

Three-Second Celebration

Many people celebrate their successes easily with great enthusiasm. You just have to watch a professional football player after a touch-down or a child on his birthday. In his books *Tiny Habits*, Dr. Fogg writes: “When you celebrate effectively, you tap into the reward circuitry of your brain.” Dr. Fogg’s research shows that celebrations are essential in helping people encode positive change into their brains, fostering lasting results. In Structured Family Recovery, we recognize that celebration is a serious part of solidifying recovery. Therefore, we generously cheer on and celebrate our teammates’ admirable accomplishments.

- By week _____, my team and I will select an exclamation of celebration to use for our Three-Second Celebration (see chapter 22, “Put the Basics into Place”).
- I commit to celebrating my SFR teammates’ milestones with enthusiasm (Report, Discuss, Plan).
- I commit to bringing my recovery milestones to the SFR meetings for celebration (Report, Discuss, Plan).
- I commit to celebrating my SFR experiences by expressing my gratitude for my SFR teammates’ commitment.
- I celebrate using team sharing, telephoning a team member to share an inspiration or an aha moment from my Twelve Step meetings or daily reader (see chapter 33, “We Cultivate Trustworthiness”).
- I celebrate by enthusiastically welcoming our newly recovering loved one in beginning to attend SFR meetings.
- Every time I engage in a recovery behavior for myself, no matter how small, I use the Three-Second Celebration to celebrate myself.