

# 30 Tasks of Recovery

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