
Sober Tools - Fragmentation Profile

Fragmentation is a phase in the relapse process that, if not addressed, will increase your risk of returning to addiction. When the ways that we Think, Feel, Speak, and Act do not match up we are fragmented because we present a distorted picture of who we are and what we are trying to communicate.

Task 1: Describe a recent situation or event when your communication may have been fragmented.

Task 2: Describe your thinking.

Task 3: Describe your feelings.

Task 4: Describe how you spoke or what you verbally communicated.

Task 5: Describe how you behaved.

Task 6: Describe the outcome.

~ Task 1 ~

Describe a recent situation or event when your communication may have been fragmented:

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~ Task 2 ~

Describe you thinking:

~ Task 3 ~

Describe your feelings:

~ Task 4 ~

Describe how you spoke or what you verbally communicated:

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~ Task 5 ~

Describe how you behaved:

~ Task 6 ~

Describe the outcome:
