

REFUGE RECOVERY

A Buddhist Path to Recovering from Addiction

SECOND TRUTH INVENTORY

Write an in-depth and detailed inventory about the difficulties that we have been trying to avoid. Investigate how craving for more pleasure and less pain led us into addiction. Share the inventory with your mentor and come to understand the cause of your addiction/suffering.

Let's look at the source of our sufferings and addictions. Remember that there is a difference between craving and desire. Craving is the thought and feeling that says "I have to have it, I cannot be happy without it". Desire says, "I want it, but will fine with or without it"

Craving for sense pleasures seems to be the most prevalent cause of addiction. Most addicts have deep wells of pain in their past. Their addictions were manifested as ways to avoid or replace the suffering they have been through. Let's look deeply and careful at our lives, to see what may have led to our addiction.

Answer each question in depth and detail. It is best to use a notebook or file that is dedicated solely for this process. These questions can also be found in the Refuge Recovery book on pages 15-17.

- What are your most painful memories? Write about what happened and how you have been carrying those memories with you.
- How did your addictions affect those memories, or how did those experiences affect your addiction?
- Are there things that you have been keeping in, secrets or experiences that you swore you would never talk about? Now is the time to let them out, your recovery depends upon it.
- Was there violence or abuse in your home? What did it feel like to be there?

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- Where you neglected in any way? What do you remember about that?
- Were there any inappropriate sexual experiences in your life? Abuse? Coercion? Rape? Molestation? Objectification? Exposure? What happened?
- Is there a family history of addictions/alcoholism? What was it like growing up with that legacy? How did it affect you?
- When did you first feel like escaping your reality?
- When did you start drinking/using/acting upon what would become your addictions?
- When did it become a problem?
- What's the thing that you are most afraid of? How did your addiction affect that fear?
- Have you contemplated or tried to take your own life in an attempt to be rid of pain? When? What happened? How do you feel about being alive now?
- How have addictive behaviors or substances been an escape from the realities of your life?
- Are there difficulties in your life you wish to avoid facing? What are they? Is that connected with addictive craving?
- What are you attached to? Make a list.
- Name some of specific sensory pleasure(s) you crave?
- Do you use physical pleasure to avoid pain? How?
- Do you intentionally create physical pain to control or avoid emotional pain? How? Cutting? Fighting? Extreme exercise?
- How has pleasure seeking caused you suffering? Give some examples.
- What could you have done differently when craving, rather than attempting to satisfy it?
- What do you think you need to be happy?
- What material things do you think would complete you?
- How is your happiness tied to your expectations? Do you indulge your addictions when you do get what you want?
- How has the craving for success caused you suffering?

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- Has failure led to relapse?
- What would your life look like if you were free from all forms of craving? Take some time and reflect on what freedom would feel like. Remember the end of craving does not mean the end of healthy passions and desires.