



Things to Try to Overcome Chaos

Treat this like a MENU, not a to-do list. Pick one thing to try at a time, focus on it for 3 to 4 weeks, then try something else. A menu of small habits that make big changes for addiction or trauma — structure is grace (Genesis 1).

Morning meditation or prayer

Pray for the day ahead, asking for what you need to stay sober or respond wisely to triggers. Try the serenity prayer, or the addiction/trauma tracks in Headspace, Calm, or Abide.

Reading

Read recovery literature and do what it says: the AA Big Book, a relevant 12-step book, or a trauma book like The Body Keeps the Score. See Restored.Life/reading for our favorites.

Check-in or sponsor calls

At least once a day, call a peer in recovery, your sponsor, mentor, or accountability partner. Cover what you're working on, what's next, and whether you've stayed sober since the last call. Upgrade to face-to-face when possible.

Meetings

Recovery from addiction or trauma does not happen alone. You need the acceptance, support, and accountability that only other people on the road can offer. We keep referral lists of trusted groups at Restored.Life.

Evening meditation or prayer

Pray with gratitude for the day you had — even if you slipped. Ask for humility to learn and strength for tomorrow. If you stayed sober, celebrate that.

Inspired by Douglas Weiss, PhD, Heart to Heart Counseling in Colorado Springs.

Track your efforts and results

Pick ONE habit at a time. Mark each week you practiced it, then write what actually changed. Review with your counselor, group, or spouse.

Habit I'm trying	Wk 1	Wk 2	Wk 3	Wk 4	What changed?