

Porn Reboot

Balancing your whole life:

Rate your satisfaction with each of the five areas below on a scale of 1-10 (10 being the highest)

Physical : _____

Mental: _____

Emotional: _____

Social: _____

Spiritual: _____

What do you think you ought to do in each area to build up your recovery capital?

Physical Well-being:

Mental Well-being:

Emotional Well-being:

Social Well-being:

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- a) Education _____
- b) Career _____
- c) Financial well-being _____
- d) Overall self-esteem _____

Spiritual Well-being:

- What are some of the life goals and dreams that you want to accomplish in life?
- Name three steps you can begin to take today to get to where you want to be
- Name 3 key people that can help and support you in getting where you want to be.
- Now that you're in recovery, which of the 5 life areas do you wish to focus your energies on?