

## **Discussion Questions #11**

### ***Justifications***

1. Tell the story of the man who ate an entire bag of Oreos.
2. Define “justification.”
3. How do you justify your acting out behaviors?
4. Take time to write out and discuss the following statements (justifications) made to continue addictive behavior:
  - It’s okay, it really doesn’t hurt anyone else.
  - What people don’t know won’t hurt them
  - Well, I’ve already messed up so it doesn’t matter if I mess up again.
  - Now that I’ve relapsed, I have to begin again with day 1.
  - What other statements have you made to justify your continued behavior?
5. How can keeping track of the number of consecutive days sober useful & encouraging?
6. How can keeping track of the number of consecutive days sober discouraging & detrimental?
7. What is the benefit of keeping track of total days clean and sober?
8. Why is it true that in your recovery journey you don’t ever start over?
9. In the future, if these justifications come to mind why is it important to speak them out loud to someone you trust?
10. When justifications seem really believable what should you ask yourself and those who care about you?