



Laaser, pg 137 Faithful & True Workbook

INNER CIRCLE: List desired sobriety behaviors

MIDDLE CIRCLE: List your boundaries

OUTER CIRCLE: Preparation / List the things you will do to be ready for an emergency

Examples:

- I will make daily calls even if I am not tempted
- I will install accountability software on my phone.
- I will remove access to apps that are gateways to acting out. In an emergency, I will send a "Help me" text to the group and my sponsor.