Behaviors/Sobriety Contract (Date)

Red Lights (how am I acting, that makes my life unmanageable)	Yellow (what occurs right before a red)	Green (What can I do to stop, pause, change the pattern)
Controlling outcomes/others/raging	*Feeling like I am not being heard*	*Pausing, walking away*
	Feeling like my thoughts arent worthy	*Asking for a moment to be heard*
	Being told what to do, without asking my opinion	*Talking with/from feelings*
	Being in a HALTs state (Hungry, Angry, Lonely, Tired, Scared)	*Asking for what I want*
	Commotion in the house or at work	*Staying aware and present*
		Realizing my reactions are old reactions - pausing

Green Lights in General (what I love and makes me happy)	Yellow Lights in General (things to watch out for or don't support my beliefs)
Exercising	
Phone calls to Cosa members	
Planning an event with a friend	
Enhancing my connection to my HP	
Spirituality and Meditation	
Splurging on myself occasionally	
Being aware of using healthy feeling/emotions	
Using what I've learned, listening, empathy, not rescuing others	
Being with respectful friends	
Going to meetings	
Focusing on myself	
Asking how can I support you, as you go thru this	
Use my own experiences when sharing	
Using Patience, pause	
Offering hugs	