

30 Tasks of Recovery

Break through denial 1	Understand addiction 2	Surrender 3	Limit Damage 4	Establish sobriety 5	Physical integrity 6
Culture of support 7	Multiple addictions 8	Cycles of abuse 9	Reduce shame 10	Grieve losses 11	Closure to shame 12
Relationship with self 13	Financial viability 14	Meaningful work 15	Lifestyle balance 16	Building support 17	Exercise and nutrition 18
Spiritual life 19	Resolve conflicts 20	Restore healthy behaviours 21	Family therapy 22	Family relationships 23	Recovery commitment 24
Issues with children 25	Extended family 26	Differentiation 27	Primary relationship 28	Coupleship 29	Primary intimacy 30

Tasks 1-7

Stabilization and sanity

12 to 18 months

Tasks 8-19*

Recovery Zone I: Creating Personal Recovery

18 months to 3 years

Tasks *19-30

Recovery Zone II: Creating Family Recovery

3 to 5 years