

- Companion Worksheet-

Be courageous!

Carolina Gaviria, LMHC, NCC

www.solutionsintherapy.com

Congratulations on being willing to explore courage and what it means in your recovery. Here are some journaling prompts that might help:

How do you understand courage?

What does it mean to have courage in your recovery?

What do you think you need to be courageous in your recovery?

What obstacles do you find to be courageous?

Can you think of one person who you think is courageous? Describe that person, her personal characteristics and ways she shows courage.

Can you think of one time you were courageous?

Close your eyes and use your imagination to visualize yourself being courageous today. What would it be like to be courageous?

Identify one courageous action you can start to experiment with.

How do you think others would react if you were courageous?

What benefits do you see of being courageous?

Identify one way to celebrate being courageous.

