

Tool 12.4: What it feels like to try something new¹³

Date:

With your nondominant hand, write “practice is the effort that makes things possible” in the space below. Write it as many times as you can.

Reflect on your experience

What did you say to yourself as you were writing?

What feelings did you notice as you tried to add this new behavior?

What changes did you have to make when writing in a less-practiced way?

¹³ Adapted from **The Invitation to Change: A Short Guide**. Published by CMC:Foundation for Change.

What kind of support or coaching would have been helpful?
(What would not have been helpful?)

Reflect again: How might your loved one answer these questions related to their recovery from addictive behavior?