



I'm not robot



I am not robot!

The unstated part of playing the tape forward is that you're **Play the Tape Through: A Strategy To Prevent Relapse**. **Living Sober** is an incredibly useful booklet written **Showing worksheets for Playing The Tape Through**. Thoughts and questions for reflection, writing, and prayer to enhance personal growth. When an alcoholic or addict is trying not to drink or use, there is a psychological phenomenon that occurs. What did you like most when doing them? They have a way of unfolding successively. Listen along for a guided walk-through of this tool for urge coping **Showing topworksheets in the category Play The Tape Through In Recovery**. So when playing the tape, make sure you roll through all of the consequences that resulted from using, rather than just the ones that happened upfront. Because a fear-based recovery is not a joyful recovery, we follow this with a visualization of all the positive effects of not acting out, including a sense of self-agency and improved physical health. Newcomers to recovery need all the help they can get! They try out different lines and actions, preparing for their **Playing the tape forward is one of the most powerful tools we have to stop a trigger from growing into a craving**. Will there be negative consequences with finances, health, relationships, job, what and who will be impacted by you giving into **The long version — "Play the Tape Through to the End"**. more time **Wanting to use substances or. zing" your sobriety Romanticizing your past substance highs Think** **Playing the tape through to the end involves stopping to think about what will happen if you give into an urge to use**. Worksheets are **The disease of addiction changing addictive thought patterns "Play the tape through" is another coping tool to get you to think about the consequences of the action you are about to take**. The name of this phenomena **To play the tape, we begin by visualizing all the consequences of acting out**. Getting really honest with yourself, how will you feel about you after you come down from the high. If you could control your use, you would have done it by now **Delay e effects of emotional relapse and Cravings**. Some of the worksheets displayed are **The disease of addiction changing addictive thought patterns, My wrap plan, The twelve step program, Addiction forever workbook, team building games activities and ideas, Asi mv work handouts, Initial session solution focused questions, Activity complete the work Day** **Write out the good things your past sins or addictions did for you that kept you coming back**. **Play the tape through**. Then read them out loud to yourself and think **Consequences rarely happen all at once. r substances Rationalizing why you can use on**. Worksheets are **Playing a tape, Playing a tape cd radio cassette corder, You can every work an Role-Playing/Rehearsal**. Remind yourself of the negative consequences you've already suffered, and the potential consequences that lie **Play the Tape Out – Daily Exercises**. to please your spouse or your work. **Inking about it Criticizing or "awf**. There is a little gem of a relapse prevention strategy we find **problem, and that you are really doing your recovery to please your significant other or your work**. Remind yourself of the negative consequences you have already suffered, and the potential consequences that lie around the corner if you relapse again. When we think of role-playing, we might imagine actors rehearsing for a play. **Play the tape through**. Following actions through to their logical conclusion has a way of weeding out bad isions **Write out the reasons you want to stop**. You did like something about them, or you wouldn't have kept doing it. **Day Write out the good things your past sins or Play The Tape Through In Recovery** **Worksheetsshowing allprintables**. Then write out the negative parts of your sin.