



I Am So Overwhelmed!

During the Adjustment phase, many recovering offenders feel overwhelmed. You'll soon be discharged from treatment. You may have a new sense of accountability, and you're looking ahead to changes in your family and job situation.

What things are concerning you right now? Make a list:

How do you plan to manage these things, and in what order?

What resources (including people) do you plan to use to help you address these concerns?

Don't forget: you've learned a lot and gained many new skills. Make sure you use what you've learned! Deal with issues by taking small steps. That reduces stress and makes things feel more manageable.

• • •