


INTELLECTUAL DIMENSION

This area encourages non-chemical creative stimulation, exploration of healthy outlets, engagement in sober fun, finding fulfillment through returning to familiar activities and discovering new ones. The intellectual dimension is all about learning, growing and having new experiences.

 Put a check mark under each column that applies. Write in your own favorite activities in the space below.	I stopped doing d/t addiction	Associated with addiction	I have continued to do this	I want to do this in sobriety
Making films				
Astrology				
Photography				
Archery/shooting range				
Fashion design				
Interior design				
Running/jogging/walking				
Diving/surfing/snorkeling				
Ceramics/pottery				
Flea market/thrifting				
Martial arts				
Creative writing/journaling				
Concerts/live music				
Flying kites				
Acting/stand-up comedy				
Shopping				
Video/computer games				
Electronics				
Crocheting/knitting				
Mechanics				
Podcasts - listening/creating				
Astronomy				
Music - singing/instruments				
Graphic design				
Meditation				
Going to church				
Going to school				
Working out/fitness				
Yoga/tai-chi/pilates				
Museums				
Ski/snowboard/snowshoe				
Woodworking/furniture restore				
Extreme sports				
Learn a new language				

 Put a check mark under each column that applies. Write in your own favorite activities in the space below.	I stopped doing d/t addiction	Associated with addiction	I have continued to do this	I want to do this in sobriety
Bowling				
Road trips				
Traveling				
Dancing				
Fishing/hunting				
Boating/kayaking/SUP				
Playing/watching sports				
Collecting/memrobillia				
Billiards				
Going to the pool/sunbathing				
Being with friends				
Dating				
Gardening/yardwork				
Hiking/camping/backpacking				
Crafts/scale modeling				
Going to movies/theatre				
Painting/drawing/coloring				
Board games/card games				
Cooking/baking				
Volunteering				
Animals/wildlife/pets				
Skateboard/longboard				
Family nights				
Reading- books, articles, blogs				
Camping				
Tarot/intuitive cards				
Reiki				
Entertaining guests				
Genealogy				