



DESCRIBING A HEALTHY 3D PATTERN

3D Recovery ® Resource 1.4

Name: _____ Date: _____

Recovering from any personal problem involves transforming the way you feel, think, and act. Once you have begun to understand a maladaptive pattern, it may be helpful to use this worksheet to describe adaptive feelings, functional thoughts, and effective actions that will guide your recovery. You may want to add arrows to describe the relationship between dimensions (firing order).

Adaptive Feelings

Functional Thoughts

Effective Actions