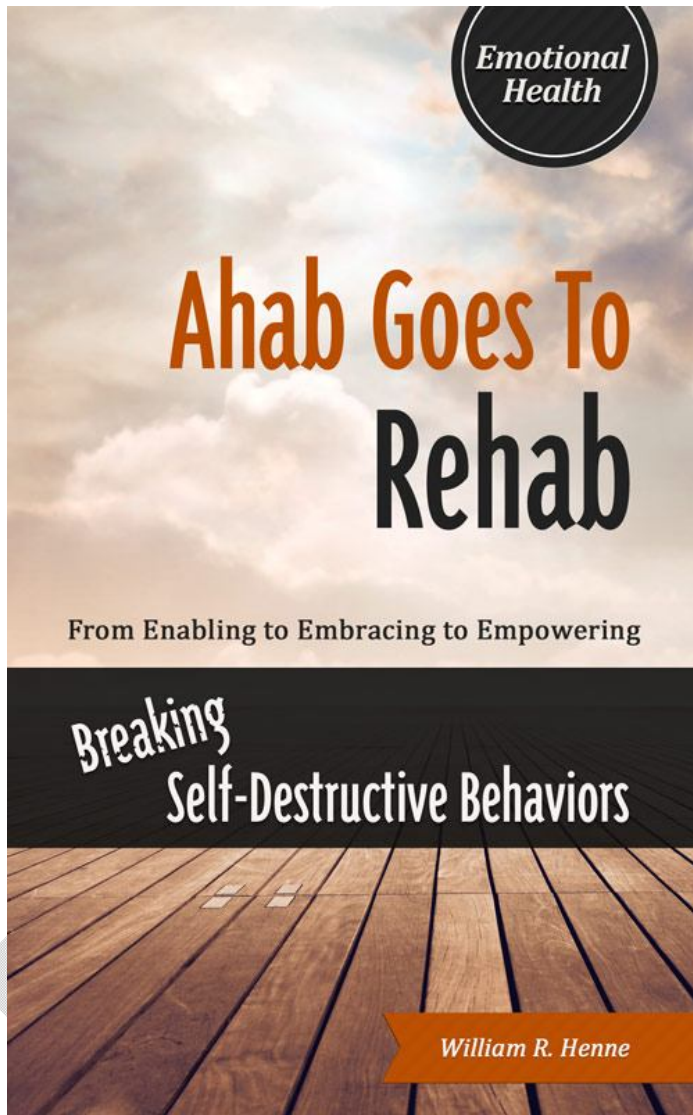


Ahab Goes to Rehab
The New You Journal

Breaking Self-Destructive Behaviors



Chapter 3 – Getting Past the Past

Identifying your desired “New Life”

My Colors – Low, Medium or High

What are the colors of your life? Where are you today as you measure yourself as low, medium or high on each area of your life? As you go through your healing process come back and measure your progress.

Color Ribbon	Initial Level			Today's Level		
Red – Virtue Honesty, Decency, Ethics, Integrity	L	M	H	L	M	H
Orange - Content Intimacy, Love, Friendship, Happy	L	M	H	L	M	H
Yellow – Kindness Compassion, Sympathy	L	M	H	L	M	H
Green – Conviction Beliefs, Influence	L	M	H	L	M	H
Blue – Helping Assertive, Support	L	M	H	L	M	H
Indigo – Spirituality Wholeness, Holiness	L	M	H	L	M	H
Violet – Peace Self-Control, Renewed, Restored, Refreshed	L	M	H	L	M	H

Chapter 3 – Getting Past the Past

Identifying your desired “New Life”

Measure where you are today and where you should be in your New Life:

On a scale of a low 1 through high 10

Growth Area	Today	Your New Life
Love, Affection, Devotion		
Joy, Happiness, Pleasure		
Peace, Content, Calm		
Patient, Tolerant, Accepting		
Kind, Caring, Thoughtful		
Good, Excellent, Respectful		
Real, Genuine, Authentic		
Gentle, Mild, Pleasant		
Self-Control, Restrained		
Disgust, Dislike, Disregard		
Regret, Sadness, Anger		
Turmoil, Gloomy, Disturbed		
Edgy, Biased, Controlling		
Harsh, Selfish, Unkind		
Wicked, Corrupt, Rude		
Pretender, Phony, Bogus		
Cruel, Insensitive, Unlikable		
Self-Indulgent, Nonconforming		

Chapter 4 – Improvement Plan

Identifying and Measuring Your New Life Goals

Be solution oriented! Mediate on solutions permits our mind to think of new creative solutions. The only two things that change us are inspiration or desperation – choose wisely. Your Improvement Plan should list the book's examples that may have triggered a nerve, or other thoughts when your mind may have wandered off. You should have several areas that you can start on today. Your list is a living document, changing often when you find more areas to improve or when you reach your goal in a particular area.

Goal	Success Measurement	Rating
1.		
2.		
3.		
4.		
5.		

Chapter 4 – Improvement Plan

Identifying and Measuring Your New Life Goals

Write down all the things that annoy you. After a few weeks your list should be very representative of the issues. The next step will be to rate each item from 1 through 10, with 10 being the top things that need to change first. Write down what you think someone else would do to change this issue. Be realistic, can you do what they would do? If not, is there a half step you can make to be headed in a better direction. Change is how you become a better person.

Things that annoy me:	Possible Solutions:	1 – 10 Rating
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

Chapter 5 – Potential Vows

Identifying vows that need cycles broken.

For the statements provided in the book, write down what feels really good or really bad. If you need assistance it is helpful to call out to God. We really are spiritual beings.

Description	Emotions (Good / Bad)	Possible Vow
1.		
2.		
3.		
4.		
5.		

Recognized Family Patterns:

Your Specific Patterns:

Chapter 6 – Vows

Removing vows and consequences in your life.

The book provides many potential issues and irritants. Which one should be dealt with first? The Vow I am ready to break:

Benefit of this Vow:

I hate this Vow because:

People I blame with specifics:

Proprietary

Chapter 8 – Bitter, Better, Badger

Identifying and changing bad habits.

List habits you want to change over the next few years and then rate them 1 to 10 on how hard you think it will be to change, with a 10 as most difficult. This may take several focus sessions to list them all. If you think of an emotional tie with a habit, list it also.

Habits to Change	1-10 Rating	Emotional Tie
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I am changing my least difficult bad habit:

And the action I am going to do is:

And I will begin to do:

My motivation is:

I chose this habit because:

My future better actions are:

I will do this to not resort back:

I can make a better action because:

I will celebrate my successes with these rewards:

First Time:

Habit Free Day:

Habit Free Week

Habit Free Month

Habit Free Quarter

Habit Free 6 Months

Habit Free Year

Chapter 9 – Love Scoreboard (1-10)

Learning to deal with different people types

On a scale from 1 to 10, with ten being extreme, rate yourself and identify what you will do to change.

Hugger ____

The New You will:

Giver ____

The New You will:

Socially Connected ____

The New You will:

Helper ____

The New You will:

Encourager ____

The New You will:

Proprietary

Chapter 10 – Step Step Dance

Personal growth and happiness.

Here are some probing questions to help flush out areas you may need to work on for your happiness.

Peace at any cost is ...

I feel like a snob when ...

I have self-confidence when ...

Honor is ...

Others manipulate me by ...

I feel exceptional when ...

They are responsible for me: ...

I have anxiety when ...

I cannot succeed because...

Righteous is ...

I feel intimidated by ...

I can brag when ...

I am a failure because...

I feel uncertain when ...

I have encouraged others by ...

I am in pain and suffering because ...

I feel I dumb when ...

Fair to me is ...

I feel rejected when ...

I feel shame when ...

I show disapproval by ...

People think I am friendly when ...

I'm okay but they need to change...

I control others by ...

I love attention when ...

I discriminate by ...

I feel encouraged when ...

I can't believe they did ...

I am demanding when ...

I am cruel when ...

I am unkind when ...

I am so disappointed in ...

You embarrass me when ...

They think they know everything...

I feel good when I:

I feel bad when I:

Areas identified for improvement:

Chapter 11 – Stepping Out, Standing Firm

Identifying barriers holding you back.

It is time to break the cycle and start taking some baby steps. The chapter introduced challenging statements from the Enabler's perspective with appropriate boundaries. Note what you felt and what you thought.

I feel that the feelings of others are more important than mine, so I keep my feelings in check.

I do someone else's task in order to keep peace.

My relationships are usually "all in".

Disagreements provide an opportunity for me to be the peacemaker.

I feel I must always be in a relationship

It is not my fault!

I do good things and love to be told that I am doing good things.

I hate it when things are out of control.

I feel lonely, even when I am in a crowd.

I grew up with an over-protective parent.

I do not think people would just want me as a friend unless I can give them what they need.

I grew up without parental controls.

I need others to help me make decisions.

Now you can update your Improvement Plan and include any additional vows. As you become the New You, you may want to update your diary once a year with your progress. . It is also helpful to have friends, counselors, and family members supporting your decision to become healthy. Just remember that when it gets difficult, it is okay to say, "I am an Ahab going through rehab."