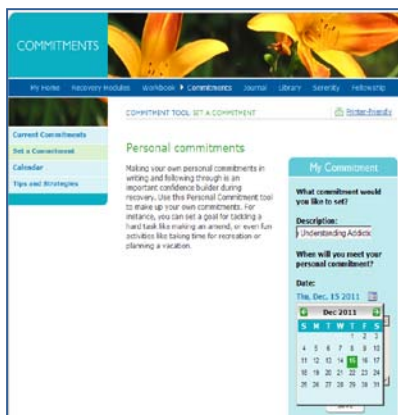
Activity Watch video on **Contacting a Sponsor, (The Support of Others)** choose (fast speed) play video, close video, then **click** **Next >**



- In the Library...**
- [Talking with Children About Addiction and Treatment \(PDF\)](#)
 - [Understanding a Loved One's Twelve Step Recovery Program \(PDF\)](#)
 - [Understanding What Your Loved One Experienced in Treatment \(PDF\)](#)
 - [Continuing Care is Essential to Your Loved One's Recovery \(PDF\)](#)
 - [Taking Care of Yourself While Your Loved One is in Recovery \(PDF\)](#)
 - [Detachment and Enabling](#)

Renew Relationships Navigate through this section, complete the following activity:

Activity Read one of the Library articles listed at the end of this section and share with a loved one. **Close** article, then **Click** **Next >**



Get Back to Daily Life Navigate through this section, complete the following activity:

Activity Read Library article on [Understanding Addiction](#)

close article, **Click** **Next >**

Click on Commitments on the blue task bar, then on the left side of the page, click **Set a Commitment**. Set a commitment to share this article with a loved one.

Work Step One Navigate through this section, complete the following activity:

Activity Read and complete Workbook activity:

Powerless Situations, scroll back to top and **Click**

Summary

Activity Watch the short video on the many benefits of choosing recovery. (fast speed).



Workbook Activity:
Powerless Situations



Last Viewed Module

1-Focus on Spirituality

CONGRATULATIONS ON COMPLETING THIS PACKET!