INTELLECTUAL DIMENSION:

This dimension encourages non-chemical creative stimulation, exploration of healthy outlets, engagemment in sober fun, finding fulfillment through returning to familiar activities while discovering new hobbies and interests.

	I stopped doing d/t addiction	Associated with addiction	I have continued to	I want to do this in sobriety	High Risk or Low Risk?		I stopped doing d/t addiction	Associated with addiction	I have continued to do this	I want to do this in sobriety	High Risk HR or Low Risk?
Put a check mark under each column that applies. You may check multiple columns.	addiction	diction	do this	sobriety	Risk?	Leave any row blank as needed. Use the space below to add any activities not listed.	ddiction	diction	do this	sobriety	w Risk?
Making films						Bowling					
Astronomy						Road trips					
Photography						Traveling					
Archery/shooting range						Dancing					
Fashion/make-up						Fishing/hunting					
Interior design						Boating/kayaking/SUP					
Running/jogging/walking						Playing/watching sports					
Snorkeling/scuba diving						Anime					
Ceramics/pottery						DIY					
Flea market/thrifting						Going to the pool/sunbathing	1				
Martial arts						Being with friends/socializing					
Creative writing/journaling Concerts/live music						Dating Gardening/yardwork					
Mountain/road biking						Hiking/camping/backpacking					
Acting/stand-up comedy						Crafts/scale modeling					
						Movies/theatre/film					
Shopping Video/computer games						Painting/drawing/coloring					
Electronics						Board/fantasy/card games					
Crocheting/knitting						Cooking/baking					
Mechanics						Volunteering/service-work					
Podcasts - listening/creating						Animals/wildlife/pets					
Astrology		-				Skateboard/longboard/roller	+		-	-	
Music - singing/instruments						Family nights	+		<u> </u>	-	
Graphic design						Reading- books, articles, blogs	1				
Meditation	-	-				Upsell/Resell/Restoration	+			-	
Going to church	1	1				Tarot/reiki/intutive arts	+			 	
Formal schooling/learning						Park/backyard recreation	+				
Working out/fitness						Entertaining guests					
Yoga/tai-chi/pilates						Genealogy					
Rock/indoor climbing						Horseback riding					
Ski/snowboard						Rafting/kayaking/canoeing					
Woodworking/metalworking							1				
Recovery meetings/events							1				
Learn a new language											