

Program Pacing Guide



Below is a suggested lesson plan to help you keep a regular pace to finish in 12 weeks. We suggest using weekends to either catch up, go back and relearn tricky lessons, or simply take a break. Feel free to go at your own pace though since everyone's schedule and energy are very different.

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	FOUNDATIONS <ul style="list-style-type: none"> <input type="checkbox"/> Course tips & pacing guide <input type="checkbox"/> Welcome! <input type="checkbox"/> Reflect on starting <input type="checkbox"/> Prepare for withdrawal <input type="checkbox"/> You're not alone <input type="checkbox"/> How to use this program <input type="checkbox"/> Mindfulness #1 	<ul style="list-style-type: none"> <input type="checkbox"/> What to expect <input type="checkbox"/> Set the stage for success <input type="checkbox"/> Reflect on setting up for success <input type="checkbox"/> Stages of change <input type="checkbox"/> Reflect on your stage of change 	<ul style="list-style-type: none"> <input type="checkbox"/> Myth #1: Substances cause addiction <input type="checkbox"/> Myth #2: It's all genetics <input type="checkbox"/> Myth #3: Addicts' brains are born different <input type="checkbox"/> Myth #4: There's an addictive personality <input type="checkbox"/> Myth #5: Addiction is a moral failing 	<ul style="list-style-type: none"> <input type="checkbox"/> We're all wired for addiction <input type="checkbox"/> Where does addiction begin? <input type="checkbox"/> Reflect on where your addiction began <input type="checkbox"/> What does this do to your brain? 	<ul style="list-style-type: none"> <input type="checkbox"/> Our definition of addiction <input type="checkbox"/> The current of addiction <input type="checkbox"/> Then what is health?
WEEK 2	<ul style="list-style-type: none"> <input type="checkbox"/> Practice, practice, practice <input type="checkbox"/> Is it your fault? <input type="checkbox"/> The constant inner dialogue <input type="checkbox"/> Reflect on your inner dialogue <input type="checkbox"/> Mindfulness #2 	<ul style="list-style-type: none"> <input type="checkbox"/> Draw on your values <input type="checkbox"/> Reflect on your values <input type="checkbox"/> Foundations Forum <input type="checkbox"/> Coming up... 	ADDICTION <ul style="list-style-type: none"> <input type="checkbox"/> Welcome to the Addiction module <input type="checkbox"/> Reflect on your current addiction <input type="checkbox"/> Reflect on your addiction severity <input type="checkbox"/> Reflect on effects of addiction <input type="checkbox"/> Reflect on why now 	<ul style="list-style-type: none"> <input type="checkbox"/> Clear your plate, clear your mind <input type="checkbox"/> Reflect on clearing and listening <input type="checkbox"/> Mindfulness #3 	<ul style="list-style-type: none"> <input type="checkbox"/> Transfer your addiction <input type="checkbox"/> Reflect on a healthy transfer <input type="checkbox"/> Healthy distraction <input type="checkbox"/> Distract with senses <input type="checkbox"/> Reflect on using senses

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WEEK 3	<ul style="list-style-type: none"> <input type="checkbox"/> Distract with your mind <input type="checkbox"/> Reflect on mind distractions <input type="checkbox"/> Becoming your own soother <input type="checkbox"/> Mindfulness #4 	<ul style="list-style-type: none"> <input type="checkbox"/> Stay busy! <input type="checkbox"/> Reflect on staying busy <input type="checkbox"/> Include everyone you can <input type="checkbox"/> Reflect on your supports 	<ul style="list-style-type: none"> <input type="checkbox"/> Discipline and accountability <input type="checkbox"/> Reflect on accountability <input type="checkbox"/> Relapse planning 	<ul style="list-style-type: none"> <input type="checkbox"/> Reflect on triggers BEFORE relapse <input type="checkbox"/> Reflect on a plan DURING relapse <input type="checkbox"/> Reflect on a plan AFTER relapse <input type="checkbox"/> Before next time... 	<ul style="list-style-type: none"> <input type="checkbox"/> Learn from your supports <input type="checkbox"/> Reflect with your support <input type="checkbox"/> Addiction Forum
WEEK 4	<p>CRAVING</p> <ul style="list-style-type: none"> <input type="checkbox"/> Welcome to the Craving module <input type="checkbox"/> The ego's always there <input type="checkbox"/> Reflect on craving <input type="checkbox"/> Attaching to cravings hurts <input type="checkbox"/> Reflect on letting go of cravings <input type="checkbox"/> Mindfulness #5 	<ul style="list-style-type: none"> <input type="checkbox"/> Perfect ain't even perfect <input type="checkbox"/> Reflect on perfection <input type="checkbox"/> Perfect looks bad too <input type="checkbox"/> Reflect on the perfect image <input type="checkbox"/> Mindfulness #6 	<ul style="list-style-type: none"> <input type="checkbox"/> All or none thinking <input type="checkbox"/> Reflect on pressuring abstinence <input type="checkbox"/> The craving bully <input type="checkbox"/> Reflect on your craving bully <input type="checkbox"/> Urge surfing <input type="checkbox"/> Reflect on your wave of craving 	<ul style="list-style-type: none"> <input type="checkbox"/> Anticipate the craving <input type="checkbox"/> Craving for our story <input type="checkbox"/> The power of a healthy story <input type="checkbox"/> Reflect on your story <input type="checkbox"/> Mindfulness #7 	<ul style="list-style-type: none"> <input type="checkbox"/> Find your new story <input type="checkbox"/> Reflect on a new story <input type="checkbox"/> How to think about medication <input type="checkbox"/> Reflect on the role of medication <input type="checkbox"/> Medications for craving <input type="checkbox"/> Craving Forum

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WEEK 5	<p>FALSE PLEASURE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Welcome to the False Pleasure module <input type="checkbox"/> Reflect on your pleasures <input type="checkbox"/> The problem with indulgence <input type="checkbox"/> Reflect on indulgence <input type="checkbox"/> Listen, then revalue <input type="checkbox"/> Reflect on how to revalue <input type="checkbox"/> Mindfulness #8 	<ul style="list-style-type: none"> <input type="checkbox"/> Romanticizing <input type="checkbox"/> Reflect on romanticizing <input type="checkbox"/> Impermanence <input type="checkbox"/> Reflect on impermanence <input type="checkbox"/> Pleasure as a signal <input type="checkbox"/> Reflect on pleasure signals 	<ul style="list-style-type: none"> <input type="checkbox"/> The pleasure of pleasing <input type="checkbox"/> Reflect on people pleasing <input type="checkbox"/> Pleasure from valuing yourself <input type="checkbox"/> Reflect on valuing yourself <input type="checkbox"/> Becoming a people valuer <input type="checkbox"/> Reflect on people valuing <input type="checkbox"/> Please others sustainably 	<ul style="list-style-type: none"> <input type="checkbox"/> Setting boundaries <input type="checkbox"/> Reflect on your boundaries <input type="checkbox"/> Pleasure of connecting <input type="checkbox"/> Reflect on current connections <input type="checkbox"/> Connections can cost you <input type="checkbox"/> Reflect on the cost of connection 	<ul style="list-style-type: none"> <input type="checkbox"/> How to stop losing yourself <input type="checkbox"/> Reflect on being yourself <input type="checkbox"/> The people you're with says a lot <input type="checkbox"/> Reflect on what your connections say <input type="checkbox"/> Medications for pleasure <input type="checkbox"/> False Pleasure Forum
WEEK 6	<p>EMOTIONAL PAIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Welcome to the Emotional Pain module <input type="checkbox"/> What is pain? <input type="checkbox"/> What to do about pain <input type="checkbox"/> Emotion: our greatest teacher <input type="checkbox"/> Mindfulness #9 	<ul style="list-style-type: none"> <input type="checkbox"/> Say "hmmm" <input type="checkbox"/> Reflect on saying "hmmm" <input type="checkbox"/> Where's your pain from? <input type="checkbox"/> Reflect on emotional pain <input type="checkbox"/> Reflect on expression 	<ul style="list-style-type: none"> <input type="checkbox"/> Pain from past challenges <input type="checkbox"/> Reflect on past challenges <input type="checkbox"/> A way forward <input type="checkbox"/> A new environment <input type="checkbox"/> Reflect on a new environment 	<ul style="list-style-type: none"> <input type="checkbox"/> Reshape perceptions of challenges <input type="checkbox"/> Reflect on your perceptions <input type="checkbox"/> Mindfulness #10 	<ul style="list-style-type: none"> <input type="checkbox"/> Pain from anxiety or fear <input type="checkbox"/> Reflect on anxiety <input type="checkbox"/> Fear brings what we fear <input type="checkbox"/> Reflect on whether fears helps

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WEEK 7	<ul style="list-style-type: none"> <input type="checkbox"/> How much to worry <input type="checkbox"/> Reflect on the 80/20 rule <input type="checkbox"/> Peak performance anxiety <input type="checkbox"/> Reflect on anxiety and performance 	<ul style="list-style-type: none"> <input type="checkbox"/> Pain of not belonging <input type="checkbox"/> Belonging reduces pain <input type="checkbox"/> Reflect on belonging <input type="checkbox"/> Connect well with others 	<ul style="list-style-type: none"> <input type="checkbox"/> Think you're an outsider? <input type="checkbox"/> Reflect on being an insider <input type="checkbox"/> Loneliness <input type="checkbox"/> Reflect on your loneliness 	<ul style="list-style-type: none"> <input type="checkbox"/> Addiction draws in or pushes away <input type="checkbox"/> Reflect on addictions' push and pull <input type="checkbox"/> Pain of sadness <input type="checkbox"/> Low self worth <input type="checkbox"/> Reflect on your self worth 	<ul style="list-style-type: none"> <input type="checkbox"/> Helplessness <input type="checkbox"/> Reflect on helplessness <input type="checkbox"/> Hiding yourself <input type="checkbox"/> Reflect on whether you hide
WEEK 8	<ul style="list-style-type: none"> <input type="checkbox"/> Good grief <input type="checkbox"/> Reflect on grieving loss <input type="checkbox"/> If it stays, it may be anger <input type="checkbox"/> Reflect on sadness and anger 	<ul style="list-style-type: none"> <input type="checkbox"/> Getting too much <input type="checkbox"/> Reflect on getting too much <input type="checkbox"/> Giving too much <input type="checkbox"/> Reflect on giving too much 	<ul style="list-style-type: none"> <input type="checkbox"/> Pain from boredom <input type="checkbox"/> Reflect on boredom <input type="checkbox"/> Avoiding stillness <input type="checkbox"/> Reflect on stillness 	<ul style="list-style-type: none"> <input type="checkbox"/> Feeling time pressure <input type="checkbox"/> Reflect on time pressure <input type="checkbox"/> Be at peace with peace <input type="checkbox"/> Reflect on your chaos 	<ul style="list-style-type: none"> <input type="checkbox"/> Overwhelming physical pain <input type="checkbox"/> Mind-body connection <input type="checkbox"/> Slow suicide <input type="checkbox"/> Reflect on suicidal thoughts

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	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 9	<ul style="list-style-type: none"> <input type="checkbox"/> Pain from anger or shame <input type="checkbox"/> The source of anger and guilt <input type="checkbox"/> Reflect on injustice <input type="checkbox"/> Environments breed mistakes <input type="checkbox"/> Environments can be sneaky <input type="checkbox"/> Reflect on fault 	<ul style="list-style-type: none"> <input type="checkbox"/> We're all trying our best <input type="checkbox"/> Reflect on acceptance <input type="checkbox"/> Applying this to anger <input type="checkbox"/> Reflect on anger 	<ul style="list-style-type: none"> <input type="checkbox"/> Acceptance is not complacency <input type="checkbox"/> Reflect on a kind response <input type="checkbox"/> Applying this to guilt and shame <input type="checkbox"/> Reflect on guilt and shame <input type="checkbox"/> Keep your tree pruned <input type="checkbox"/> Reflect on pruning 	<ul style="list-style-type: none"> <input type="checkbox"/> So who's responsible? <input type="checkbox"/> Accept and protect <input type="checkbox"/> Reflect on protecting <input type="checkbox"/> How to change <input type="checkbox"/> Reflect on your change 	<ul style="list-style-type: none"> <input type="checkbox"/> Forgive <input type="checkbox"/> Reflect on forgiveness <input type="checkbox"/> Mindfulness #11 <input type="checkbox"/> Emotional Pain Forum
WEEK 10	<p>HEALTH</p> <ul style="list-style-type: none"> <input type="checkbox"/> Welcome to the Health module <input type="checkbox"/> Let happiness find you <input type="checkbox"/> Reflect on health for health <input type="checkbox"/> Emotional fitness <input type="checkbox"/> Reflect on emotional fitness 	<ul style="list-style-type: none"> <input type="checkbox"/> Treat your body well <input type="checkbox"/> Exercise <input type="checkbox"/> Reflect on your exercise <input type="checkbox"/> Nutrition <input type="checkbox"/> Reflect on your nutrition 	<ul style="list-style-type: none"> <input type="checkbox"/> Addiction and eating disorders <input type="checkbox"/> Sleep <input type="checkbox"/> "Smart" goals <input type="checkbox"/> Reflect on a smart goal 	<ul style="list-style-type: none"> <input type="checkbox"/> Grab your moments <input type="checkbox"/> Reflect on grabbing moments <input type="checkbox"/> Boredom allows excitement <input type="checkbox"/> Reflect on boring routine <input type="checkbox"/> Create ritual <input type="checkbox"/> Reflect on your ritual 	<ul style="list-style-type: none"> <input type="checkbox"/> Staying centered <input type="checkbox"/> Reflect on centeredness <input type="checkbox"/> Trajectory <input type="checkbox"/> Reflect on trajectory

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WEEK 11	<ul style="list-style-type: none"> <input type="checkbox"/> Small things make big things <input type="checkbox"/> Just start something <input type="checkbox"/> Reflect on building something <input type="checkbox"/> Find a mentor <input type="checkbox"/> Reflect on mentorship 	<ul style="list-style-type: none"> <input type="checkbox"/> Old fashioned reading <input type="checkbox"/> Reflect on reading <input type="checkbox"/> Health = self love <input type="checkbox"/> Reflect on self love <input type="checkbox"/> Mindfulness #12 	<ul style="list-style-type: none"> <input type="checkbox"/> Grow through giving <input type="checkbox"/> Reflect on giving <input type="checkbox"/> Healthy relationships <input type="checkbox"/> Reflect on relationship needs <input type="checkbox"/> Who am I? 	<ul style="list-style-type: none"> <input type="checkbox"/> Finding connection <input type="checkbox"/> Reflect on connection <input type="checkbox"/> Finding a way to live <input type="checkbox"/> Reflect on a way to live <input type="checkbox"/> Finding meaning and purpose <input type="checkbox"/> Reflect on your purpose 	<ul style="list-style-type: none"> <input type="checkbox"/> Finding yourself <input type="checkbox"/> Reflect on finding you <input type="checkbox"/> Should I be abstinent? <input type="checkbox"/> Reflect on abstinence
WEEK 12	<ul style="list-style-type: none"> <input type="checkbox"/> The whole you <input type="checkbox"/> Reflect on the whole you <input type="checkbox"/> Humility and gratitude <input type="checkbox"/> Reflect on gratitude 	<ul style="list-style-type: none"> <input type="checkbox"/> Your mind extends out <input type="checkbox"/> Reflect on your minds' extension <input type="checkbox"/> Health leads to more health <input type="checkbox"/> Reflect on raising capacity 	<ul style="list-style-type: none"> <input type="checkbox"/> Build a process <input type="checkbox"/> Reflect on living by process <input type="checkbox"/> Self commandments <input type="checkbox"/> Reflect on your commandments 	<ul style="list-style-type: none"> <input type="checkbox"/> Practices are never done <input type="checkbox"/> What's next? (and a Resources List) <input type="checkbox"/> Reflect on your next step <input type="checkbox"/> Mindfulness #13 	<ul style="list-style-type: none"> <input type="checkbox"/> Your addiction story <input type="checkbox"/> Reflect on your addiction story <input type="checkbox"/> Change the story you tell <input type="checkbox"/> Reflect on living your new story <input type="checkbox"/> Goodbye <input type="checkbox"/> Health Forum <input type="checkbox"/> Never stop growing!

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