## INTELLECTUAL DIMENSION:

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

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Put a check mark under each column that applies. You may check multiple columns.	I stopped doing d/t addiction	Associated with addiction	I have continued to do this	I want to do this in sobriety	High Risk or Low Risk?	Leave any row blank as needed. Use the space below to add any activities not listed.	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?
Making films						Bowling					
Astrology						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						Collecting/memrobillia					
Ceramics/pottery						Chess					
Flea market/thrifting						Going to the pool/sunbathing					
Martial arts						Being with friends					
Creative writing/journaling						Dating					
Concerts/live music						Gardening/yardwork					
Mountain/road biking						Hiking/camping/backpacking					
Acting/stand-up comedy						Crafts/scale modeling					
Shopping						Going to movies/theatre					
Video/computer games						Painting/drawing/coloring					
Electronics						Board games/card games					
Crocheting/knitting						Cooking/baking					
Mechanics						Volunteering/service-work					
Podcasts - listening/creating						Animals/wildlife/pets					
Astronomy						Skateboard/longboard					
Music - singing/instruments						Family nights					
Graphic design						Reading- books, articles, blogs					
Meditation						Upsell/Resell/Restoration					
Going to church						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											
Recovery meetings/events											
Learn a new language											