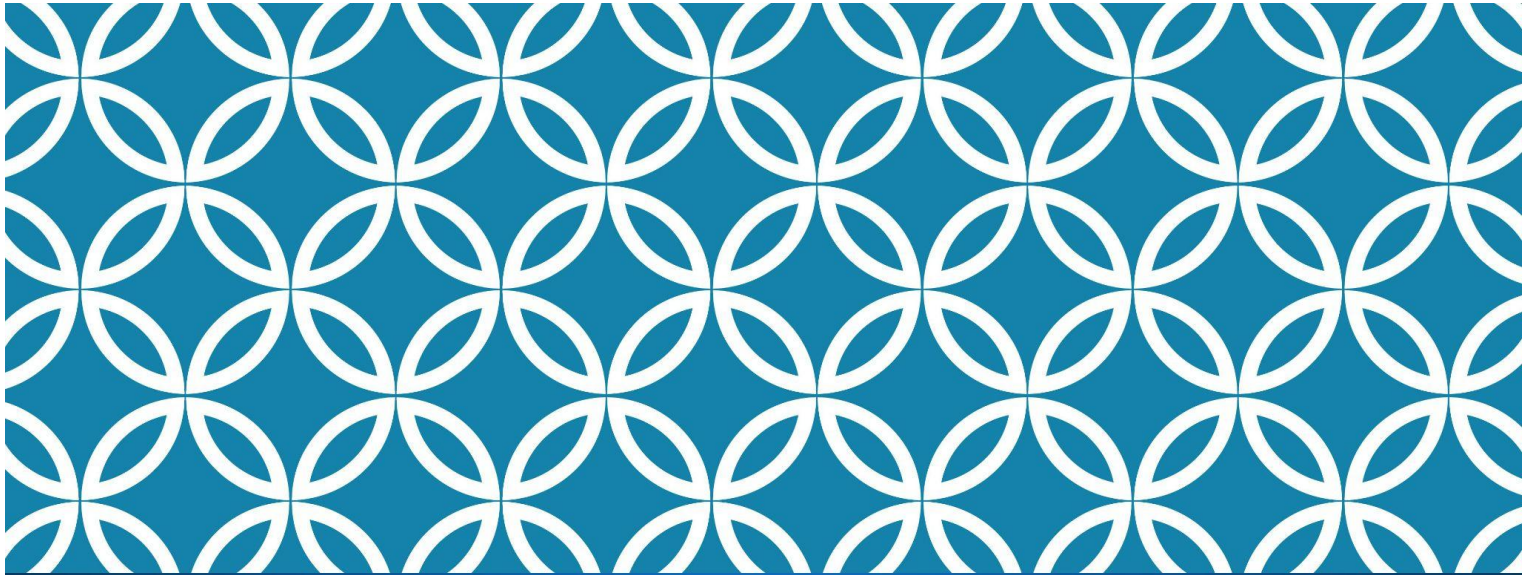


COSA Circles Presentation



SOBRIETY IN COSA

Step 4 - Week ??

OUTER CIRCLE = HEALTHY, NURTURING
BEHAVIORS THAT BRING US JOY

MIDDLE CIRCLE = FEELINGS/BEHAVIORS /
SITUATIONS THAT INDICATE A
POTENTIAL "SLIP"

INNER CIRCLE = UNWANTED BEHAVIORS

**Green - New Recovery
Healthy Behaviors that
Are Nurturing**

**Yellow –
Questionable
Feelings or
Behaviors /
Warning
of Potential “Slip”**

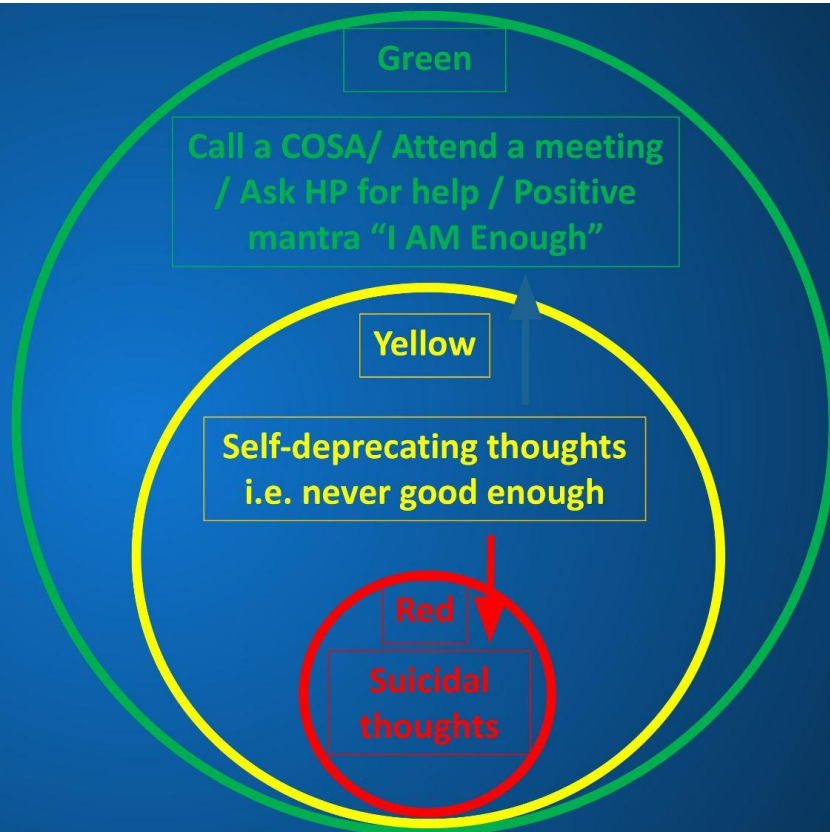
**Red – Self harm
Or Co-addictive
Behaviors**



**Green - New Recovery
Healthy Behaviors that
Are Nurturing**

**Yellow –
Questionable
Feelings or
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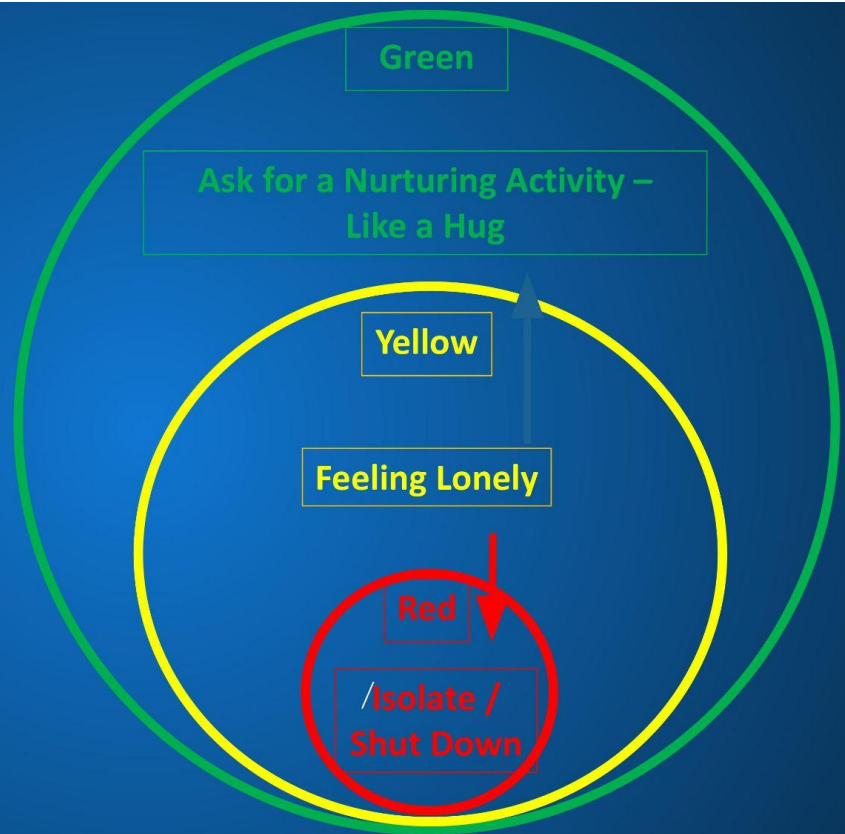
**Red – Self harm
Or Co-addictive
Behaviors**



**Green - New Recovery
Healthy Behaviors that
Are Nurturing**

**Yellow –
Questionable
Feelings or
Behaviors /
Warning
of Potential “Slip”**

**Red – Self harm
Or Co-addictive
Behaviors**



GREEN LIGHT/GREEN CIRCLE BEHAVIORS

- Behaviors necessary for us to achieve, maintain and develop safety, sanity and serenity.
- Examples: attending meetings; working the steps; practicing self-care; using healthy communication skills; doing boundary work, creative activities, activities in nature, meditation/prayer, etc.
- What behaviors would you put in this category for yourself?
Begin/continue your own Circles chart.

RED LIGHT/RED CIRCLE BEHAVIORS

- What are my behaviors that are uncontrolled or unwanted – MY acting out behaviors?
 - Examples: Researching compulsively; self-harm or suicidal thoughts for more than 24 hours; substance abuse; unsafe sex, supporting another's addiction; physical/verbal violence...
- What behaviors would you put in this category for yourself?
Begin/continue your own Circles chart.
- It's best to work on changing these one at a time. Trying to change more than one at a time can be overwhelming – (and cause me to give up.)

YELLOW LIGHT/YELLOW CIRCLE FEELINGS/BEHAVIORS

- What is the feeling or behavior that can “start the ball rolling”?
- What are the thoughts/**emotions** that are warning signs that I'm beginning to entertain obsessive thoughts?
- What feelings or behaviors am I engaging in that feed my fear/shame / raging?
- What feelings or behaviors are confusing because they can go either way?
- What people/ places / things do I need to avoid?
 - Examples: HALTS (Hungry, Angry, Lonely, Tired, Stressed); focus on physical appearance; emotionally closing down; skipping meetings and/or failing to contact other COSAs; reinforcing poor self-esteem; ignoring personal joys

YELLOW LIGHT/YELLOW CIRCLE FEELINGS/BEHAVIORS

- What behaviors would you put in this category for yourself?
Begin/continue your own Circles chart.
- This part of the chart is exceptionally important because the recognition of a behavior that can go either direction is key.
- You now have the choice to make once you are able to recognize the feeling.
- The challenge is to recognize the feeling before taking negative action.

Create your own Circles. Remember that this is just a beginning. You can start anywhere but be sure to include the yellow behavior/emotion that can go either direction. Connecting the dots is important. You will have only 10 minutes to work on your own. You may turn off your video if you prefer. This is not meant to be a complete list. Then I will check in with you to see if you are ready to re-assemble and share your experience with the group.

INDIVIDUAL CIRCLE TIME

Share your experience

EXAMPLE CIRCLE

