

THIRD TRUTH INVENTORY

Recovery is possible. Answer each question in depth and detail. It is best to use a notebook or file that is dedicated solely for this process.

- What have you learned or discovered so far that has been most beneficial to your recovery?
- What is the biggest challenge that you have had to overcome to make it to this point? What has allowed you to overcome this challenge?
- What is your greatest source of strength that allows you to stay in your recovery?
- How would you rate your effort and willingness to put into place all of the tools and skills you've learned? How well do you utilize the skills you have learned? What is your biggest blind spot? Where do you need more support?
- In your own words, how would you define the word "addiction"? How identified with the identity of "addict" are you?
- In your own words, how would you define the word "recovery"? How are you deepening your own recovery?
- What does the term "refuge" mean to you? Where do you turn for refuge?
- What does the term "sangha" mean to you? Where do you turn to for community? If you don't have a community, where could you look for one?
- Which term do you feel closest to, and why? CONFIDENCE / FAITH / TRUST Define that term.
- Reflect on how you can deepen your confidence, faith, or trust.
- What meditation practices have you found to be most useful? Explain.

- How are you deepening your practice? Do you have any plans to do retreat?
- Describe the most challenging aspects of your own mind. What is your strategy for meeting these challenges?
- What behaviors have you utilized in your recovery that has led to beneficial outcomes (both for yourself and in your relationships)?
- Describe what being generous looks like to you. How are you deepening the practice of generosity in your recovery? Do you do any service work?
- How often do you work with the heart practices (Metta or loving-kindness, forgiveness, compassion, etc.)? How are you developing the heart practices off of the cushion?
- How are you working toward healing the core relationships in your life?
- How are you deepening your understanding of spiritual practice and the Eightfold Path? Do you attend any Buddhist courses, listen to podcasts, read educational books, etc.?
- What skillful activities bring you joy? How can you make more time in your life for these activities?