

Scene from Your Last 90 Days

DBT Exercise

Attack this as if you are the director of your own movie. You are describing one scene from those last 90 days that made you decide you had had enough of your Addiction of Choice (AOC). For those of you with longer term sobriety it can be before you gave up your AOC.

This assignment should not exceed half of a page. Describe where you were and the feelings that accompany that scene.

You may find that you end up re-writing this scene several times, it can take three or four times to get it just right.

The second part of this assignment is to draw your last 90 day scene, much like a director would have a story board. Only use pencil as it captures the starkness of the situation.

You should read your scene and look at the picture every morning for the next month to remind you of why you quit your AOC. It's also good when you are feeling urges or cravings to review this as a reminder.