

# Believe In Your Self

## Recovery #1: Winning the War Within



Sometimes it can seem like you have a “war within” – between the positives and negatives of recovery. Sometimes you might feel committed to recovery, while other times you’re not so sure. It’s important to honor all of your thoughts and feelings about recovery, without judgment. Make notes on the “4-Corner Grid” illustration below:

<p><b>NEGATIVES of ED</b> (consequences of quitting recovery)</p>	<p><b>POSITIVES of IT</b> (benefits of staying in recovery)</p>
<p><b>POSITIVES of ED</b> (benefits of quitting recovery)</p>	<p><b>NEGATIVES of IT</b> (consequences of staying in recovery)</p>

*In which corners of the grid did you write the most? Which corners seem most compelling? What is causing your “war within,” and how can recovery win? Ask your EDIT™ Certified practitioner for help to enhance the wisdom expressed on the top half of the grid, and to address any concerns revealed in the bottom half of the grid. Note your observations and action steps:*