

INTEGRAL RECOVERY WORKBOOK

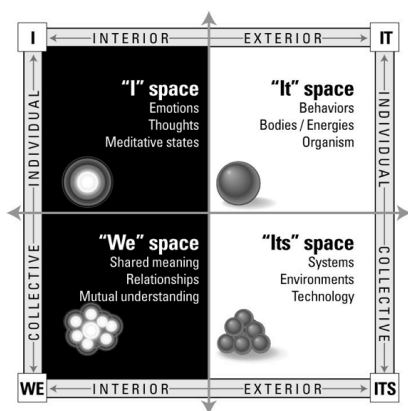


by Heidi Mitchell & John Dupuy

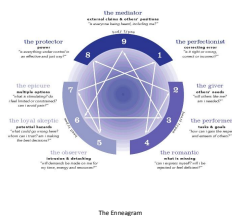
Introduction

Welcome to your Integral Recovery workbook. I hope you will feel very free to be completely candid and free about sharing your thoughts and emotions in this workbook. I invite you to go deep, write thoughtfully and without hesitation, and allow yourself to be surprised at what comes forth. If any of the exercises inspire you to write more than there is room for here, please grab a new pad of paper or open a Word doc on your computer and continue writing as much as you want.

The exercises in this workbook are intended to be worked in conjunction with reading John Dupuy's *Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction*. Wishing you a fruitful and illuminating experience ahead.



The Four Quadrants



designed by Leigha Schneider

The Enneagram



The Spiral

Exercise 1 - Complete after reading *Integral Recovery, Chapter 1*

Am I an Addict?

Using the definitions in *Integral Recovery, Chapter 1* (p. 20-24), honestly assess if you are an addict. Remember, we have no agenda to make you an addict if you are not. But if you are, and you do not realize it and take responsibility, it can and will destroy your life in all four quadrants.

If you have identified yourself as an addict, list below the definitions according to the reading that apply to you, i.e., mental obsession with taking drugs or alcohol, progressive loss of control, etc.

- 1.
- 2.
- 3.
- 4.

Now write down the ways in which addiction has hurt your life, and how your life could be different if you were not an addict, i.e. better relations with my family, more professional success, I'd be a better friend, etc. But don't be limited to my list. Dig deep and look at your own life.

- 1.
- 2.
- 3.

4.

5.

6.

7.

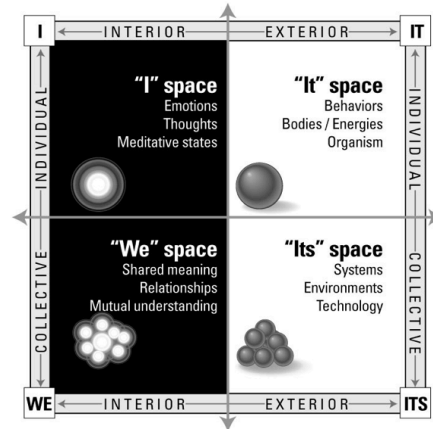
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Exercise 2 - Complete after reading *Integral Recovery*, Chapter 2

Four-Quadrant Self-Assessment



Starting with the Upper-Right quadrant, do a four-quadrant self-assessment. Ask yourself the following questions.

Upper-Right Quadrant

1. What is my current state of physical health? It might be helpful to use a 1-10 scale, 1 being "Next step -- the funeral parlor," and 10 being "Ready to compete in the upcoming Olympics."
2. How has my addiction affected my physical health?
3. What would my physical health be like if I were not an addict and adopted a lifestyle that included intense exercise, healthy nutrition, and supplements, if necessary?

Upper-Left Quadrant

1. What are the stories I tell myself about myself and about the world? For example, *life sucks and so do I; life is tragic and ultimately meaningless, or life is a miracle, and I am an essential part of an awesome, ongoing story of creativity and higher consciousness (or anything in between).*

2. What is my current state of emotional health? Use a 1-10 scale again, 1 being, *I hate life, myself, and the world, and I want to kill myself,* and 10 being, *I am in a state of unitive bliss with God, the universe, and the great mystery, and experiencing indescribably joy, peace, and bliss.*

3. What practices do I currently do to work on my interior life? This might be, *I drink a lot of alcohol to not feel emotional or spiritual pain,* or *I meditate,* etc.

Lower-Left Quadrant

1. What is the current condition of my relationships with others? For example, “My social life’s a dud. My name is really mud. I’m up to here in lies. Guess I’m down to size.” (Lyrics from Talk Talk). Or, as B.B. King says, “The thrill is gone.” Or, *my addiction has caused me to betray my most important relationships, i.e., my children, my wife, my siblings, my parents, etc. Or, I have lost all trust from my professional colleagues because of my addict-driven acting out. I have lied, stolen, and cheated, and have suffered both internal and external consequences from these behaviors, brought about by my addiction. Or, I’ve worked hard to be a good family member, parent, or spouse.*

2. What current relationships do I feel I need to focus on restoring and healing as a part of my Integral Recovery journey?

Lower-Right Quadrant

1. What is my current relationship to the world-at-large? Ask yourself, for example, have I reached my educational goals? Do I have a profession that allows me to contribute to the world and allows me to live in financial independence and dignity? Am I current with my bill paying and financial obligations? Do I have a home that is nurturing and life supporting? Do I have the necessary technologies that allow me to function in our current world milieu, such as a vehicle, computer access, or Smart Phone? It could be as simple as, is there food in the refrigerator, and do I have money to put gas in the car?

My Four-Quadrant Conditions in 2 Years

Addiction is a progressive disease that causes catastrophic damage in all 4 quadrants. You've examined your current conditions in all 4 quadrants, now imagine if you continue the addictive downward spiral, what would the conditions in all 4 quadrants be two years hence. This might be: *Not a problem, I will be dead.* However, our influence continues in all 4 quadrants in the lives of those we are intimate with, even if we do pass away.

Now imagine, where would you be two years hence if you recovered integrally and worked with dedication to improve the conditions and relationships in all 4 quadrants?

Having answered the question “Am I an Addict,” and if so, written down the negative effects of the 4 essential dimensions or quadrants of your life, assess your current motivation to stop using drugs and/or alcohol and get well, on a scale of 1 to 10, 1 being possibly, *this is stupid, I need a drink*, 10 being, *I just looked in the mirror, I’m done, I can’t do it anymore. I’m getting help and I’m quitting*.

Exercise 3 - Complete after reading *Integral Recovery, Chapter 3*

My Stage of Development

Ask yourself, where is my center of gravity on the Spiral Dynamic's spiral? Identify your predominant value meme.

I.e., Beige: Mommy!!!

Red: I'm a red gangster and what the f_____ are you looking at?

Purple: the spirits have caused my computer to crash again.

Blue: I'm a fundamentalist whacko.

Orange: I'm a greedy capitalist *schwein*.

Green: I'm a mushy-headed tree hugger.

Or: I'm moving into Integral and yes, I do love my Mommy (beige), and our ancestors did have a more intimate relationship with the natural world, which I need to cultivate (purple), and at times I must be tough and rugged like a warrior (red) and what *are* you looking at? I cultivate my devotional and humble spirit before the majesty of God and the universe (blue); I understand skillful means and that to function I need to be successful financially in order to participate in the ongoing marketplace of ideas, products, and services (orange); and my big, beautiful, green heart also needs a big, brilliant, effective brain.

What are the strengths and what are the weaknesses of your particular level of development?

Where are your closest family members on the spiral and how does this affect your relationship to them?

Describe a situation in which you might skillfully use this knowledge of stages to better communicate with people at a certain stage of development, i.e., how you would speak with a fundamentalist Christian if you wanted them to hear you, or how you would speak to an orange, evidence-based, success-oriented person. Think about the same situation with a multi-cultural, environmentalist green individual.

Exercise 4 - Complete after reading *Integral Recovery, Chapter 4*

My Essential Self-Related Lines

Develop a personal “psychograph.” Be sure to include the five essential lines: spiritual, emotional, cognitive, physical, and ethical. Also include any other lines that are especially relevant to you personally, i.e. musical, artistic, inventive, culinary, creative.

Now list below which lines, or capacities, need immediate attention in order for you to achieve your goals of recovery and optimal health.

In which lines do you feel you come close to excelling? Explain why.

What lines do you feel are your highest and most developed and what lines are your least developed? For example, *I am very intelligent, I have a high IQ, but I wouldn't recognize an emotion if it came and sat in my lap. Or, I'm in very good physical shape, on the level of being an elite athlete, but I'm terrified to look inside because of what I might find there, and what I experience might completely overwhelm me -- at least that's my fear.*

Exercise 5 - Complete after reading *Integral Recovery, Chapter 5*

States

What states do you crave consistently, and what states have you used drugs to try to obtain and prolong? I.e., *I don't want to feel any pain; I just want to feel at peace. Or, I don't want to feel socially anxious; I want to be outgoing and well-liked. Or, I don't want to feel depressed; I just want to be happy and not give a damn.*

- 1.
- 2.
- 3.
- 4.
- 5.

List below the states you particularly avoid, i.e., depression, social anxiety, fear, self-hatred, paranoia, hatred of others, despair, and write down how you have used your addiction to avoid them.

- 1.
- 2.
- 3.
- 4.
- 5.

Exercise 6 - Complete after reading *Integral Recovery, Chapter 6*

What type am I?

1. Identify whether you are a masculine or a feminine type, regardless of whether you are male or female, on a scale of 1-10. One being: completely masculine, i.e., John Wayne and Steven Seagal; don't mess with me -- I'm on a mission; I'm strong and independent; I take care of myself, I get it done. And 10 being: completely feminine, i.e., Marilyn Monroe; I give myself to others; I am full of compassion; connecting with others is the most important thing. Of course, at the unhealthy end of the spectrum, the masculine is very self-obsessed and self-driven, whereas the unhealthy feminine is very codependent, and gives herself away in order to satisfy others in ways that are unhealthy and betray the self. To achieve a healthy, balanced self of sense, one must have the strength, courage, and decisiveness and limit-setting ability of the healthy masculine, as well as the compassionate, caring, and connecting capacity of the healthy feminine.

Identify what Enneagram type you are. For this we recommend you read the type paragraphs in David Daniels' book *The Essential Enneagram*, or Riso and Hudson's book *The Wisdom of the Enneagram*, and view the videos on You Tube of John Dupuy talking with Leslie Hershberger about the Enneagram and addiction (<https://www.youtube.com/watch?v=mmYHaTmsgds>). Some of you might know immediately when you have found your type, blushing with recognition at the accuracy of the description of your inner self, and for others, identifying your type can be more of a process with a few hit and misses along the way.

Read the descriptions of the unhealthy, average, and healthy aspects of each type in Riso & Hudson's book *The Wisdom of the Enneagram*, recognizing that you might start off the day in the basement and work yourself up through average to healthy in any 24-hour period. Through practice, we can stabilize ourselves mostly in the healthy manifestations of our personal types. Do you think you are in the unhealthy, average, or healthy range of your type?

Which trait/s of your type do you identify with the most?

What has identifying your Enneagram type illuminated about your personality and your personal journey?

How might your individual strengths as per your type be useful in your Integral Recovery journey, and how might some of the pathological aspects of your type have led to your addictive career?

Discuss what challenges your particular type needs to take on in order to heal, grow, and evolve, and talk about what you might do to bring on your higher potential. A good clue is to find what point your type moves toward in the process of integration. For example, the fearful Six moves toward the peaceful Nine when getting healthy. Identify the point that you move towards when integrating and what the healthy aspects of that point are that can help you on your journey toward Integral sobriety and wholeness.

Exercise 7 - Complete after reading *Integral Recovery, Chapter 7*

Asking the Deep Questions

Integral Recovery is not just about not taking drugs, but about discovering who you are and what you are here to do. Who am I, and what is my path of service? When we deeply understand the answers to both of these questions, a tremendous reorganization of the self takes place, and the steps that must be taken and the practices that must be engaged in become clear. Know this: there is no greater authentic joy and happiness than finding out who we are and what we are here to give.

Imagine you are getting ready to go into the wilderness to do a 3 or 4 day prayer fast. What is, or what are, the sacred medicine question/s you would ask?

1.

2.

3.

Exercise 8 - Complete after reading *Integral Recovery*, Chapter 8

Building your Body

Given what you have read in *Integral Recovery*, what would an ideal program of physical fitness and vitality be for you? And what changes would you have to make in your life in order to be able to accomplish these goals? If you already have an effective, solid fitness practice and feel fit as a fiddle, share what you are doing and how you got there.

Exercise 9 - *Complete after reading Integral Recovery, Chapter 9*

Brain Transformation

Describe your history in relation to meditation, whether it is something you have engaged in, something you have thought about for years, or whether this is a completely fresh idea for you.

Now use the Harmonic Resonance Meditation tracks that have been supplied to you and describe your experience.

Exercise 10 - Complete after reading *Integral Recovery, Chapter 10*

The 3-2-1 Shadow Process

Identify an aspect of yourself that you are conscious of that needs to be brought into the light of awareness. There may be parts that you are not aware of yet, but will reveal themselves as your practice deepens over time. However, most of us can identify at least one or two aspects of ourselves that we are clearly uncomfortable with or don't want to look at, such as self-loathing, fear of success, feelings of personal inadequacy, etc.

Now practice the 3-2-1 Shadow Process. Write down what happened in the:

3rd person perspective:

2nd person perspective:

1st person perspective:

Exercise 11 - Complete after reading *Integral Recovery, Chapter 11*

Healing the Spirit

Do you relate with “God” (or spirit, universe, oneness -- however you wish to language the concept) predominantly in a 1st person, 2nd person, or 3rd person way? Or in an absolute rejection of the whole idea? Even if you are an atheist, you can look at the whole God thing from a 3rd person perspective, e.g., millions of people in the world believe in a concept called God. Notice that you are not saying you *believe* in God, you are simply acknowledging that millions of your fellow human beings do. This is a third person perspective.

Describe your current state of spiritual awareness or development.

Exercise 12 - *Complete after reading Integral Recovery, Chapter 12*

Mastery

Identify which of Leonard's four types of practitioners you are, the Hacker, the Dabbler, the Obsessive, or the Master — or a fifth type, the non-practicer, who has never practiced and never even thought about practicing. This is what we call precontemplation, in other words you haven't even thought about thinking about it yet.

What are the difficulties you face in becoming a master of practice, and what are the benefits that you could obtain by becoming a master practitioner?

Exercise 13 - Complete after reading *Integral Recovery, Chapter 13*

The 4 Rs

Choose a family member who you have difficulties with and with whom you feel your relationship needs work and healing. Imagine them in your mind and write out the 4 Rs that you would like to share, or feel that it would be good to share, with this family member. Under each category, there can be numerous examples. Some people do 2 or 3, others have done 15 - 20 or more.

Your Resentments:

Your Regrets:

Your Respects:

Your Requests:

How did you feel anticipating this exercise, how did you feel while you were doing it, and how did you feel afterwards?

Exercise 14 - Complete after reading *Integral Recovery, Chapter 14*

My Unique Gifts

Identify your unique gifts that you would like to bring to the world. This might take some days for some of us. Ask your friends or family if you need help. This is important because when we realize that we do have work to do, it gives us a very good reason to heal and stop taking drugs. Remember, Integral Recovery is about moving away from the negative and moving toward the positive. Addiction is the path of destruction and death, and recovery is the path of creativity and life.

My unique gifts are:

You have come to the end of the workbook. Congratulations!

We hope it has been an illuminating journey of self-discovery and that it may serve you and everyone you interact with well.

Feel free to send questions or comments you would like to share with the Integral Recovery community at info@integralrecoveryinstitute.com.

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Integral Recovery Institute

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