

PROGRESS CHART

Date	Points (+/-)	Score

100 STEPS TO RECOVERY PROGRAM
100-POINT CHECKLIST

#	Sections			
	A	B	C	D
25				
24				
23				
22				
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GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

100 Steps to Recovery Program

VERSION 4, 9/01

We believe that people who are recovering are extraordinary and resourceful people by nature. We've had to be just to get to this point. We have been touched by life in a unique manner. We feel so much; we care so deeply; we have such special gifts to give.

But along with that highly intimate experience of life comes a pressing responsibility: We must go to (seemingly) extreme lengths to take care of our Selves, far more than the non-anointed must. And this responsibility (actually an opportunity, when you get through the first part of it) calls for a couple of things:

- An urgent priority to put our Self first
- A willingness to go to any lengths
- A plan

The **100 Steps to Recovery™** Program can be a part of your plan. Take the test and track your progress over the months or years. Set the pace that empowers you - don't have this index be something you try to get full points on just to feel good. Flow with it over time.

**Instructions for this program
are on the last page.**

Developed by the staff, trainers and participants of

COACH U, INC.



A. Shifts to Make and Distinctions to Get

- From resisting and hesitating, to **willingness to face it and try hard.**
- From blaming and complaining about how things are, to **becoming responsible** for how I helped them be this way, even if I didn't intend to or want them this way.
- From hanging out and drifting through life, to authentically **choosing to be fully alive for the rest of my life.**
- From thinking a lot, ruminating and figuring things out, to feeling all of my feelings about life and acting on those feelings, right or wrong.
- From attempting to control the situation or people, to actually **letting it or them go** the way they will anyway. *Nothing* is worth trying to control.
- From denying that there is a problem, to **admitting** that my life is not the way I want it because I have a problem, probably a big one.
- From helping out or working on others, to strictly working **on myself**, even if it means that people go.
- From making excuses and explaining why my life isn't the way I really want it, to **admitting** that something has a grip on me.
- From seducing others and promoting myself, to attracting the right people just because of who I am.
- From fighting the way things really are right now in my life, to **accepting fully** that they are *perfect* the way they are even if I can't stand it, because of how I am being or where I am along my path.
- From succumbing to fate and circumstance, to surrendering to a Higher Power, God or Self.
- From medicating and covering up the gift I am and have, to **honoring, developing and sharing** this gift with others, healthily.
- From misrepresenting, lying or wearing rose-colored glasses, to **telling the truth** as I feel it, because it feels good to do so.
- From making decisions and acting out of possible consequence, to **choosing my actions** because they feel right to (the real) me.
- From acting out or trying to control my acting out, to **losing the desire** to act out.
- From wondering, waiting and questioning my judgment, to **realizing that I do know what is best.**
- From being an addict, to being a **human being.**
- From reacting and responding, to **causing** who and what happens in my life.
- From having no or barely a clue, to **becoming aware.**
- From doing more, to **being more.**
- From recovering, to being **restored.**
- From needing and craving, to **purely wanting.**
- From being attentive, to being **present.**
- From adrenaline, to **passion.**
- From saying what you should, to being **authentic.**

_____ **Number of boxes checked (25 max)**

B. Actions to take and Habits to Integrate

- Go to 90 meetings in 90 days.
- Go to 2-3 meetings per week until you lose the desire to act out; then 1 meeting per week for maintenance and insurance.
- Get a sponsor who knows you, where you're at and the ropes of recovery.
- Sponsor another person when you're ready. (It forwards your recovery.)
- Start acting immediately on your inklings and feelings, rather than wait for your thoughts and logic to distract you.
- Let go of many things, responsibilities and projects you should do or want to do; be left with only those few that you **must** do for yourself. Be willing to be very bored.
- Stay away from opportunities, places, people or situations that lead to you acting out.
- Do a good turn for one person each day. Don't talk about it, just do it, and do it for YOU, not for them.
- Plan something every evening that you look forward to doing.
- Remove all sources of stress from your life, even if it means making changes.
- Make a list of at least 50 people you have hurt or injured in your life.
- Contact these 50 people and offer to make amends to their satisfaction and yours.
- Share this list with your sponsor or someone who can hear it and not judge you. Share the nature of your wrongs, not the instances.
- Develop 3 close friends who are in recovery whose company you enjoy (not people you feel you can or should help).
- Get or develop 3 close friends who are currently winning in life.
- Take a vacation within 3 months doing only what you want to do, even if it seems like nothing.
- Start working out at least 3 times per week to get your body moving and to let off stress.
- Work the Clean Sweep Program and keep your score above 90.
- Work the NeedLess Program and go for 100 points.
- Stop tolerating anything, anyone, anytime.
- Don't be a bear; just don't put up with anything you don't want to. Have it all **your way.**
- Spend more time with yourself in healthful places: the tub, reading, listening to music.
- Spend more time sharing what you feel, rather than what you think.
- Read at least 10 publications on your area(s) of addiction.
- Start a journal and write in it every day what you are discovering to be True about you and your life.
- Design a specific and personal recovery plan for yourself, one that you feel fits perfectly.

_____ **Number of boxes checked (25 max)**

C. Skills to master and standards to honor

- I am able to PACE MYSELF and not let adrenaline take over. I catch myself before this dynamic occurs.
- I am able TO WANT (a lot) rather than crave or need a lot.
- I am able to get my NEEDS MET fully by positioning myself well, putting myself first and having others give me exactly what I need.
- I know what the truth is in the moment, and I TELL THE WHOLE TRUTH.
- I INSTRUCT PEOPLE exactly how to speak and interact with me. I know what works for me in this and I'm relentless in having them do it as I need it.
- I am able to DISCERN WHO PEOPLE ARE, whether they are good for me and what I like about them. Then I honor what I've discerned.
- I SAY NO, when I don't want something or when I don't feel like doing something, even though I could.
- I can GET the other person: What they are saying, feeling, thinking and doing.
- I have no qualms about WALKING AWAY from toxic people or situations where I will get disturbed or abused. I do not argue or get angry.
- I know how to FULLY RESOLVE/HANDLE MATTERS, so that whatever I work on does not come back to bite me for at least 5 years.
- I am UNCONDITIONALLY CONSTRUCTIVE in all that I say or do, but I do not suffer fools.
- I am able to SAVE MONEY and manage my financial affairs without incident or disturbances.
- I know how to CONTRIBUTE TO OTHERS (as a gift) rather than seduce, hook or do favors for them.
- I know how to DEVELOP ANOTHER without running my trip on them.
- I know how to LOVE ANOTHER without having to do anything or prove it to them or myself.
- I am able to FORGIVE; in fact, I grant a lifetime of forgiveness to everyone I know, did know, don't know and won't ever know.
- I am able to GRANT POWER to another without losing my own sense of myself. I can TRUST.
- I SYNTHESIZE what I learn; I don't just repeat or copy it. I adjust it to who I am, thus adding to it.
- I am able to MAKE COMMITMENTS and keep them without suffering.
- I can DANCE IN CONVERSATIONS; I respond to and build on what the other person has said.
- I naturally make OTHER PEOPLE RIGHT, because they are.
- I naturally MAKE GOD RIGHT, because.....
- I have THE EDGE; people don't dump on or mess with me.
- I am able to STAND UP FOR what I believe in or want, without having to use a soapbox.
- I UNDERPROMISE and OVERDELIVER.

Number of boxes checked (25 max)

D. What to stop doing and what to do instead

- Stop TOLERATING and start changing it and others to be exactly as you need and want. OK to intrude.
- Stop COMPLAINING and start REQUESTING. People can hear and *respond to* a request; they react to and take complaints personally.
- Stop SUFFERING and start taking RESPONSIBILITY for what you have created.
- Stop REACTING to others and to situations that remind you of other past scenarios and start RESPONDING to what is really going on NOW.
- Stop TALKING ABOUT stuff and start SPEAKING FOR how you want it.
- Stop TELLING PEOPLE what to do and how to be and start INSTRUCTING people how to treat you.
- Stop trying to CATCH UP and get CAUGHT UP.
- Stop WAITING TO RESPOND and start SAYING WHAT COMES TO MIND immediately. It's manipulative to not respond if you're not pleased.
- Stop REMINISCING about the past and start CREATING MEMORIES in the present.
- Stop WASTING YOUR TIME with people who won't be there or care for you for your lifetime, and start DEVELOPING true friendships that last forever.
- Stop SPENDING YOUR MONEY and start INVESTING IN YOURSELF and your future.
- Stop TRYING and start ACCOMPLISHING.
- Stop DOING IT YOURSELF and start WORKING WITH A PARTNER.
- Stop RUSHING and PUSHING and start being EARLY and EFFORTLESS.
- Stop SETTING SHOULD'S and start SETTING GOALS that turn you on.
- Stop FOCUSING ONLY ON YOURSELF and start DEVELOPING YOUR VISION for humankind. (But wait until you are almost fully recovered so you'll be effective.)
- Stop JUDGING OTHERS and start BEING COMPASSIONATE, especially when they don't deserve it.
- Stop choosing based on CONSEQUENCES; start choosing based on DESIRE.
- Stop MAKING MESSSES and start MAINTAINING ORDER AND NEATNESS at home, work, in the car.
- Stop FIGHTING and start SURRENDERING TO THE FLOW. Take the path of least resistance. Stop FORCING YOURSELF to do stuff and start doing only what comes EASY.
- Stop HOPING and start ASSUMING THE WORST and making your plans accordingly.
- Stop smoking, eating sugar or using caffeine. These substances keep you from recovering fully.
- Stop TRYING TO BE SOMEBODY; your only job in life is TO BE GREAT.
- Stop BLINDLY TRUSTING others and start having FAITH IN YOURSELF.

Number of boxes checked (25 max)

