

1E-Examining the lies we live by:

In our addiction, we operate as if we believe a number of lies. One person stated that her feelings lie to her and then she acts out. In recovery, it helps to go through these lies and identify them. In this way, we can better see them when we start to act on them again.

In this exercise, take the last acting out episode and list off the actions and choices I made which led up to the acting out. Do not list the details of the acting out. (By that time, we are already too deep into the lies.) Instead, list the events and actions which happened before acting out. (Examples are: I had a tough day at work. So I decided to work late by my self. I kept at it until 2 AM. Then, I decided to take some time to reward myself.)

Events and Actions

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

Now, based on what happened, what were the lies that I was acting on? (For example, I have to put work ahead of taking care of myself. I deserve to reward myself for such sacrifice. Acting out is a reward to me.)

- a. _____
- b. _____
- c. _____
- d. _____

Calling these statements lies can be a powerful part of getting free.

When I hear other people's sharing, often I will hear lies that I had acted on, but had not recognized as lies.

However, it is not enough to identify lies. Doing so leaves a hole in our souls. That hole needs to be filled with something positive. To counter the lies, it is more valuable to fill the hole with positives and affirmations which directly counteract the lies. Take each of the lies and identify some statement which counters that lie. Asking the others for ideas of what to put down here is a good way to get past our own blinders (which come from living in the lies). (examples: Leaving work and getting a good night's sleep means that I will do better work than if I stay late. Staying in recovery is more important than keeping a job. Time with family is a better reward than acting out.)

Positives/Affirmations

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____