

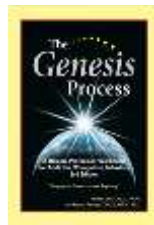
Self-Discovery Journal

Genesis Skills for Recovery



Red Dog / Blue Dog Class

by Dean Perry



Genesis Skills for Recovery Class Workbook
RED DOG / BLUE DOG

Name: _____

Session 1: Which Dog is It?

What are some arguments you've had in your head about doing the right thing or the wrong thing?

4 Recovery Skills from using the Red Dog / Blue Dog tool (from the video)

1. _____ - Discovery
2. Choosing the _____ thing
3. _____ support and accountability
4. Creating an environment of _____

Identifying my Red and Blue Dogs - use the worksheet in the back of this journal or on page 9 of the Genesis Workbook to identify the breed of your Red and Blue Dogs.

Genesis Skills for Recovery Class Workbook
RED DOG / BLUE DOG

Exercise #1: Become aware of your 2 dogs by taking a personal inventory of how they show up this week. Record your observations below.

1. Times I saw my dogs show up and things they argued about:

DAY	RED DOG	BLUE DOG	MY DOGS ARGUED ABOUT:

2. I challenged _____'s red dog on:

3. I encouraged _____'s blue dog on:

4. What I learned about my Red and Blue Dog this week:

What did my **Red Dog** like to do? Where did it want to go? Who did it like to be with? What did it think about?

What did my **Blue Dog** like to do? Where did it want to go? Who did it like to be with? What did it think about?

When someone called out my Red Dog, I felt:

When I called someone on their Red Dog, I felt: