

# Mrt Workbook Answers Step 4 Assessment Of My Life

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this workbook provides a solid familiar format for adults being treated for chemical dependency to write down their thoughts and express their conflicts step workbook for adult chemical dependency recovery is designed to encourage patients not only to answer questions but to ask them as well it enables patients to examine their addiction in the context of their entire life structure step 1 helps the chemically dependent patient identify the seriousness of his or her problem by writing it down step 2 helps the patient examine his or her irrational and self destructive behavior step 3 aids the patient in creating new ways of thinking enabling the realization that there are aspects of one's life that are out of his or her control step 4 encourages reflection on the positive and negative experiences in the patient's life step 5 helps the patient verbalize what he or she has written in step 4 step workbook for adult chemical dependency recovery is an essential tool for every program providing treatment services for chemically dependent adults

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