



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

**FIRST NOBLE TRUTH: THERE IS SUFFERING**

How have your addictive behaviors been a response to trauma and pain?

**FIRST NOBLE TRUTH: THERE IS SUFFERING**

What are some ways you can respond to trauma and pain that nurture healing rather than avoiding?

**FIRST NOBLE TRUTH: THERE IS SUFFERING**

What is one of the behaviors or actions associated with your addiction that you consider harmful?

**FIRST NOBLE TRUTH: THERE IS SUFFERING**

Describe something you did during your active addiction that caused harm to yourself or others.

**FIRST NOBLE TRUTH: THERE IS SUFFERING**

What costs or other negative consequences—such as finances, health, relationships, sexual relations, or missed opportunities—resulted from your behaviors during your active addiction?

**FIRST NOBLE TRUTH: THERE IS SUFFERING**

How have you suffered because of your behaviors or actions during your active addiction?



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

FIRST NOBLE TRUTH: THERE IS SUFFERING

Do you notice any patterns to your suffering? What are they?

FIRST NOBLE TRUTH: THERE IS SUFFERING

What are the ways you might avoid or reduce suffering for yourself or others if you change your patterns?

FIRST NOBLE TRUTH: THERE IS SUFFERING

How have you caused suffering in someone else during your active addiction? Describe a specific situation.

FIRST NOBLE TRUTH: THERE IS SUFFERING

FIRST NOBLE TRUTH: THERE IS SUFFERING

FIRST NOBLE TRUTH: THERE IS SUFFERING



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

SECOND NOBLE TRUTH: THE CAUSE OF SUFFERING

What situations, circumstances, or feelings have you used harmful behavior to try to avoid?

SECOND NOBLE TRUTH: THE CAUSE OF SUFFERING

What emotions, sensations, and thoughts come to mind when you abstain?

SECOND NOBLE TRUTH: THE CAUSE OF SUFFERING

Are there troubling memories, shame, grief, or unmet needs hiding behind your cravings? How can you meet these with compassion and patience?

SECOND NOBLE TRUTH: THE CAUSE OF SUFFERING

What things did you give up in your desire to cling to impermanent and unreliable solutions? (For example, relationships, financial security, health, opportunities.)

SECOND NOBLE TRUTH: THE CAUSE OF SUFFERING

What made your addiction more important to you than any of the things you gave up to cling to it?

SECOND NOBLE TRUTH: THE CAUSE OF SUFFERING

Are there any beliefs you cling to that fuel craving and aversion, beliefs that deny the truth of impermanence, or beliefs about how things in life “should” be? What are they?



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

THIRD NOBLE TRUTH: THE END OF SUFFERING

What makes it so hard to quit your addictive substances or behaviors?

THIRD NOBLE TRUTH: THE END OF SUFFERING

What resources are available to help you abstain and recover? Which of these have you used and which do you want to try?

THIRD NOBLE TRUTH: THE END OF SUFFERING

List reasons to believe you can recover. Also list your doubts. What might the wise and compassionate part of you—your Buddha nature—say about these doubts?

THIRD NOBLE TRUTH: THE END OF SUFFERING

Imagine “letting go” of something small. Describe your feelings around it. Does the craving last or go away? Do you notice a sense of relief or freedom?

THIRD NOBLE TRUTH: THE END OF SUFFERING

Happiness and suffering are entirely up to us, based on how we choose to respond to our experiences. What gets in the way of you reaching this empowerment?

THIRD NOBLE TRUTH: THE END OF SUFFERING

In what ways have you attempted to control or influence the thoughts, feelings, or actions of someone else?





**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

**FOURTH NOBLE TRUTH: THE PATH**

Understanding that recovery and the ending of suffering is possible, what is your path to recovery and ending the suffering of addiction?

**FOURTH NOBLE TRUTH: THE PATH**

What challenges might you face on your path to recovery, and what tools and resources will you use to meet these challenges?

**FOURTH NOBLE TRUTH: THE PATH**

What behavior can you change to more fully support your recovery?

**FOURTH NOBLE TRUTH: THE PATH**

What does it mean to you to take refuge in the Buddha, the Dharma, and the Sangha for your recovery?

**FOURTH NOBLE TRUTH: THE PATH**

**FOURTH NOBLE TRUTH: THE PATH**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

○ FOURTH NOBLE TRUTH: THE PATH | WISE UNDERSTANDING

Think of a situation in your life that is causing confusion or unease. What is the truth of this situation?

○ FOURTH NOBLE TRUTH: THE PATH | WISE UNDERSTANDING

Think of a situation in your life that is causing confusion or unease. Are you seeing clearly, or are you getting lost in judgement, taking things personally, in stories you're telling yourself, or repeating messages you've internalized? How?

○ FOURTH NOBLE TRUTH: THE PATH | WISE UNDERSTANDING

Think of a situation in your life that is causing confusion or unease. Is your vision clouded by greed, hatred, confusion, clinging, attachment, or craving? How?

○ FOURTH NOBLE TRUTH: THE PATH | WISE UNDERSTANDING

In what situations and parts of your life do you have the most difficulty separating desire from need? Has this changed as you began or continue in recovery?

○ FOURTH NOBLE TRUTH: THE PATH | WISE UNDERSTANDING

Are there areas or relationships where the drive to get what you desire overshadows any other consideration? Has this changed as you began or continue in recovery?

○ FOURTH NOBLE TRUTH: THE PATH | WISE UNDERSTANDING

Are there parts of your life where you are driven to continue unpleasant experiences because you think you "must" or "need to"?



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

**○ FOURTH NOBLE TRUTH: THE PATH | WISE UNDERSTANDING**

How is karma—the law of cause and effect—showing up right now?

**○ FOURTH NOBLE TRUTH: THE PATH | WISE UNDERSTANDING**

Where in your life are you dealing with the effects or aftermath of action you took in the past, both positive and negative?

**○ FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION**

During your periods of addictive behavior, how did you act in ways that were clinging, uncaring, harsh, cruel, or unforgiving? Toward whom (including yourself) were these feelings directed?

**○ FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION**

How might generosity, lovingkindness, and forgiveness have changed your addictive behavior?

**○ FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION**

What actions have you taken that have harmed others?

**○ FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION**

Have you formed an intention to reconcile with both yourself and the people you have harmed (to make amends)? Explain.



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

○ FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION

Do you have a wise friend or mentor you can go to for guidance and support? What support can this person provide?

○ FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION

Have you done something intentionally that you now recognize caused harm to another? Who has been harmed by your actions?

○ FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION

Making amends depends on the circumstance, including your present relationship to the person and the extent to which you can undo the harm. What can you do in the present?

○ FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION

Can you address and reconcile the harm you have caused without forming an attachment to being forgiven? What are your motivations for making amends?

○ FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION

What actions would restore balance in your own feelings and approach to whatever harm you have caused?

○ FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION

What steps can you take toward making amends that do not cause new harm to the person or relationship? What steps would cause new harm?





**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION

What intention are you bringing to a difficult situation or choice in your life right now? Are you being selfish or self-seeking? How?

FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION

What intention are you bringing to a difficult situation or choice in your life right now? Are you being driven by aversion (avoidance of pain) or craving (grasping for pleasure)? How?

FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION

How could you bring a spirit of generosity, compassion, lovingkindness, appreciative joy, and forgiveness to a difficult situation you are facing right now?

FOURTH NOBLE TRUTH: THE PATH | WISE INTENTION

How would a difficult situation or choice you have experienced look different if you brought spirit of metta (lovingkindness) to mind before reacting or responding?

FOURTH NOBLE TRUTH: THE PATH | WISE SPEECH

Have you caused harm with your speech? How?

FOURTH NOBLE TRUTH: THE PATH | WISE SPEECH

Have you been dishonest or harsh in your communication? Name some specific times and ways.



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

FOURTH NOBLE TRUTH: THE PATH | WISE SPEECH

Do you use speech to hurt or control people, to present a false idea or image of yourself or of reality, to demand attention, or to relieve the discomfort of silence? How?

FOURTH NOBLE TRUTH: THE PATH | WISE SPEECH

Have you used speech to mislead, misdirect, or distract? How?

FOURTH NOBLE TRUTH: THE PATH | WISE SPEECH

Are you careful to avoid causing harm with your speech? How do you or how could you accomplish this?

FOURTH NOBLE TRUTH: THE PATH | WISE SPEECH

Do you say things you know are not true, or pretend to know the truth about something when you don't, to appear more knowledgeable and credible than you are? Give an example.

FOURTH NOBLE TRUTH: THE PATH | WISE ACTION

Have you acted in a way that was unskillful or that created suffering? How?

FOURTH NOBLE TRUTH: THE PATH | WISE ACTION

During times that you were unskillful or created suffering, how would it have changed the outcome if you had acted out of compassion, kindness, generosity, and forgiveness?



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

FOURTH NOBLE TRUTH: THE PATH | WISE ACTION

Would you now have a different emotional or mental response to your past actions if you had acted with the principle of metta (lovingkindness) in mind?

FOURTH NOBLE TRUTH: THE PATH | WISE ACTION

Have you caused harm (including physical, emotional, mental, and karmic harm as well as financial, legal, or moral harm)? Give an example.

FOURTH NOBLE TRUTH: THE PATH | WISE ACTION

Have you acted in a way that purposely avoided being aware of the possibility of harm? Give an example.

FOURTH NOBLE TRUTH: THE PATH | WISE ACTION

Using a broad understanding of “taking” (time, energy, goods, material possessions, care, and recognition), have you taken what has not been freely given? Give an example.

FOURTH NOBLE TRUTH: THE PATH | WISE ACTION

What are specific examples or patterns where you have taken something tangible or intangible that was not freely given?

FOURTH NOBLE TRUTH: THE PATH | WISE ACTION

Have you behaved irresponsibly, selfishly, or without full consent and awareness (from yourself or partners) in your sexual conduct? How?



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

Thinking of a sexual partner or activity, were you aware of your own intentions in becoming sexually involved? Did you give consideration to other existing relationships or mental or emotional conditions in yourself or your partner?

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

Has your sexual activity, both by yourself and with others, been based on non-harmful intentions? How or how not?

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

Have you entered into sexual activities with awareness and understanding? How or how not?

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

Have you been dishonest? Give an example of a specific situation or type of situation in which you have been dishonest.

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

What patterns has dishonesty taken for you?

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

Have you acted or spoken dishonestly to deny or misrepresent the truth about your own behavior or status? Give an example.





**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

Describe a situation in which your dishonesty was particularly present (for example: in dealing with your addictive behaviors, in job or professional settings, among friends or family).

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

Investigate the source of dishonesty in a setting in which you have been dishonest. Was it based on fear, greed, confusion, or denial? Why were you lying?

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

Have you been reliant on intoxicants or other behaviors that cloud your ability to see clearly or avoid awareness? How have they done that?

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

During periods of abstinence, were your habitual intoxicants or behaviors replaced by other ways to avoid awareness of your present circumstances and conditions? What were they?

**FOURTH NOBLE TRUTH: THE PATH | WISE ACTION**

How might you practice compassion, lovingkindness, and generosity in your decision-making?

**FOURTH NOBLE TRUTH: THE PATH | WISE LIVELIHOOD**

Does your job cause harm? If so, what is the specific nature of that harm?



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

○ FOURTH NOBLE TRUTH: THE PATH | WISE LIVELIHOOD

How can you do your job more mindfully and with an intention of compassion and non-harm?

○ FOURTH NOBLE TRUTH: THE PATH | WISE LIVELIHOOD

Do you bring an understanding of karma and kindness to your job or do you compartmentalize it and exclude it from awareness of wise action? How?

○ FOURTH NOBLE TRUTH: THE PATH | WISE LIVELIHOOD

What part does greed play in the choices you make in your livelihood? Does greed get in the way of awareness or compassion?

○ FOURTH NOBLE TRUTH: THE PATH | WISE LIVELIHOOD

In what ways do you provide service to your community? How can you be of more service to your community?

○ FOURTH NOBLE TRUTH: THE PATH | WISE LIVELIHOOD

How might you bring a spirit of generosity to your life, both in your profession and outside of it?

○ FOURTH NOBLE TRUTH: THE PATH | WISE EFFORT

What efforts have you made to connect with a wise friend, mentor, or dharma buddy who can help you develop and balance your efforts? What additional steps can you take?



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

○ FOURTH NOBLE TRUTH: THE PATH | WISE EFFORT

Think of a situation that is causing you discomfort or unease. What is the nature of the effort you're bringing to the situation? Is it balanced and sustainable, or are you leaning too far toward inactivity or overexertion?

○ FOURTH NOBLE TRUTH: THE PATH | WISE EFFORT

Are you dealing with overwhelming desires, aversions, laziness or discouragement, restlessness and worry, or doubt about your own ability to recover? How does this affect the choices you are making?

○ FOURTH NOBLE TRUTH: THE PATH | WISE EFFORT

Are you avoiding feelings by checking out and giving up, or through obsessive busyness and perfectionism? How?

○ FOURTH NOBLE TRUTH: THE PATH | WISE MINDFULNESS

What steps can you take to support a regular meditation practice? What steps are you already taking?

○ FOURTH NOBLE TRUTH: THE PATH | WISE MINDFULNESS

What are steps you can take to practice mindfulness more throughout the day by checking in with yourself about how you're feeling and pausing before reacting to situations?

○ FOURTH NOBLE TRUTH: THE PATH | WISE MINDFULNESS

What are steps you can take to sit with your discomfort instead of running from it or running toward temporary pleasure? What steps are you already taking?



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

○ FOURTH NOBLE TRUTH: THE PATH | WISE MINDFULNESS

What are steps you can take to question the “truths” that your mind tells you, rather than automatically believing them? What steps are you already taking?

○ FOURTH NOBLE TRUTH: THE PATH | WISE MINDFULNESS

Describe a specific instance where your mind and perceptions lied to you about the truth of a situation. How might have being aware of that changed your reaction or the outcome?

○ FOURTH NOBLE TRUTH: THE PATH | WISE MINDFULNESS

Describe a time when you felt fear, doubt, or hesitation. If you had been more aware of their temporary nature, how might that awareness have led to an outcome that was less harmful?

○ FOURTH NOBLE TRUTH: THE PATH | WISE CONCENTRATION

How do you get unfocused or distracted in meditation? What distracts you the most?

○ FOURTH NOBLE TRUTH: THE PATH | WISE CONCENTRATION

What steps can you take do refocus your mind without judging your meditation practice? What steps are you already taking?

○ FOURTH NOBLE TRUTH: THE PATH | WISE CONCENTRATION

What value or learning can you gain by careful and kindly noticing where your mind has gone, or what has distracted you during meditation?





**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**



**RECOVERY  
DHARMA**

**FOURTH NOBLE TRUTH: THE PATH | WISE CONCENTRATION**

What are steps you can take to use concentration to see clearly and act wisely? What steps are you already taking?

**FOURTH NOBLE TRUTH: THE PATH | WISE CONCENTRATION**

What are steps you can take to be kind and gentle with yourself during the process of improving or growing your meditation practice?

**FOURTH NOBLE TRUTH: THE PATH**

**FOURTH NOBLE TRUTH: THE PATH**

**FOURTH NOBLE TRUTH: THE PATH**

**FOURTH NOBLE TRUTH: THE PATH**