



INTEGRITY ALERT Action Plan

What is the Integrity Alert?

This is a very useful tool for visualizing and understanding bottom line problematic behaviors, triggers, and healthy behaviors.

Like any other tool, it is only as useful as the effort put in to your particular situation. However, if used properly, it can provide a really useful framework for recovery. So let's take a look at the different parts of the traffic light.



The **RED ALERT** is the most obvious of the three. It encompasses the problematic behaviors that have been unmanageable and may have brought you shame and feelings of powerlessness over them. These are behaviors that break that marriage covenant and the vows to cherish and honor your partner above all others, in sickness and health. Consider inviting your partner into this process to build unity and understanding around these problematic behaviors.



The **YELLOW ALERT** plays a very important role in this process. The warning sign. These are the behaviors that act as enablers or precursors to the problematic behaviors. They are important to identify and keep in the front of mind to prevent relapses or slips. They are meant to be a warning sign, if you find yourself doing any of these, it is time to look for a way out before spiraling into the **RED**.



The **GREEN LIGHT** is the all clear, and as such, the main focus of the exercise. To successfully replace the dopamine surge from problematic behaviors, you must first recognize the real, unmet needs those behaviors are attempting to fulfill. Fundamental to this work is understanding your core values, which helps identify healthy behaviors and empowers you to live in integrity as your true self.

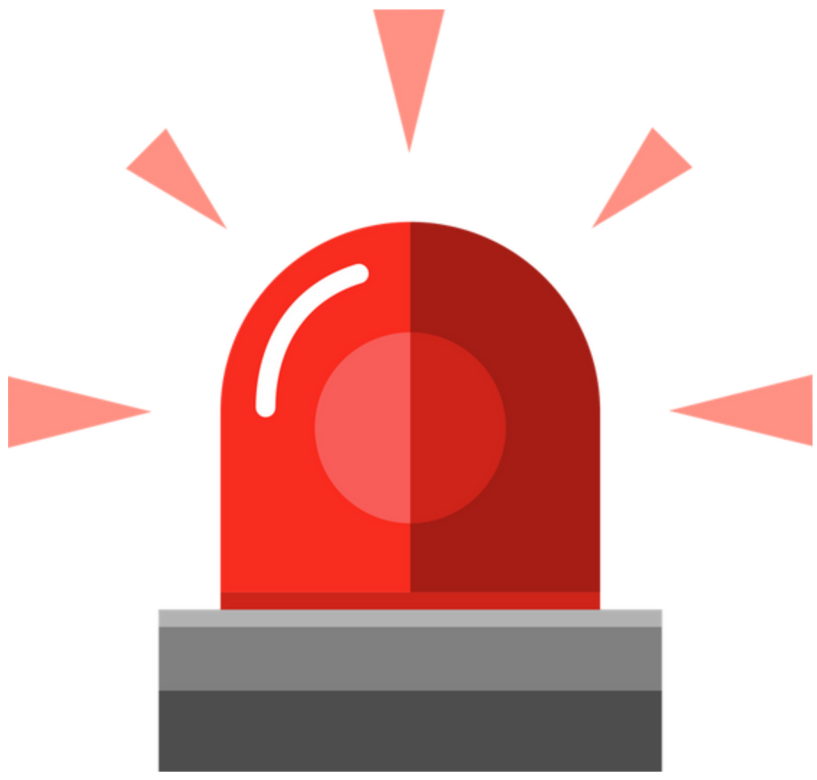


Hope in the Havoc



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Action Plan



List the **problematic** behaviors you have identified and no longer want in your life



List the behaviors **leading** to compromising your integrity through red light behaviors



List the **healthy** behaviors that help you live in integrity as your true self



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