



3 Circles Tool

visual stop light

OUTER
Healthy/Free
Safe/Sane
Thriving

MIDDLE
Slippery
Risky
Unhealthy
Surviving

INNER
Acting Out
Dangerous
Unacceptable

RELAPSE ZONE

DANGER SLIPPING*

*Leads to feelings of
guilt, disappointment
& demoralization.
If not checked, leads
to acting out.*

RECOVERY – WELLBEING - SOBRIETY

*Powerless to stop once
started – leads to shame &
negative consequences.
Brought us into SAA.*

*SLIP = Sobriety Loses its Priority





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ACTING OUT
pornography
masturbation
escorts
massage parlors
explicit viewing
trolling to feed lust

SLIPPING*
explicit viewing
fantasizing
lustful lingering
missing meetings
no accountability
stuffing resentments
stuffing anger
isolating

*Leads to feelings of
guilt, disappointment
& demoralization.
If not checked, leads
to acting out.*

**HEALTHY RECOVERY - WELLBEING
- SOBRIETY & FREEDOM**

Deliberate Daily Affections - PLANNED
Energy into our Relationship - PLANNED
Authentic Intimacy – Being Vulnerable
Recognizing & Processing Anger
Recognizing & Processing Resentment
Daily Commitment: Body, Mind, Spirit
Available to Others - Useful

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