

Assessing Your Lifestyle

Living a balanced lifestyle can help raise your satisfaction with your life and reduce your risk for relapse. If the imbalance is too great, and you become overwhelmed by obligations and pressures, you may be tempted to use drugs/alcohol in order to escape. Although some areas may become temporarily out of balance, the important issue is to strive for a balance that works for you.

Review the following questions to help you assess how balanced your life is currently. Take notice of any areas where you have difficulty with moderation.

Physical

- Do you exercise regularly?
- Do you follow a reasonable diet?
- Do you take good care of your appearance?
- Do you get sufficient sleep?
- Do you get regular medical and dental checkups?

Mental/Emotional

- Do you have strategies for coping with stress?
- Do you worry too much or experience excessive stress?
- Are you significantly depressed or anxious?

Intellectual

- Are you able to satisfy your intellectual needs?
- Do you have enough interests to satisfy your intellectual curiosity?

Creative/Artistic

- Do you regularly practice your creativity/art?
- Do you have talents or abilities that are not being fully utilized?

Family

- Are you generally satisfied with family relationships?
- Do you spend enough time with your family?
- Can you rely on your family for help and support?

Personal relationships

- Are you generally satisfied with the quantity and quality of your personal relationships?
- Do you have friends you can depend on for help and support?
- Are you able to express your ideas, needs and feelings to others?
- Are there any specific relationships in which you have serious problems?

Spiritual

- Is there enough love in your life?
- Do you pay enough attention to your "inner" spiritual life?
- Do you feel a sense of inner peace?

Work/School

- Are you generally satisfied with your work/school situation?

- Do you spend too much time or effort working?
- Do you spend too little time or effort working?

Financial

- Do you have sufficient income to meet your expenses?
- Do you have any serious financial problems?
- Do you handle your money responsibly?