



# 3 Circles Tool

visual stop light

**OUTER**  
Healthy/Free  
Safe/Sane  
Thriving

**MIDDLE**  
Slippery  
Risky  
Unhealthy  
Surviving

**INNER**  
Acting Out  
Dangerous  
Unacceptable

**RELAPSE ZONE**

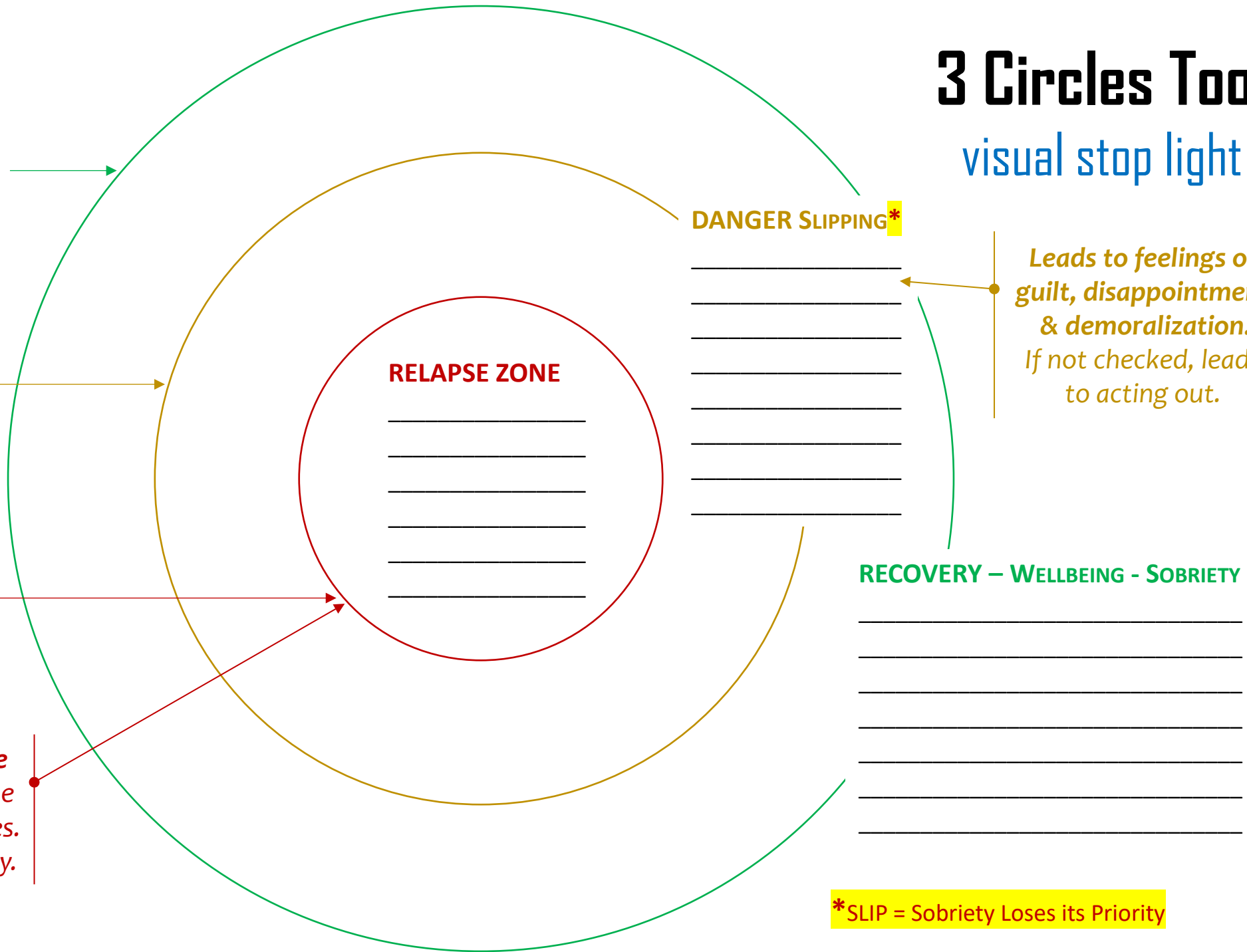
**DANGER SLIPPING\***

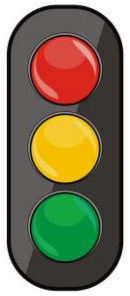
*Leads to feelings of  
guilt, disappointment  
& demoralization.  
If not checked, leads  
to acting out.*

**RECOVERY – WELLBEING - SOBRIETY**

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

**\*SLIP = Sobriety Loses its Priority**





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SAMPLE

**ACTING OUT**  
pornography  
masturbation  
escorts  
stealing/hiding money  
massage parlors  
explicit viewing  
trolling to feed lust

**SLIPPING\***  
fantasizing  
flirting (any & all)  
lustful lingering  
missing meetings  
no accountability  
stuffing resentments  
stuffing anger  
isolating

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guilt, disappointment  
& demoralization.  
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## HEALTHY RECOVERY & WELLBEING - SOBRIETY & FREEDOM

1. **Actively Working a Program of Recovery**  
(attend meetings; work the steps with a sponsor;  
morning meditation; one accountability call per  
day, one peer or sponsee)
2. **Available & Accountable to Others;** engaging  
with others in recovery
3. Processing Anger & Resentment
4. Investing Time & Energy into Relationships
5. Practicing the Principles in my life
6. Rumination & Positive Thinking work

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