

1 We decided to open up and talk honestly about ourselves and about alcohol and other drugs.

2 We looked at what we liked about alcohol and other drugs, and why we were using them.

3 We looked at our use of alcohol and other drugs to see if it had caused harm, or could cause harm.

4 We looked at our responsibility and the responsibility of others for our problems.

5 We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.

6 We made thoughtful decisions about our lives and about our use of alcohol and other drugs.

7 We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.

The Seven Challenges

Challenging ourselves to make wise decisions about alcohol and other drugs

7
CHALLENGES

