

Second Rock Bottom Map™

"For when you've slipped back into a pattern you thought you were done with"

Use this when you slipped back into something you thought you were done with and want to see what pulled you there rather than just losing yourself to shame or guilt.

Step 1: What did I stop doing that used to help?

Focusing on the **Maintenance Fade**: identifying the loss of structure and external "guards" you let down.

Examples:

- **The "Self-Sufficiency" Trap**: I convinced myself that I'd "graduated" and no longer needed the regular check-ins, routines, or meetings that were keeping me grounded.
- **Community Withdrawal**: I stopped making time for the specific groups, communities, or people who provide the external perspective I can't always give myself.
- **Maintenance Fatigue**: I let go of the practical daily tools, like journaling, movement, or prep work because they started to feel like a hassle or a burden once things felt "manageable."

My Map: (list the specific routines or supports you let slide.)

Step 2: Could I feel myself slipping back into something familiar?

Focusing on the **Internal Retreat**: identifying the behavioral shifts and "micro-choices" that happened before the actual slip.

Examples:

- **The Performance Mask**: I started "performing" as if I were okay on the outside, hiding my actual stress or boredom from the people closest to me.
- **Internal Isolation**: I began pulling back from my support systems and keeping my thoughts entirely to myself, creating a secret space where the old habit could take root again.
- **Micro-Dishonesty**: I stopped being honest about the "small things", the minor frustrations or cravings thinking I could handle them alone without making a big deal of it.

My Map: (describe the "performances" or secrets you started keeping.)

Step 3: What pulled me back in?

Focusing on the **Lure**: identifying the "payoff" or the need the old habit was trying to meet.

Examples:

- **The draw of the familiar:** The old pattern felt comfortable and known, offering a path of least resistance when things got harder.
- **The "Healing" Burnout:** I felt exhausted by the constant effort of self-improvement and just wanted a temporary break from all the work.
- **The need for certainty:** I was looking for something predictable to lean on because the current moment felt too uncertain or overwhelming.

My Map: (identify the specific payoff or escape you were looking for.)

Step 4: What helps me stay connected to what's actually happening?

Focusing on the **Tether**, the immediate action that brings you back to the present truth.

Examples:

- **Radical Transparency:** Telling the unvarnished truth about exactly what is going on, even if it feels messy or embarrassing.
- **Intervention over Isolation:** Reaching out to a trusted person or support system before the momentum of the slip becomes too hard to stop.
- **Breaking the Silence:** Bringing a secret into the light by saying out loud the specific thought or action I've been keeping to myself.

My Map: (write down your one truth or the name of the person you need to reach out to.)

The Final Move: One Truth or One Call

Insight is a map, but movement is the shift. Before you put this paper away, write down the **one truth** you need to tell yourself (or someone else) or the **one person** you need to reach out to today.

My Move: