



Breaking **Free**

Program and App Orientation



<https://breakingfreeonline.ca/signup>

Enter your email address

Confirm email address

Create a password

Confirm password

Enter Service Code: Adapt11

**Same thing will be asked of you when
doing this on the mobile app**

Create your Breaking Free account

Email

morgans@haltonadapt.org

Confirm email

morgans@haltonadapt.org

Password

.....



Suggested password format

Confirm password

.....



Service code*

Adapt11

*** Please note:** If you are a resident of Newfoundland and Labrador, you can create a Breaking Free account by entering either your postal code or a Service Code that you have been given.

If you live in any other province, you will need a Service Code from an organization that is licensed to provide access to Breaking Free.

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Create Account >



Android Play Store



Breaking Free
Breaking Free Group

500+
Downloads

Everyone ⓘ

Confidential recovery support for alcohol and drugs
Breaking Free
Cognitive Behavioural Therapy accessible 24/7

Start with a brief assessment, and then set your goals
Tell us about your needs to get tailored support

Get a personalized diagram showing you the way forward
Understand the positive actions you can take to increase your wellness

Learn effective strategies to help you cope and gain a healthier lifestyle
Manage your cravings and build a healthier lifestyle

Confidential, evidence-based CBT support to help you overcome addiction.

Apple App Store



Breaking Free
Health & Fitness

Breaking Free Group **Health & Fitness**

Confidential recovery support for alcohol and drugs
Breaking Free
Cognitive Behavioural Therapy accessible 24/7

Start with a brief assessment, and then set your goals
Tell us about your needs to get tailored support

Get a personalised diagram showing you the way forward
Understand the positive actions you can take to increase your wellness



**Read the
End-User Agreement
and click I Agree**

End-User License Agreement

clauses of these Terms operates separately. If any court or relevant authority decides that any of them are unlawful, the remaining paragraphs will remain in full force and effect.

13.5 Even if we delay in enforcing these Terms, we can still enforce them later. If we do not insist immediately that you do anything you are required to do under these Terms, or if we delay in taking steps against you in respect of your breaching these Terms, that will not mean that you do not have to do those things and it will not prevent us taking steps against you at a later date.

13.6 Which laws apply to these Terms and where you may bring legal proceedings. These Terms and any dispute or claim arising out of or in connection with them (including, without limitation, non-contractual disputes or claims) shall be governed by and construed in accordance with Canadian law. You submit to the exclusive jurisdiction of the Canadian courts to settle any dispute or claim arising out of or in connection with these Terms or their subject matter or formation, except where, by law, such dispute or claim must be brought in the jurisdiction in which you are domiciled, or where the relevant law contains mandatory provisions that override such exclusive jurisdiction.

This End User License Agreement was most recently updated on 24th September 2025.

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I Agree >



You must verify your email address in order to log in. Check the inbox of the email you used to create your account

Account verification

Thank you for creating an account with Breaking Free!

We have sent a verification link to your registered email address:

morgans@haltonadapt.org

Please check your inbox and click on this link to verify your email address. Then you will be able to use your email and password to log in to the program and get started.

If you have not received your email within the next 5 minutes, please check your Spam/Junk folder and that you have entered your email address correctly.

[Go To Log In Screen](#) >



CLICK HERE →

File **Message** Help

Delete Delete Archive Report Reply Reply All Forward Share to Teams All Apps Quick Steps Move Assign Policy Tags

Welcome to Breaking Free!

 Breaking Free Support <info@breakingfreeonline.ca>

 Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

You don't often get email from info@breakingfreeonline.ca. [Learn why this is important](#)

Caution: This is an external email and may be malicious. Please take care when clicking links or opening attachments.

Hello,

You recently created an account on Breaking Free and registered this email address.

To complete the sign-up process, please click the link below:

<https://breakingfreeonline.ca/verify/65817408e97ea89c592d62affd8996bc43a6b51a>

Alternatively, you can copy this link and paste it into the address bar of your browser.

If you did not make this request, please ignore this email as your email address may have been entered on our site in error.

Sincerely,

Breaking Free Support



Your email is now verified. You may log in with your email address and password.

Log in to your Breaking Free account

Email

Password 

[Forgotten your password? Click here](#)

[< Back](#)

[Log In](#)

Thank you

Thank you for verifying your email address. Your Breaking Free account is now fully active.
The next screen will explain how Breaking Free uses your data and will ask you for your consent.
PLEASE NOTE: you will have the right to change your mind at any time about how your data is processed, stored and shared.

[Get Started >](#)

Your account has been verified and now you may log in!



You will have to click yes to all 3 of these Data Sharing & Data Processing points

How Breaking Free uses your data

Data processing

Data processing and storage

I consent to my personal data being processed and stored securely so that Breaking Free can track my recovery progress and reflect this back to me; and give me appropriate information and advice on how to address my difficulties with alcohol or drugs, and to permit analysis of how people are using the program, in accordance with the [Privacy Policy](#).

No

Yes

Data sharing

Participation in research

Please read the [Research Participant Information](#) before responding to these questions.

1. I confirm that I understand the Research Participant Information.

No

Yes

2. I consent for my personal information to be used for research purposes and understand that I can withdraw my consent for this at any time without providing a reason.

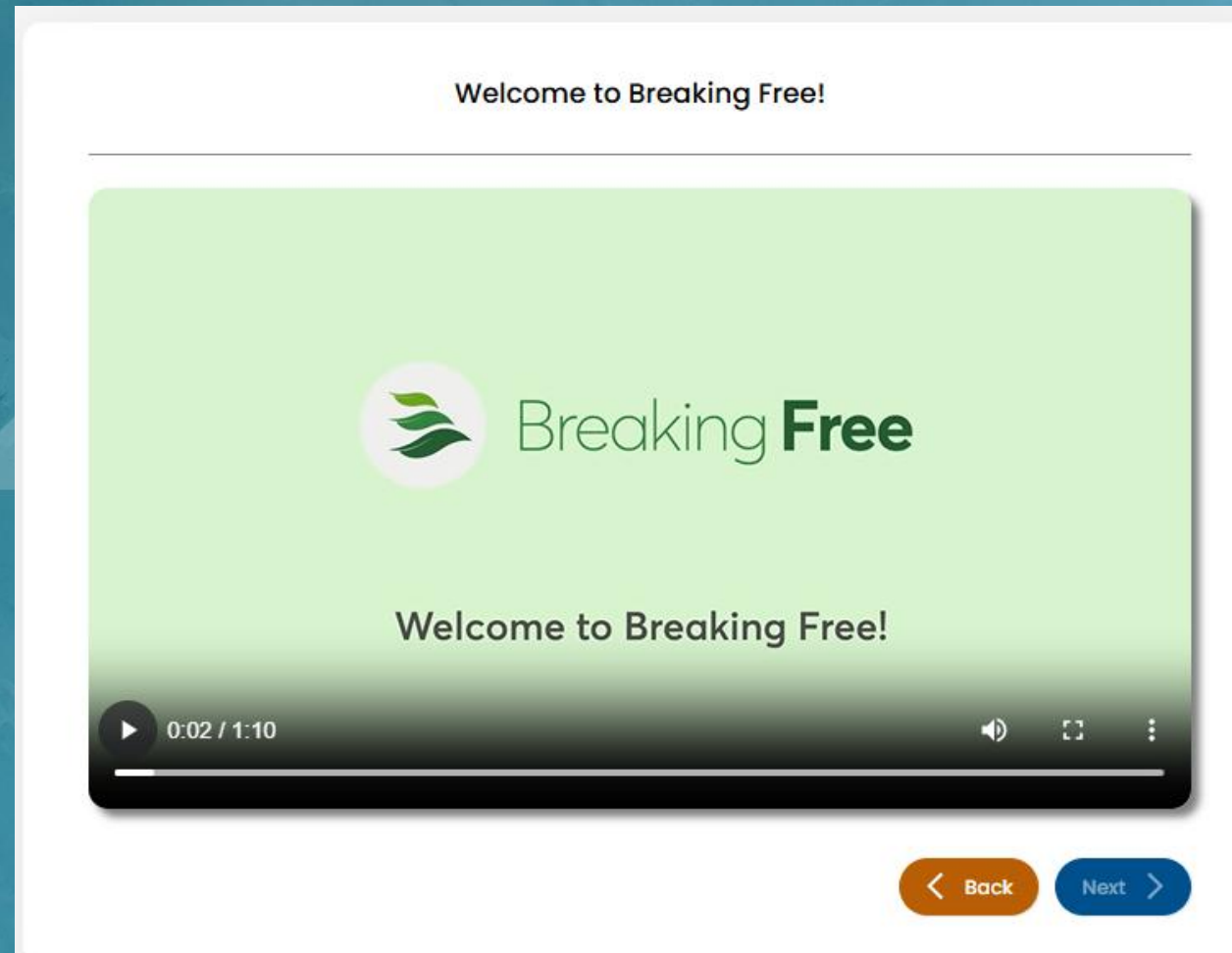
No

Yes

Next >



**You will be prompted to watch this
introduction video**



Demographics and Recovery Focus

Let's understand you

0:10 / 0:15

Choose your recovery program

Q What would you like Breaking Free to call you?

Type here

You don't need to provide your real name, or any name

Q How old are you?

- 18 +

☐ I do not wish to say

Q What is your gender identity?

Select one

☐ I do not wish to say

Q What is your ethnic identity?

Select one

☐ I do not wish to say

Q What would you like Breaking Free to help you with?

Alcohol Drugs Alcohol & Drugs

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You can mute the audio by clicking the speaker icon in top right corner.

It will bring up the sound bar where you will have to click the same icon



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How you feel about your life

Q How would you rate your quality of life?

- ☐ Very good
- ☐ Good
- ☐ Neither good nor poor
- ☐ Poor
- ☐ Very poor

Q How satisfied are you with your health?

- ☐ Very satisfied
- ☐ Satisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Dissatisfied

issatisfied

Q How satisfied are you with your personal relationships?

- ☐ Very satisfied
- ☐ Satisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Dissatisfied
- ☐ Very dissatisfied

Q How satisfied are you with your capacity for work, education or training?

- ☐ Very satisfied
- ☐ Satisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Dissatisfied
- ☐ Very dissatisfied

You will be prompted to complete this assessment. 12 sets of questions in total

Q How satisfied are you with your capacity for work, education or training?

- ☐ Very satisfied
- ☐ Satisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Dissatisfied
- ☐ Very dissatisfied

Q How do you rate your current ability to cope with life's difficulties? i

7



Q Overall, how satisfied are you with your life at the moment? i

8





You've now completed the assessment!

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Thank you!

Thank you for helping us to understand you and the issues you're facing right now.

In a moment, you'll see a sequence explaining how anyone can get into difficulties.

Make sure your sound is up so you can listen while you watch this sequence.

After it has finished, we'll bring together everything you've told us so you can see what's keeping your own difficulties going.

And then we'll show you how you can tackle those issues by taking positive action!

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You must watch the following video in order to proceed.

What could affect your recovery?



Breaking **Free**

▶ 2:20 / 2:20



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Let's watch

How To Use Breaking Free

How to use Breaking Free



Breaking **Free**

How to get the most out of Breaking Free

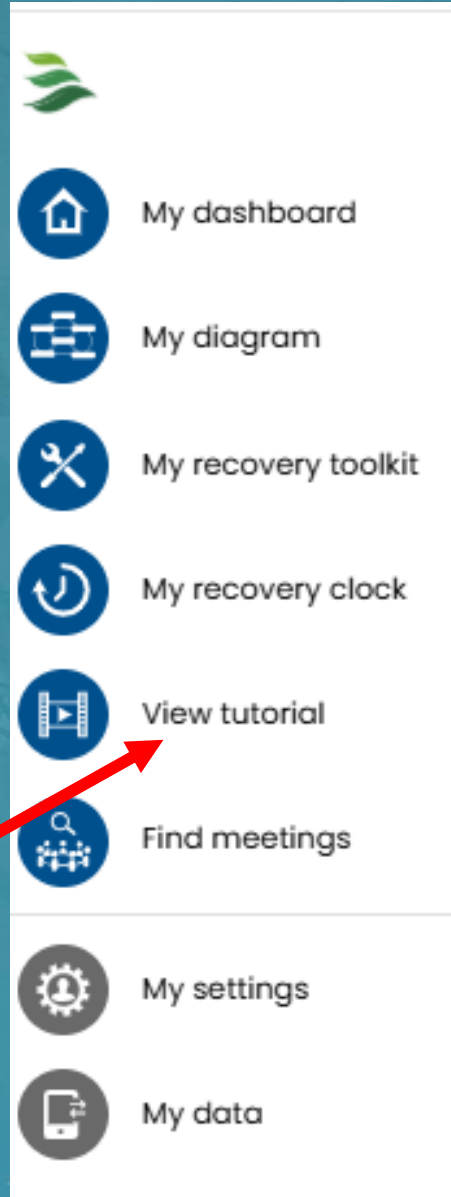
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Main menu

The video we just watched. It's always located in the Main Menu for future review

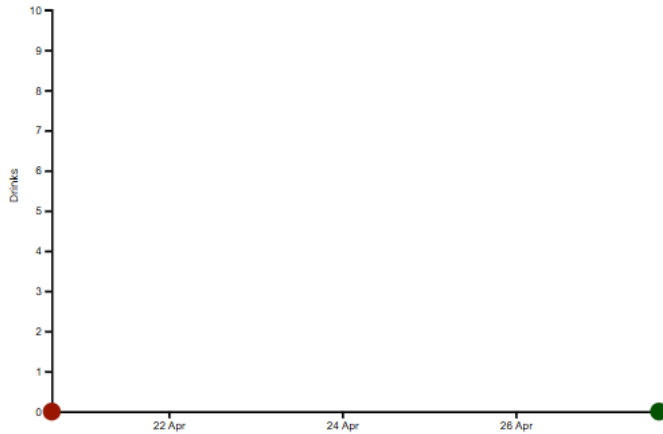


We will explore all items on the Main Menu

My Dashboard

My recovery progress

My average weekly amount of alcohol 



My strengths

My emotional wellbeing 



My resilience 



My quality of life 



My achievements

My goal 



0 %

My strategies 



3 / 12

My hours 



0 / 12

My diagram 



1 / 6

My progress report and certificate

My latest report 



Update my report 



My progress report and certificate

My latest report 

Update my report 

Click here to update your report and certificate. It'll only take you a few minutes to go through the questions.

Bring your report right up to date so you and your supporters can see all the progress you're making!

My progress report and certificate

My latest report 

Update my report 

Click here to see your latest report.

It shows you all the progress you've made in your recovery since you started Breaking Free. And it gives you a certificate for all the effort you've put into achieving this.

Consider sharing this report with your supporters so they too can see how your recovery is going!



My Diagram

Welcome to your personal diagram!

It shows you the areas of potential difficulty that could affect your recovery:

RED AREAS are the most important ones to focus on because they're having a major impact on you.

AMBER AREAS are ones you should definitely work on too as they're still having a significant impact on you.

GREEN AREAS are not having much impact on you now but exploring these will help you build your resilience.

Your diagram is also your gateway to all the proven strategies in Breaking Free.

Click on any area of the diagram to see the particular challenges you're facing in that area.

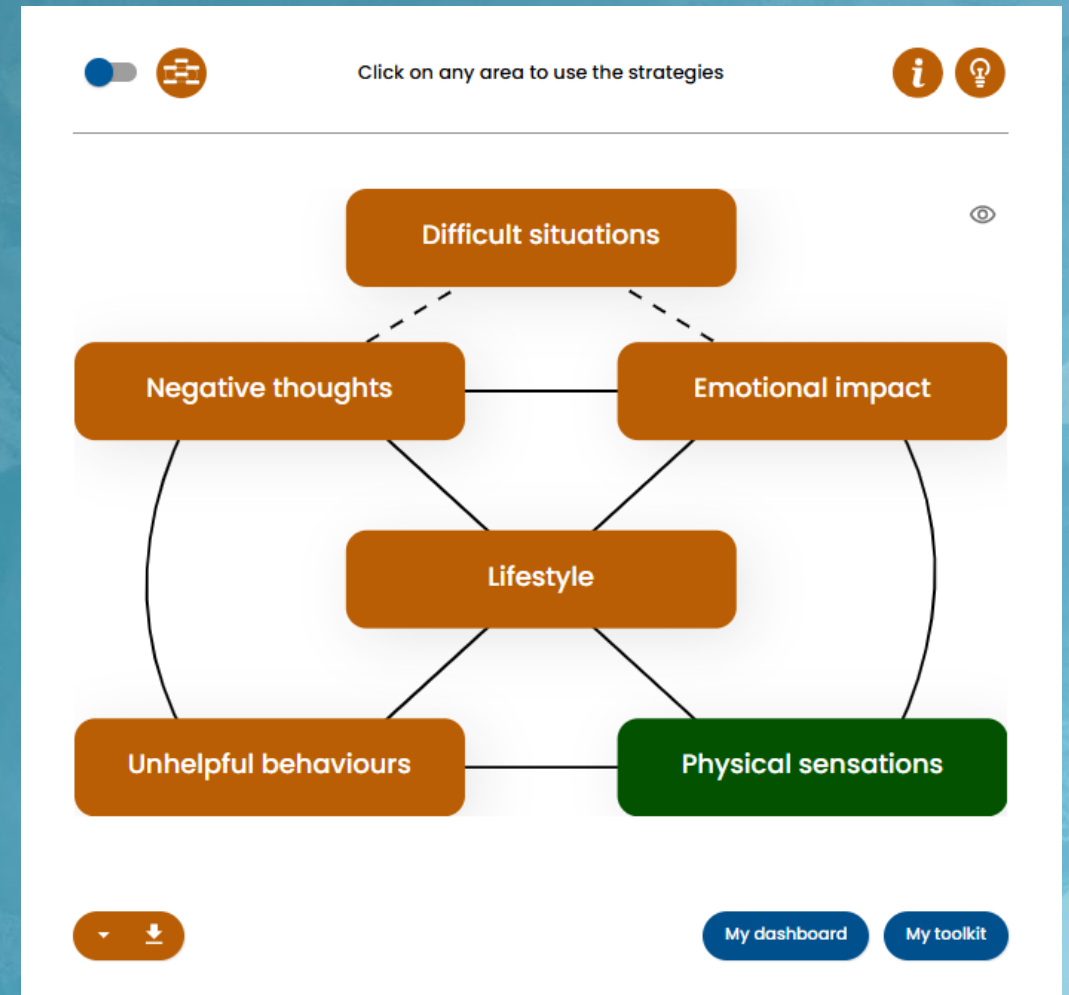
Then use the buttons to go straight to the INFORMATION strategy or the ACTION strategy.

These strategies will help you resolve your issues and move on with your recovery journey.

So keep using Breaking Free until every area of your diagram is green!

If you are colour blind, click on the eye icon below: 

**You can download or email your entire Diagram
to yourself, or your supporters**





My Recovery Toolkit

Welcome to your recovery toolkit!

In this column you can see all six areas of your personal diagram.

These are coloured red, amber or green, just as they are in your diagram, to remind you of the impact each area is having on you at the moment.

Under each area you can see how many times you've used the INFORMATION strategy and the ACTION strategy to tackle it.

Research has shown the more you work on any area by reflecting on the information strategy and, most importantly, practising the action strategy, the more likely it is to be green.

You can go straight to any strategy by clicking on the counter for it.

So keep using the strategies in Breaking Free until every single one of your areas has turned green!

Areas of my diagram 

Difficult situations



1



1

Negative thoughts



0



0

Emotional impact



1



0

Physical sensations



0



0

Unhelpful behaviours



0



0

Lifestyle



0



0



My Recovery Toolkit

In this column you can see all the recovery resources you've collected by using the strategies in Breaking Free.

Your information summaries and action plans are all dated, with the most recent shown at the top of the screen.

If you click on any area of your diagram in the other column, only the resources you've created by using the strategies in that particular area will be shown in this one. To go back to seeing all your resources, just click on that area again.

Your toolkit stores all your resources so you'll never need to worry about losing them.

You can revisit any summary or action plan by scrolling down to it and clicking on the icon.

This means you can look back at what you've achieved, and draw on these resources at any time to support your recovery!

My recovery resources



21
APR



21
APR



21
APR



My Recovery Clock

Time spent on my recovery

This shows the total amount of time you've spent building your recovery capital on Breaking Free. Whenever you update your progress report, this time will be recorded on your certificate. So use your certificate to show your supporters how hard you've been working on your recovery!

01 16

Hours

Minutes



Find Meetings

Get some extra recovery support

Use these links to find a mutual aid meeting near where you're living.

Being part of a supportive group could strengthen your recovery even more!



Alcoholics Anonymous

[Click here for meetings](#)



Narcotics Anonymous

[Click here for meetings](#)



Cocaine Anonymous

[Click here for meetings](#)

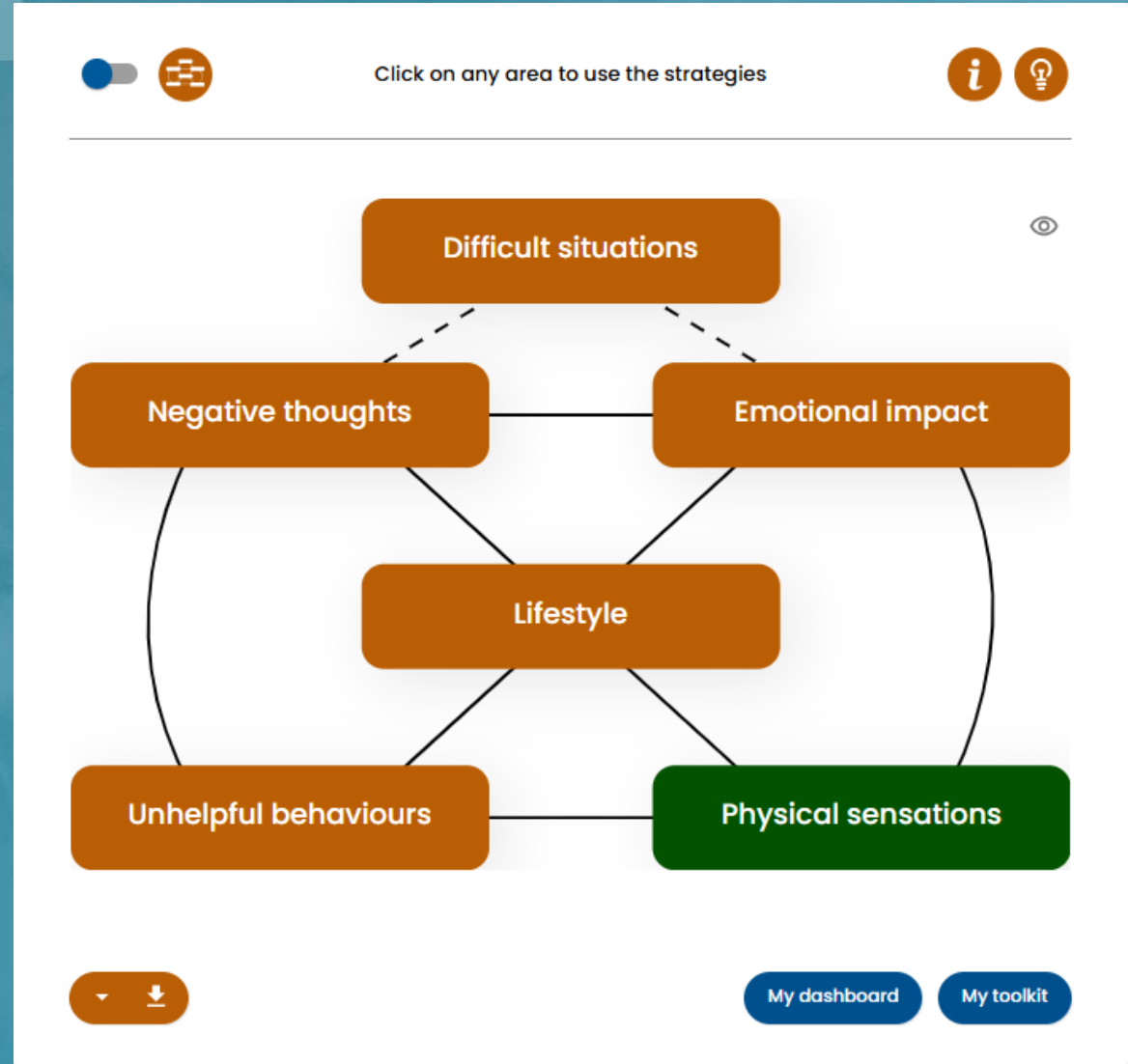


SMART Recovery Canada

[Click here for meetings](#)



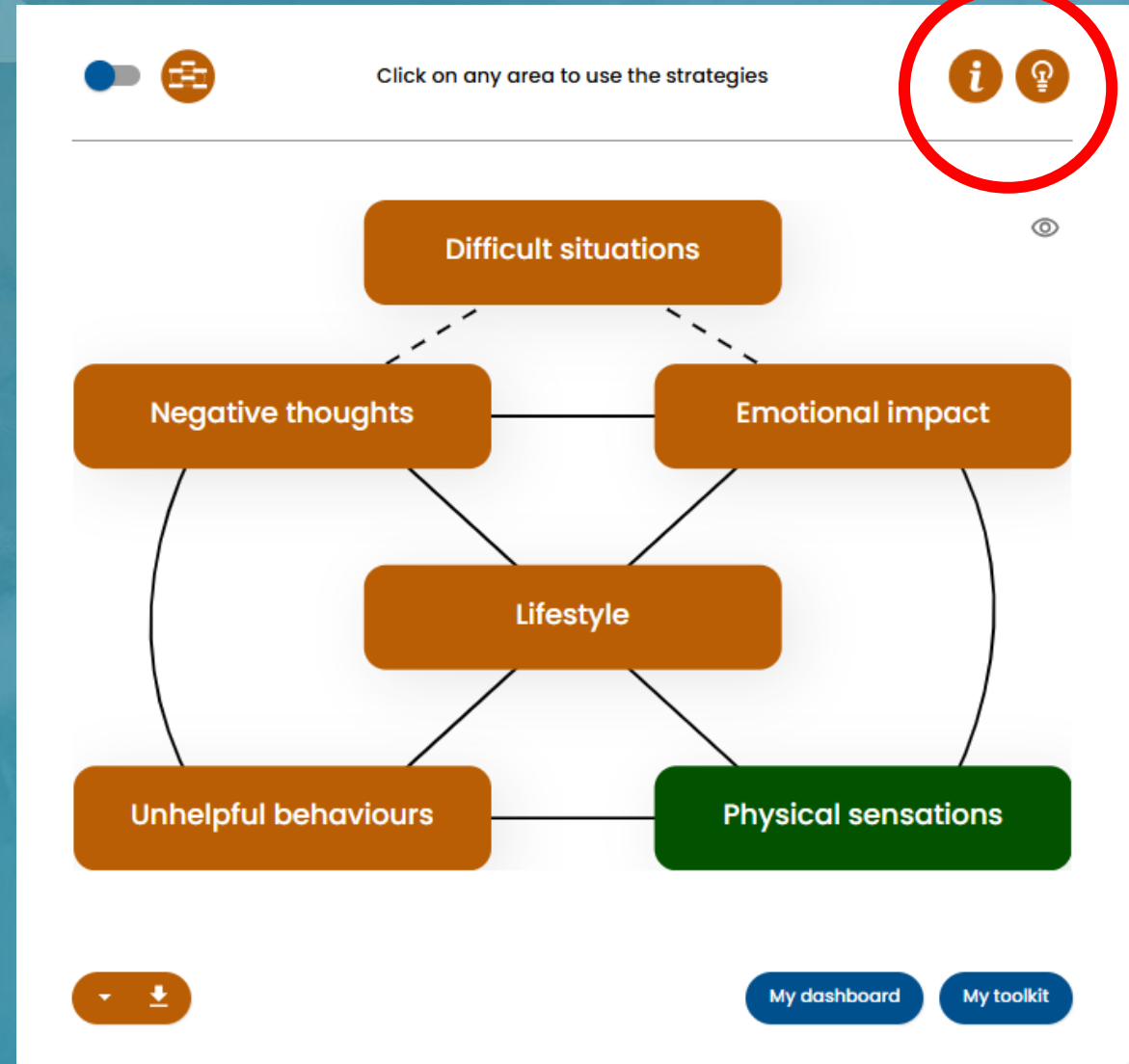
**Let's explore
your Diagram
in more detail**





Each part of your diagram has both an Information and Action strategy

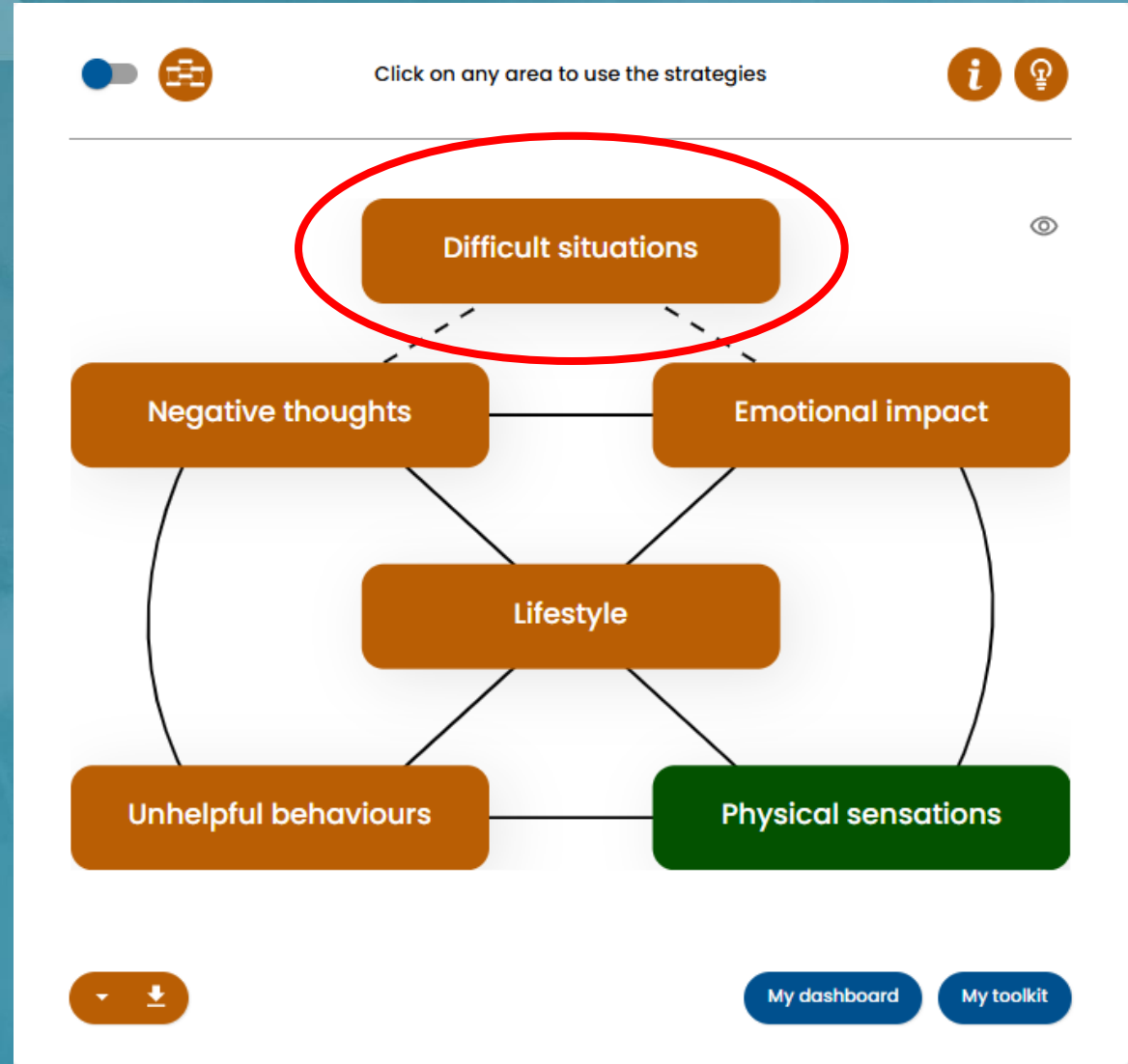
Clicking on the icons at the top right of each Diagram item will provide information on the both the Information strategies and Action Strategies, and how they can impact your recovery





Let's take a look at the strategies for

Difficult Situations





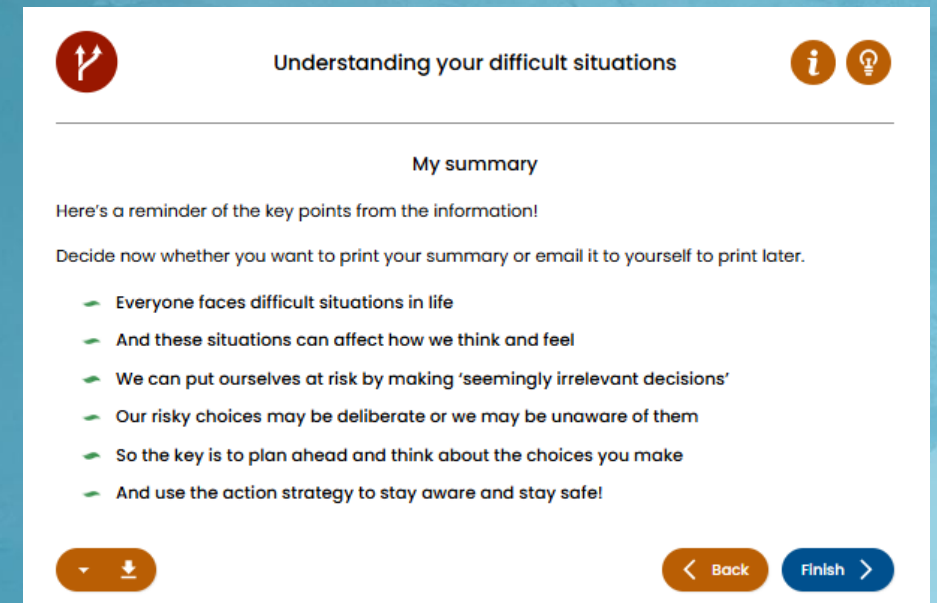
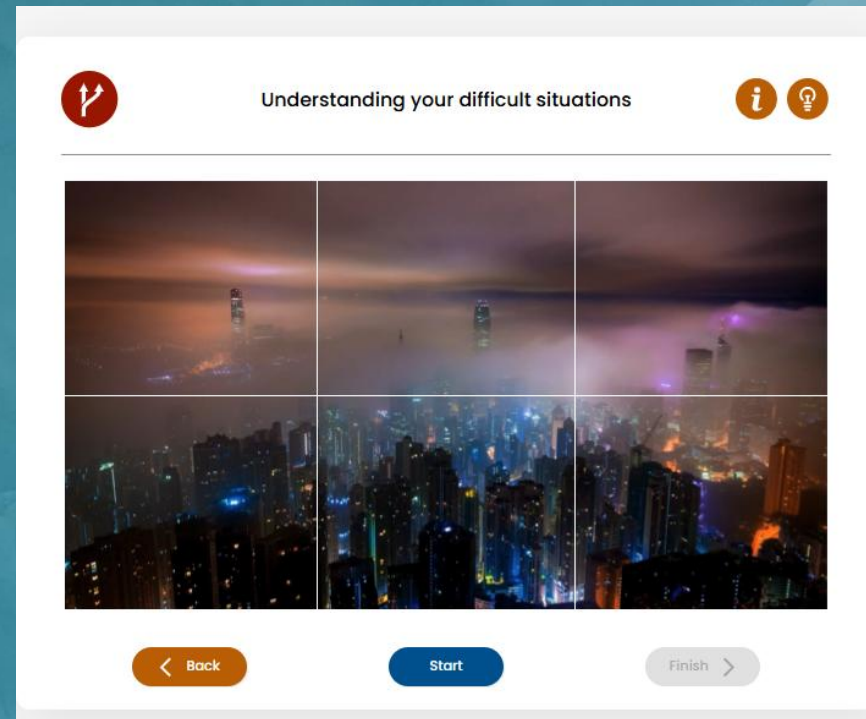
Difficult situations

Money problems

Information

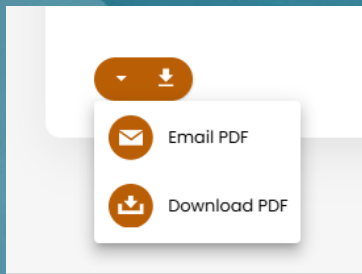
Action

Clicking **Information** brings you through a strategy to understand your difficult situations. Once complete, you're given congratulations and invited to view some key points from the strategy on the next page, by clicking Next through to Finish





**FYI - You can
download or email
each summary to
yourself and/or your
supporters**





Understanding your difficult situations



My summary

Here's a reminder of the key points from the information!

Decide now whether you want to print your summary or email it to yourself to print later.

- Everyone faces difficult situations in life
- And these situations can affect how we think and feel
- We can put ourselves at risk by making 'seemingly irrelevant decisions'
- Our risky choices may be deliberate or we may be unaware of them
- So the key is to plan ahead and think about the choices you make
- And use the action strategy to stay aware and stay safe!



 Back

Finish 



Difficult situations

Money problems

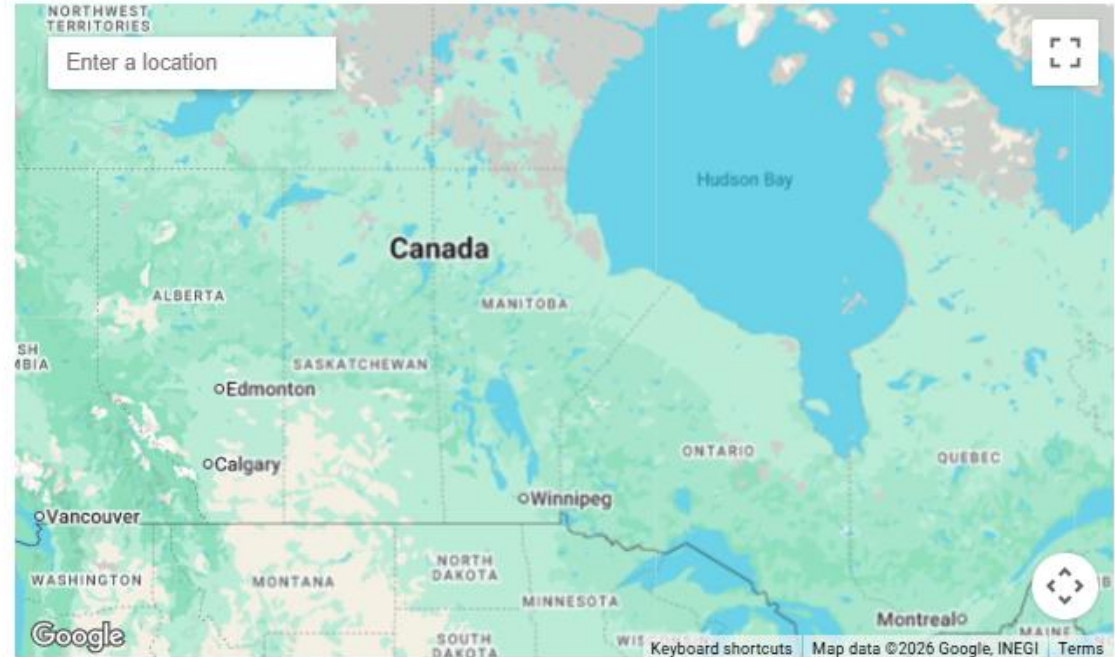
Information

Action

Clicking **Action** brings you to a map, where you can enter locations that are risky.



Managing your risky situations



Click on the map to add a risky place

Clear my map

< Back

Next >



Enter a risky location

It will ask you:

- What this place is?
- Why is this place risky?
(drop down menu with several options)
- What coping method will you use? (drop down menu with several options)

Managing your risky situations



Hess Village, Hamilton

Add a risky place

What is this place?

Bar Area

Why is this place risky for me?

I may be offered a drink

What coping method will I use?

I will phone my sponsor

Help to refuse

Cancel Save to my map

Why is this place risky?

- I may be offered a drink
- I may be offered drugs
- I may be pressured to drink
- I may be pressured to use
- I may want to drink to fit in
- I may want to use to fit in
- I may get cravings or urges
- I may feel excited
- I may feel nervous
- I may feel anxious
- I may feel stressed
- I may feel angry
- I may feel frustrated
- I may feel sad
- I may feel upset
- I may feel low
- I may feel bored
- I may feel lonely
- I may have bad memories
- I may have good memories
- I may face another risk

You may also select the last option
and a text box will appear to type in

Why is this place risky for me?

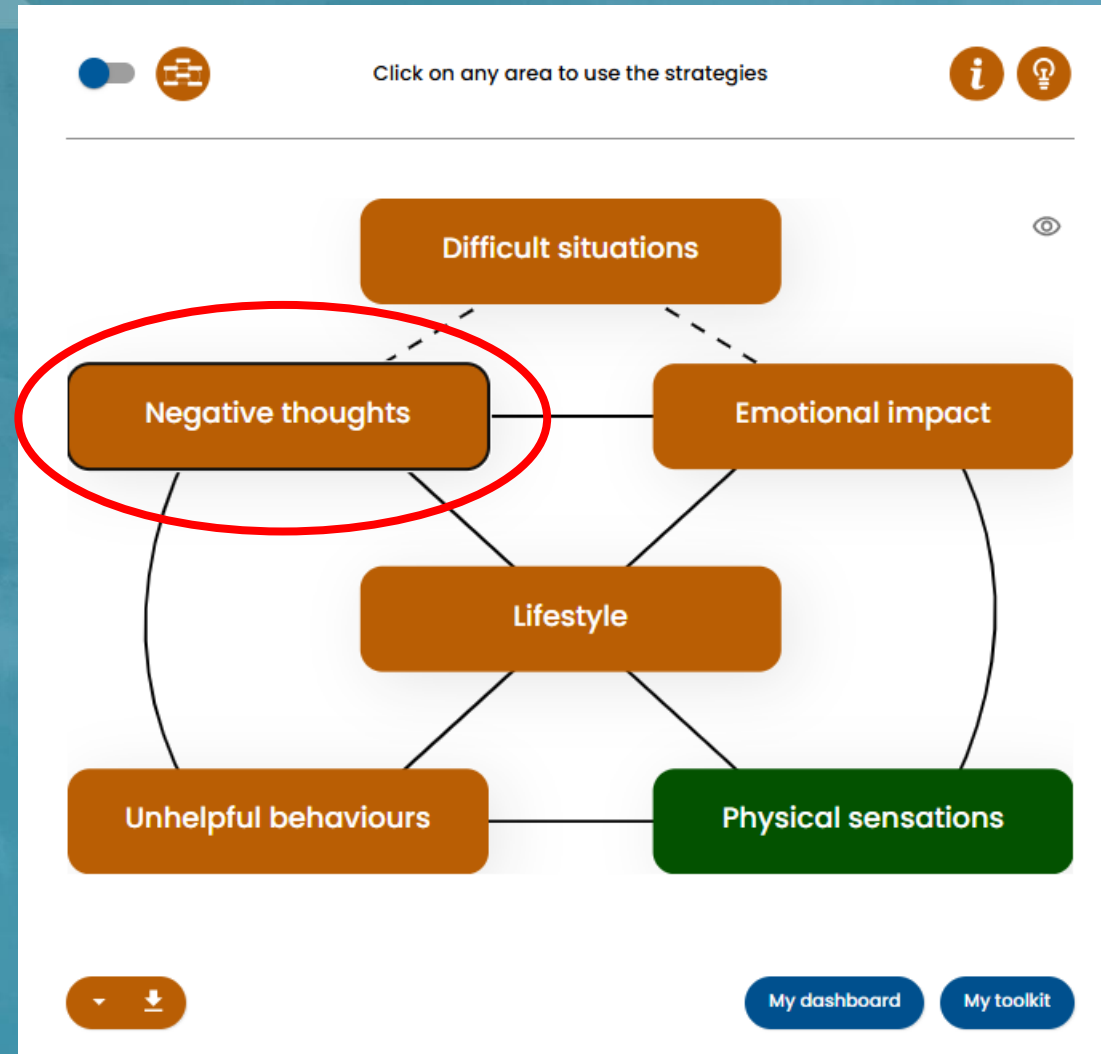
I may face another risk

Your risk



Let's take a look at the strategies for

Negative Thoughts





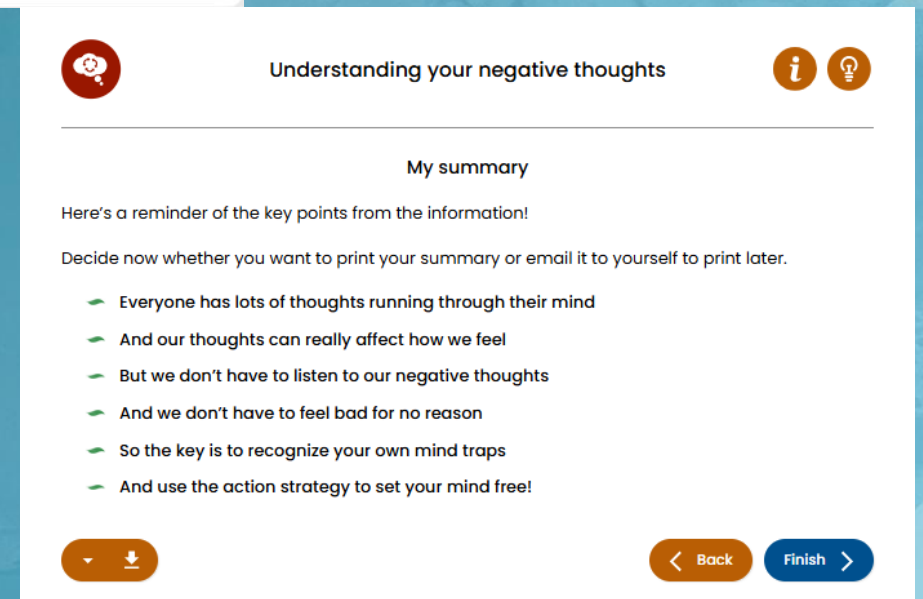
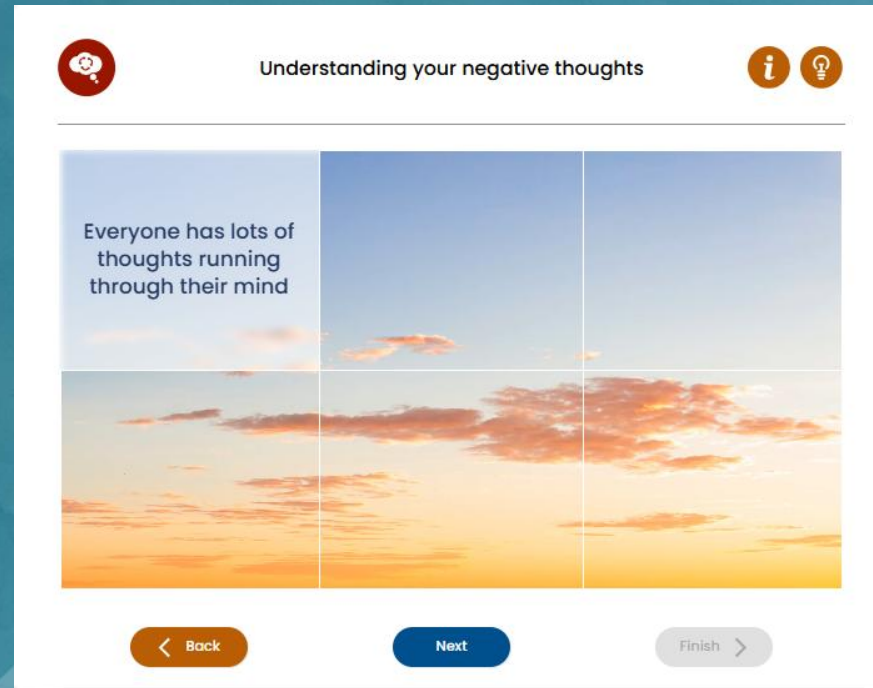
Negative thoughts

Health concerns

Information

Action

clicking **Information** brings you through a strategy to understand your negative thoughts. Once complete, you're given congratulations and invited to view some key points from the strategy on the next page, by clicking Next through to Finish





Negative thoughts

Health concerns

Information

Action

Clicking **Action** brings you to exploring how to **Escape your mind traps**. Let's look at **ALL OR NOTHING Thinking**



Escaping your mind traps



Select a mind trap

- ☐ BLAME trap: Thinking others are to blame for everything
- ☐ HELPLESS trap: Thinking we cannot change things
- ☐ CATASTROPHE trap: Thinking the worst will happen
- ☐ GUILT trap: Thinking everything is our fault
- ☒ ALL OR NOTHING trap: Thinking things are totally one way or another

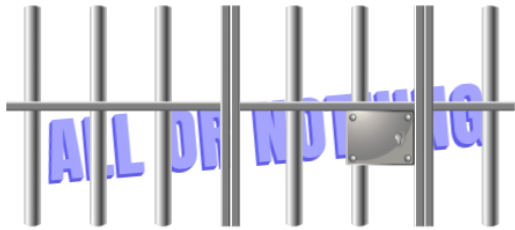
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Next >

ALL OR NOTHING Thinking



Escaping your mind traps



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First, let's understand the all or nothing trap

We can get caught in the all or nothing trap when we see things as being totally one way or another and we're not aware of the other possibilities in the middle ground.

We might see a situation as being either 'fantastic' or 'terrible' and not consider that it might just be fine, okay or acceptable.

When we start seeing everything in black and white terms and ignoring the grey areas in between, we can easily overreact to things.

And if we view any little slip or setback as a disaster, this can make us think we've failed and gone back to square one when this isn't the case.

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Now, let's break out of the all or nothing trap!

What you can say to yourself:

Seeing things in all or nothing terms doesn't help me because it can make me overreact to things.

If I find myself thinking in this way, I need to step back and consider all the possibilities so I can come to a more balanced view.

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Now, let's look at your own thoughts

At times, we can all overreact to things because we're thinking about them in black and white terms.

But we need to find out whether we're seeing things as they really are, and whether we're ignoring the range of possibilities in the middle ground.

Do you have any thoughts similar to these?

Q 'One thing isn't quite right so everything's wrong'

Yes

No

Q 'This is the answer to all my problems'

Yes

No

Q 'I've done something slightly wrong so everything's ruined'

Yes

No

Q 'This is what always happens every single time'

Yes

No

Q If you have any other all or nothing thoughts, type them in here:

Type here

Well done for completing the strategy of escaping your mind traps!

On the next screen, your action plan shows how you can break out of this mind trap and think about things in a more helpful, balanced and realistic way.

It reminds you what you need to ask yourself, tell yourself and do whenever you're starting to have these kinds of negative thoughts.

Use your action plan every day next week to PRACTISE ESCAPING THIS MIND TRAP.

Then keep on using this strategy to understand and escape from the other common mind traps too.

Always try to think positively and set your mind free!

And LOG IN AGAIN NEXT WEEK, ideally around the same time, to add another Breaking Free strategy to your recovery toolkit!

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Now, let's focus on a recent situation

Think about a recent situation that you saw as being totally one way or another...

What you can ask yourself:

Q If I asked others, like my friends and family, whether my view of the situation was accurate, would they all think it was completely accurate?

Yes

No

Q Am I overreacting to what happened because I'm not seeing it for what it really is, or not considering the middle ground?

Yes

No

What you can do:

Q What evidence is there to suggest you were not looking at this situation in a balanced way?

Type here



Escaping your mind traps



My action plan

Here's your action plan for escaping your mind traps!

Decide now whether you want to print your action plan or email it to yourself to print later.

I need to ask myself:

- If I asked others, like my friends and family, whether my view of the situation was accurate, would they all think it was completely accurate?
- Am I overreacting to what happened because I'm not seeing it for what it really is, or not considering the middle ground?

I need to say to myself:

- Seeing things in all or nothing terms doesn't help me because it can make me overreact to things.
- If I find myself thinking in this way, I need to step back and consider all the possibilities so I can come to a more balanced view.



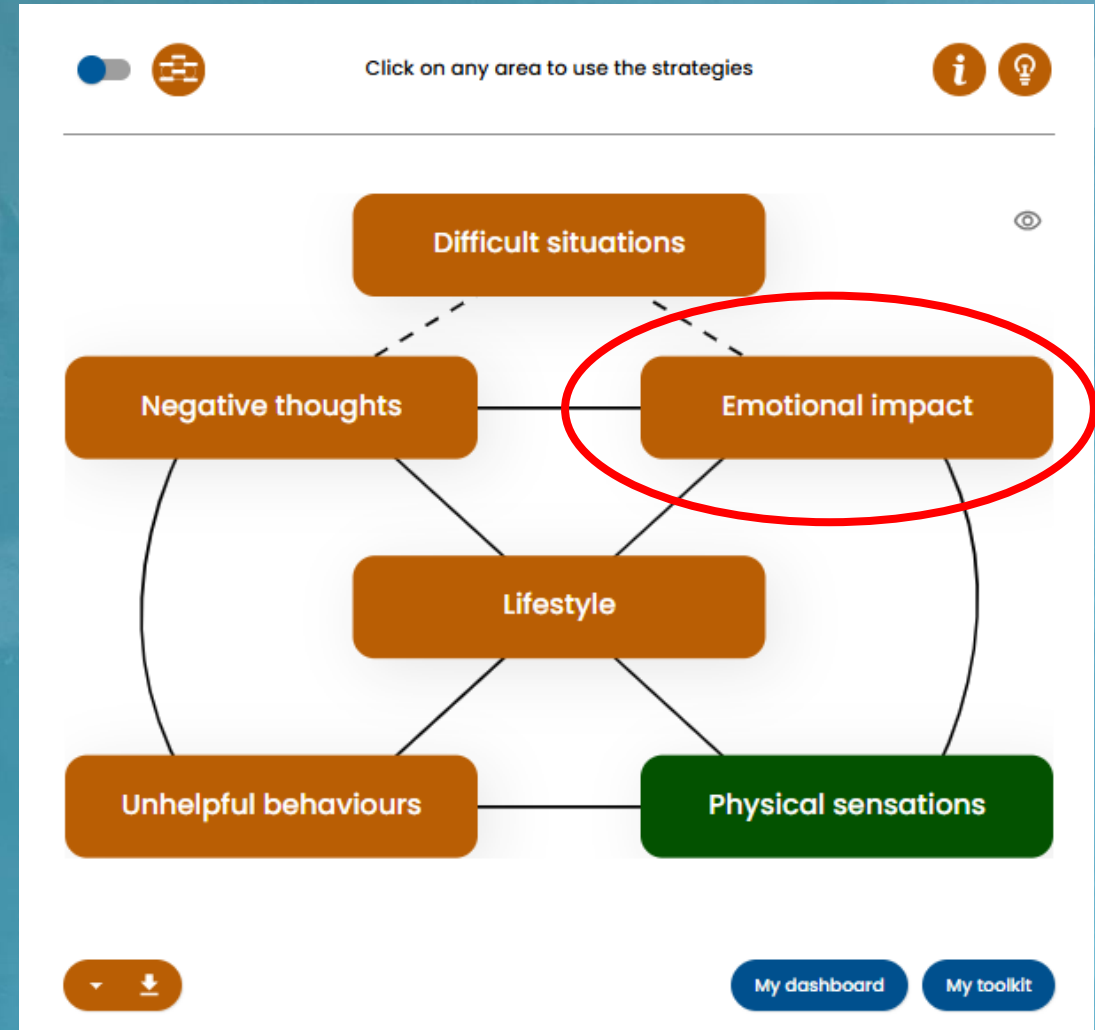
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Finish >



Let's take a look at the strategies for

Emotional Impact





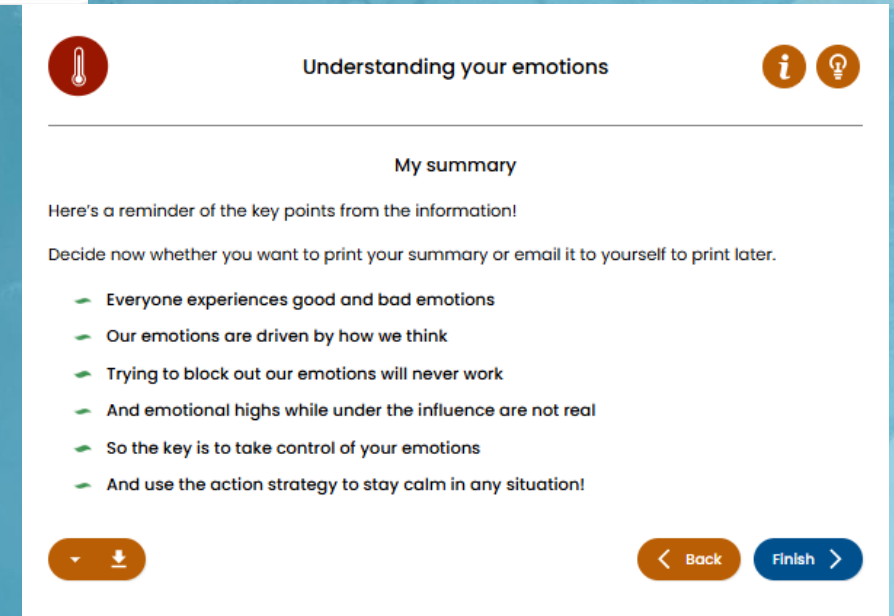
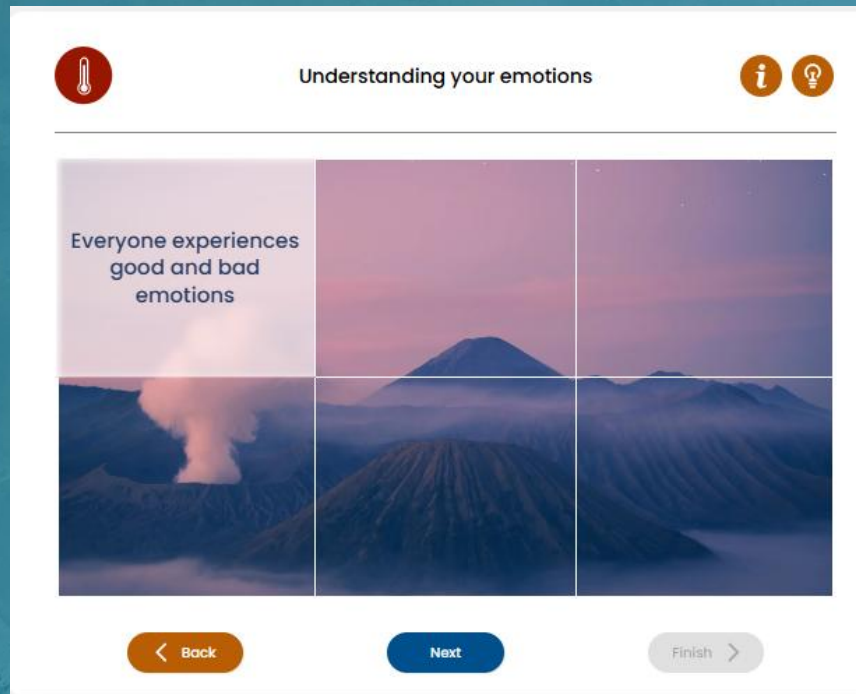
Emotional impact

Sad or low, Gully

Information

Action

clicking **Information** brings you through a strategy to understand your emotions. Once complete, you're given congratulations and invited to view some key points from the strategy on the next page, by clicking Next through to Finish





Emotional impact

Sad or low, Gully

Information

Action

Clicking **Action** brings you to exploring how to Shift your Focus.



Shifting your focus



In a moment, you will use the technique of shifting your focus to help you stay calm and relaxed in a natural way.

But first, use this slider to rate how tense you're feeling right now on a scale from 0, which means 'very relaxed', to 10, which means 'very tense'...

6



Very relaxed

Very tense

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Next >



Shifting your focus



Now, choose a relaxing scene and focus your attention completely on what you are seeing and hearing as you watch the video...



Sunlit park



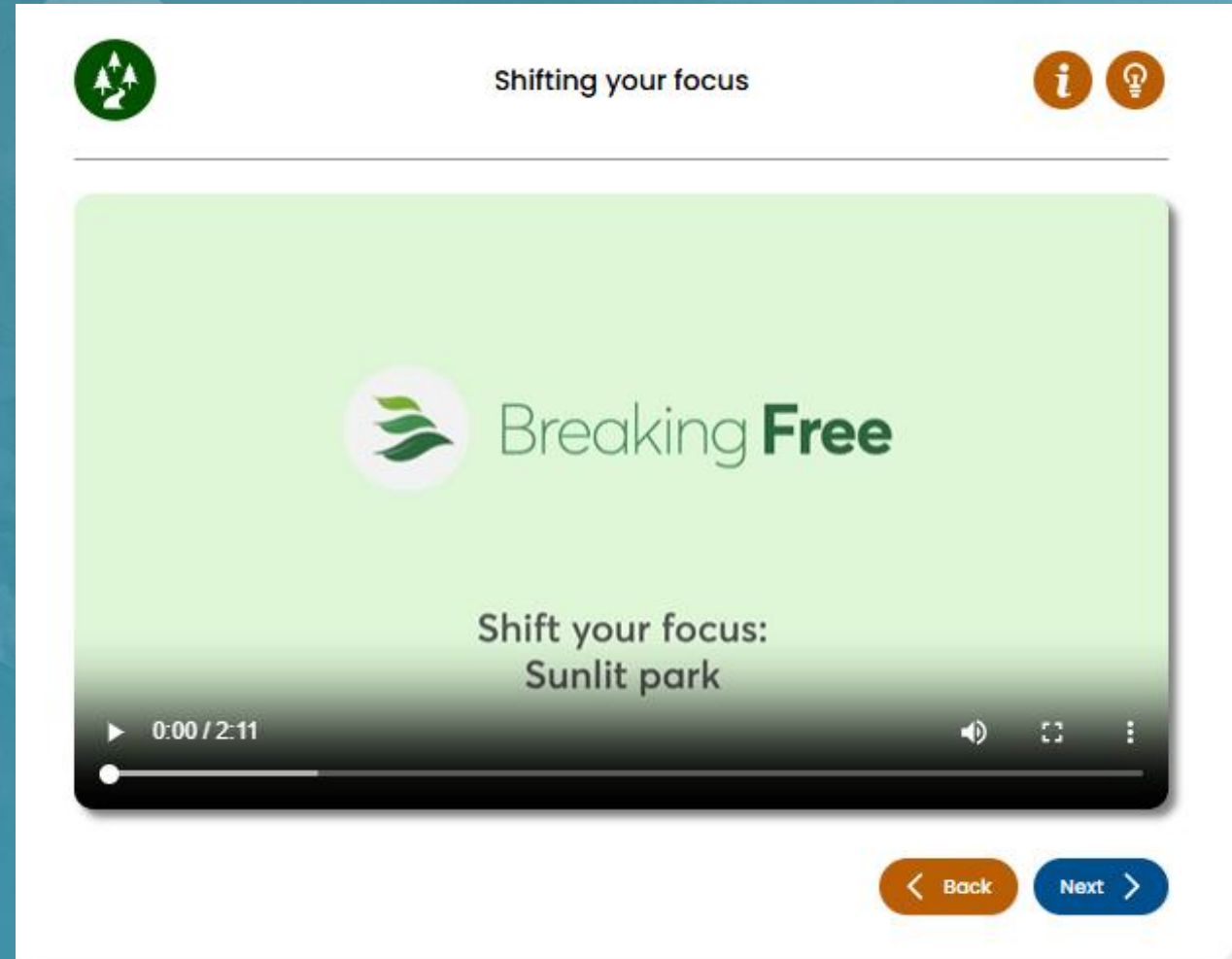
Tropical beach

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Let's look at how
to focus our
attention on a
Sunlit park





Shifting your focus



Let's now compare your level of tension BEFORE and AFTER you used the technique of shifting your focus...

Before

6

After

2

You can see that immersing yourself in the relaxing scene was successful! It looks like it helped to lower your emotional temperature.

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Shifting your focus



My action plan

Here's your action plan for shifting your focus anytime and anywhere!

So decide now whether you want to print your action plan or email it to yourself to print later.

- Look around your environment and choose something to focus on
- Focus on what you can SEE, noticing as many features as possible
- Focus on what you can feel to TOUCH, noticing as many details and textures as possible
- Focus on what you can HEAR, noticing as many different sounds as possible
- Focus on what you can SMELL, noticing as many different scents as possible
- If you're using an edible object, focus on what you can TASTE, noticing as many flavours as possible
- Now CHECK how calm you feel
- If you're still feeling upset, choose something else to focus on and go through the steps again



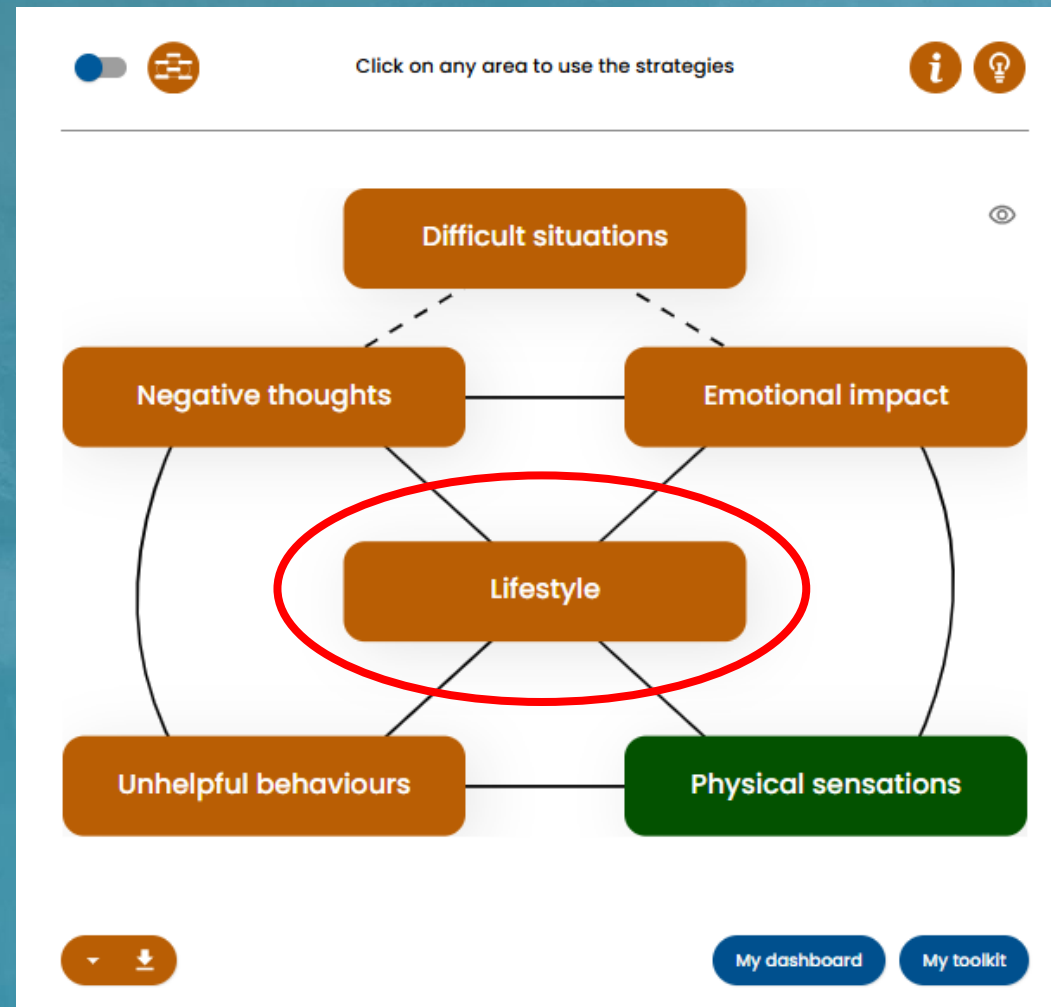
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Finish >



Let's take a look at the strategies for

Lifestyle





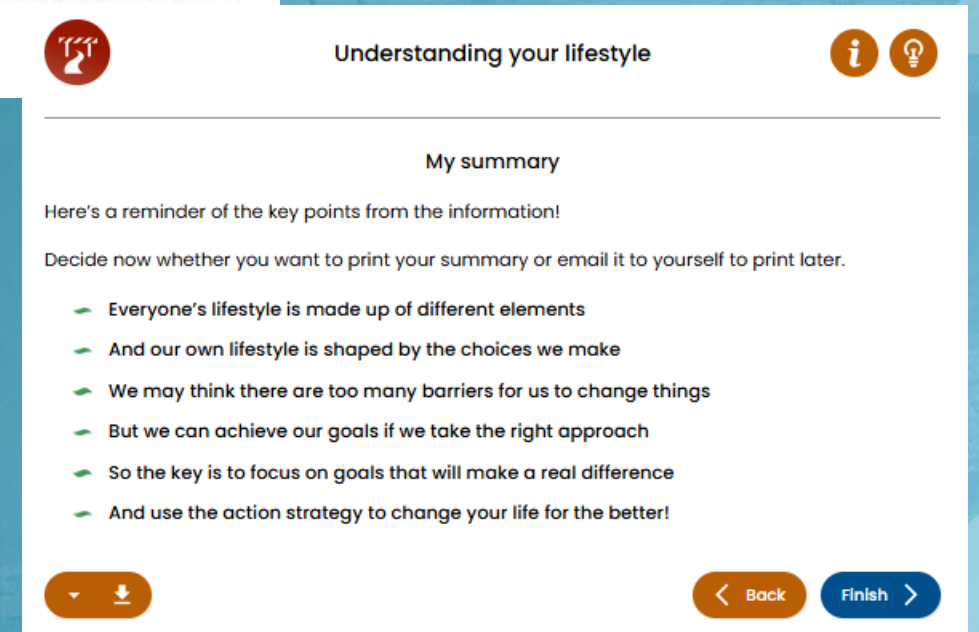
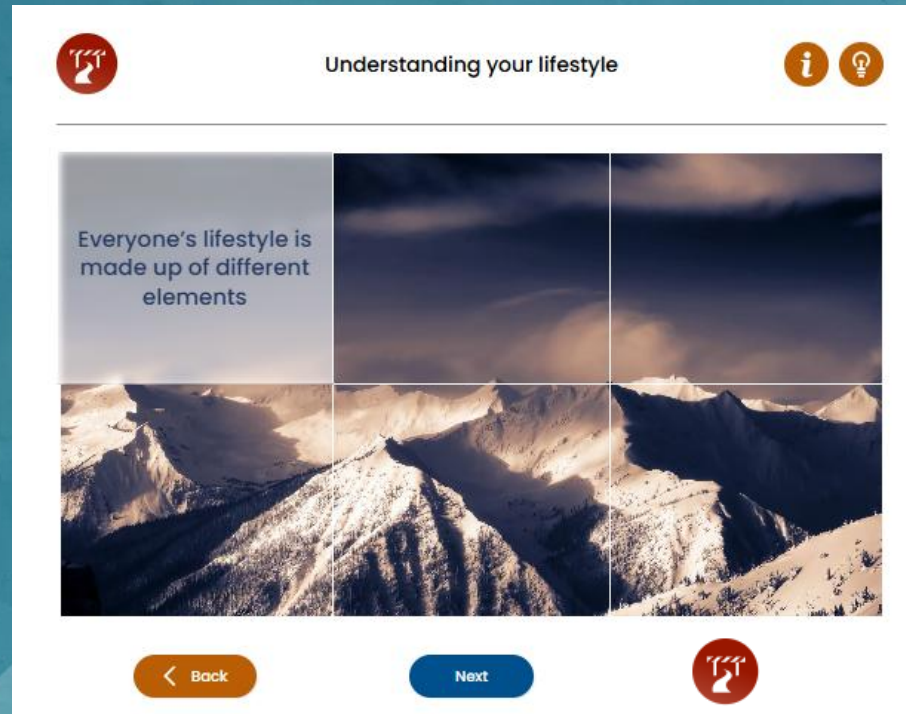
Lifestyle

Leisure

Information

Action

clicking **Information** brings you through a strategy to understand your lifestyle. Once complete, you're given congratulations and invited to view some key points from the strategy on the next page, by clicking Next through to Finish





Lifestyle

Leisure

Information

Action

Clicking **Action** brings you to exploring how to achieve your life goals. Let's look at climbing Kilimanjaro

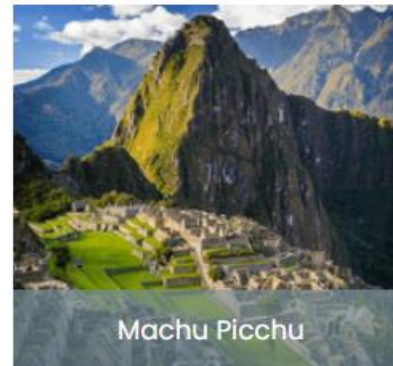
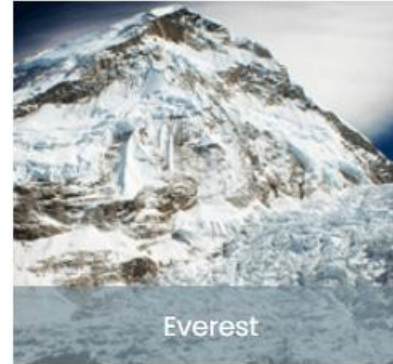


Achieving your life goals



1. Choose a mountain to climb

Which of these mountains would you like to climb?



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2. Identify your goal and your next step towards it

Q What goal would make a real difference to your life? ➡

Q What is your next step towards this goal? ➡

Now, let's check this is the right step for you...

Q Can you realistically achieve this step?

Now, let's check this is the right step for you...

Q Can you realistically achieve this step?

Q Can you definitely take this step in the next week?

Q Will you know for sure when you've completed this step?

Q Will you feel good when you've taken this step?

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3. Identify the main barrier to your success

Now, select one barrier that could make it hard for you to take your step:

- ☒ I may get cravings or urges
- ☐ I may feel too stressed
- ☐ I may not be sober enough
- ☐ I may not have enough help
- ☐ I may think it's impossible
- ☐ I may be in a difficult situation
- ☐ I may lack motivation
- ☐ I may not be ready
- ☐ Other barrier:

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4. Overcome the barrier to your success

What you can say to yourself:

IF I learn to surf my cravings and urges THEN I can cope with them in any situation.

IF I practise surfing my cravings and urges THEN they won't stop me taking this step.

What you can do:

Use the action strategy in the 'Physical sensations' area of your diagram.

Practise surfing your cravings and urges just before you take your step

Now, commit to taking your step!

Make a commitment to yourself that you will take the step you've planned.

When during the next week will you do it?

Select a day:

Select a time:

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Step 5: Motivate yourself to take your step

Now, select all the benefits you'll get from taking your step.

When I complete this step, I will:

- | | |
|---|---|
| ☐ Feel better about myself | ☒ Feel better about my life |
| ☐ Feel happier | ☒ Feel more confident |
| ☒ Feel more in control of my life | ☐ Feel healthier |
| ☒ Achieve something positive | ☐ Prove something to myself |
| ☐ Show people I can succeed | ☐ Spend more time with people |
| ☐ Give something back to people | ☐ Regain the trust of people |
| ☐ Stay out of trouble | ☐ Get closer to something I want |

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My life goal is:

➤ If I could find a job

My next step is:

➤ Work on my resume

The main barrier to me taking this step is:

➤ I may get cravings or urges

But I've planned how I can overcome this...

I am committed to taking this step:

➤ FRI 12:00

As well as moving me closer to my life goal, completing this step will allow me to:

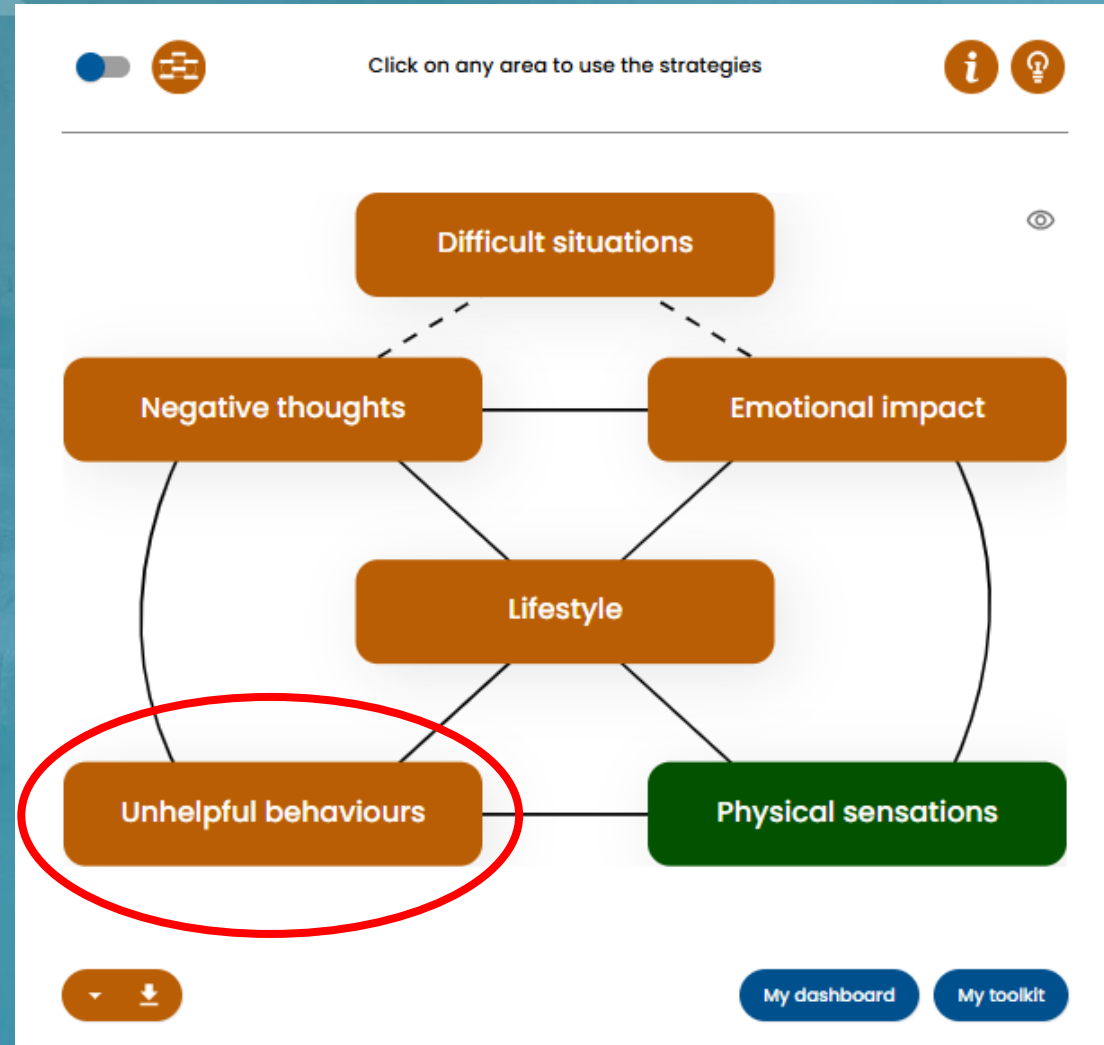
- Achieve something positive
- Feel more in control of my life
- Feel more confident
- Feel better about my life

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Let's take a look at the strategies for

Unhelpful Behaviours





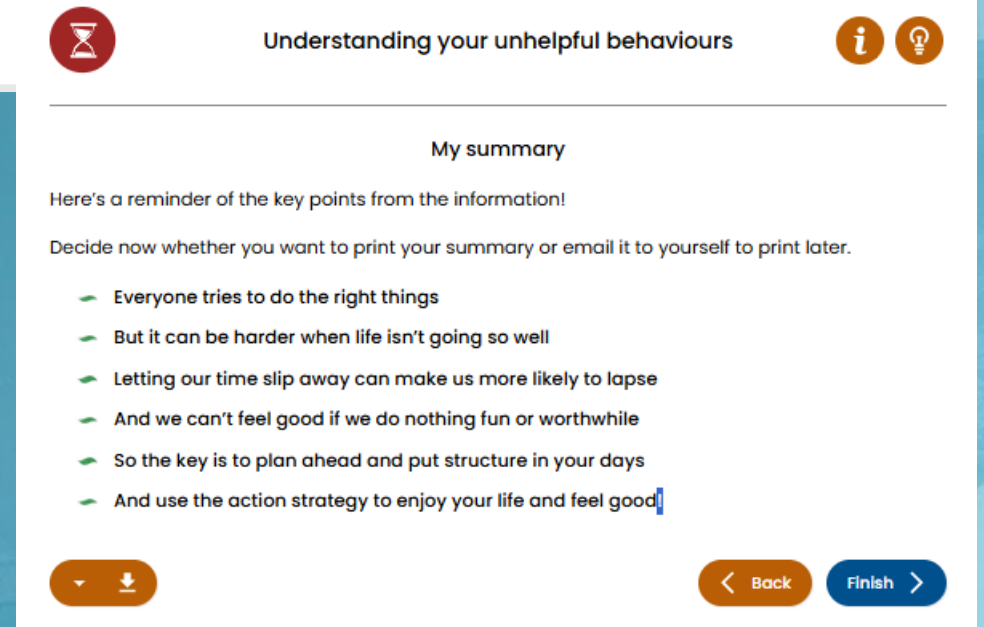
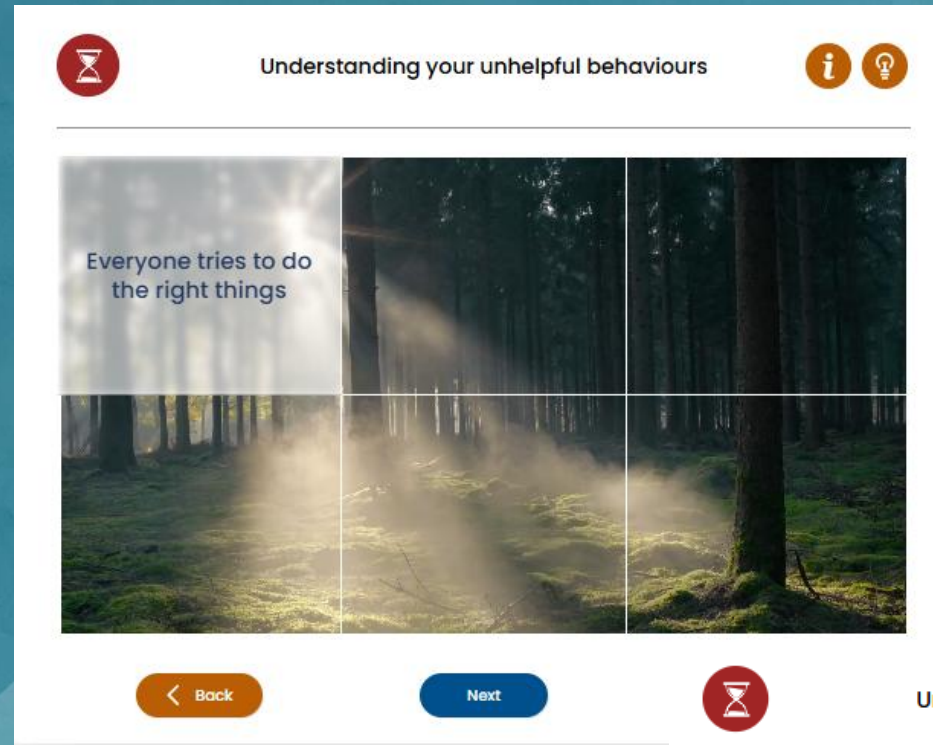
Unhelpful behaviours

Being Inactive

Information

Action

clicking **Information** brings you through a strategy to understand your unhelpful behaviours. Once complete, you're given congratulations and invited to view some key points from the strategy on the next page, by clicking Next through to Finish





Unhelpful behaviours

Being inactive

Information

Action

Clicking
Action brings
you to exploring
how to plan your
time positively

Next week's activities

	Enjoyment	Achievement
Wed 22	Add new +	Add new +
Thur 23	Add new +	Add new +
Fri 24	Add new +	Add new +
Sat 25	Add new +	Add new +
Sun 26	Add new +	Add new +
Mon 27	Add new +	Add new +
Tue 28	Add new +	Add new +

[Clear my activities](#) [< Back](#) [Next >](#)

My action plan

Here's your action plan for using your time positively over the next week!

Decide now whether you want to print your action plan or email it to yourself to print later.

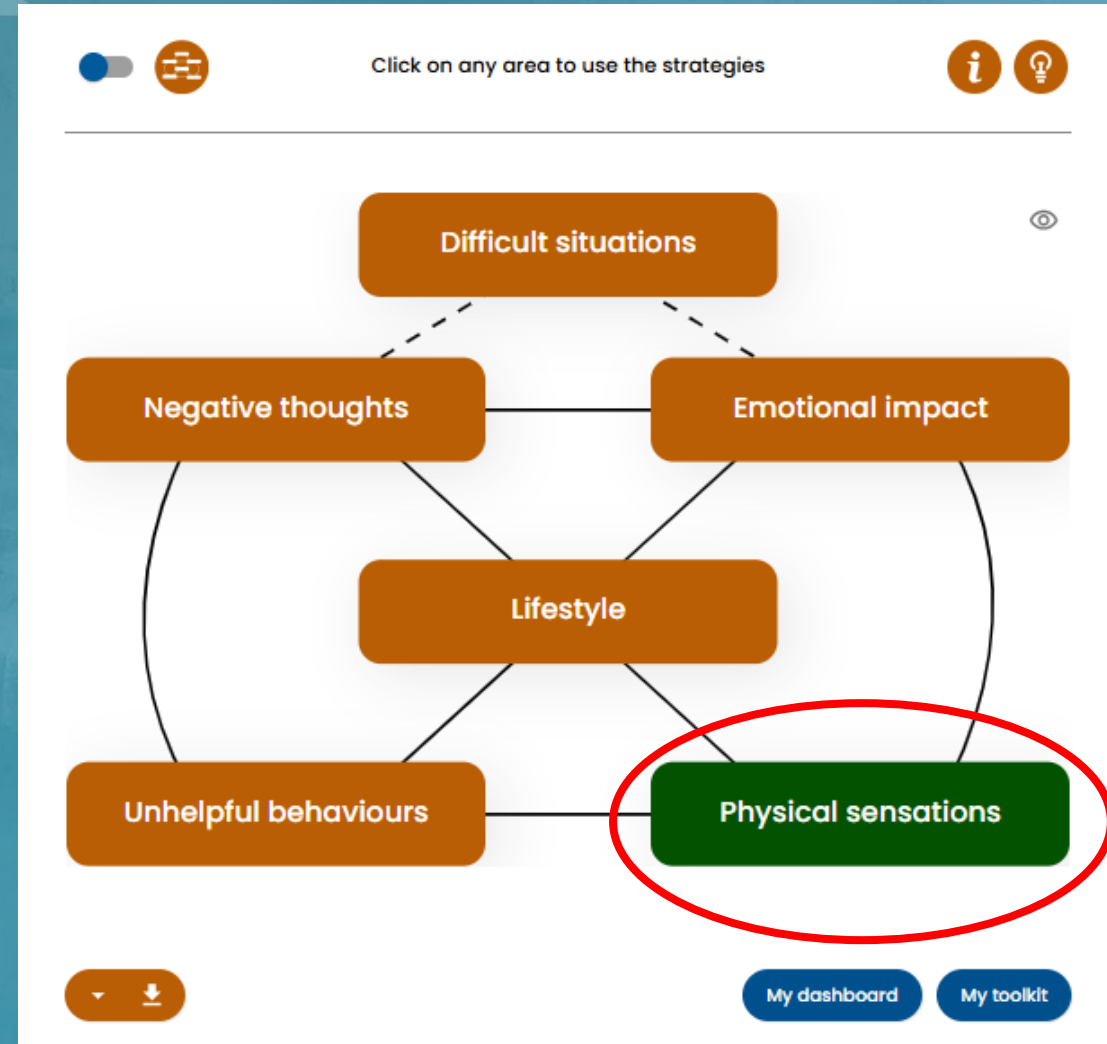
	Enjoyment	Achievement
Wed 22	 Take a walk 22:00	 Clean my home 23:00
Thur 23	 Play some sport 18:00	 Do some DIY 17:00
Fri 24	 Eat a good meal 12:00	 Write a list 12:00
Sat 25	 Read a book 12:00	 Help someone 12:00
Sun 26	 Watch TV 20:00	 Do Breaking Free 21:00
Mon 27	 Be mindful 12:00	 Apply for a job 12:00

[Print](#) [Download](#) [< Back](#) [Finish >](#)



Let's take a look at the strategies for

Physical Sensations



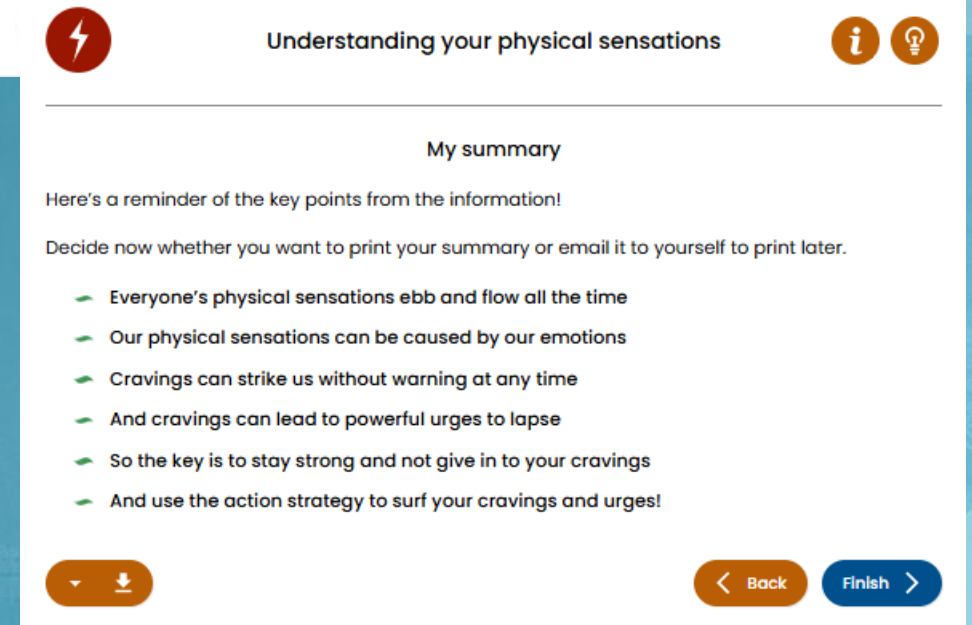
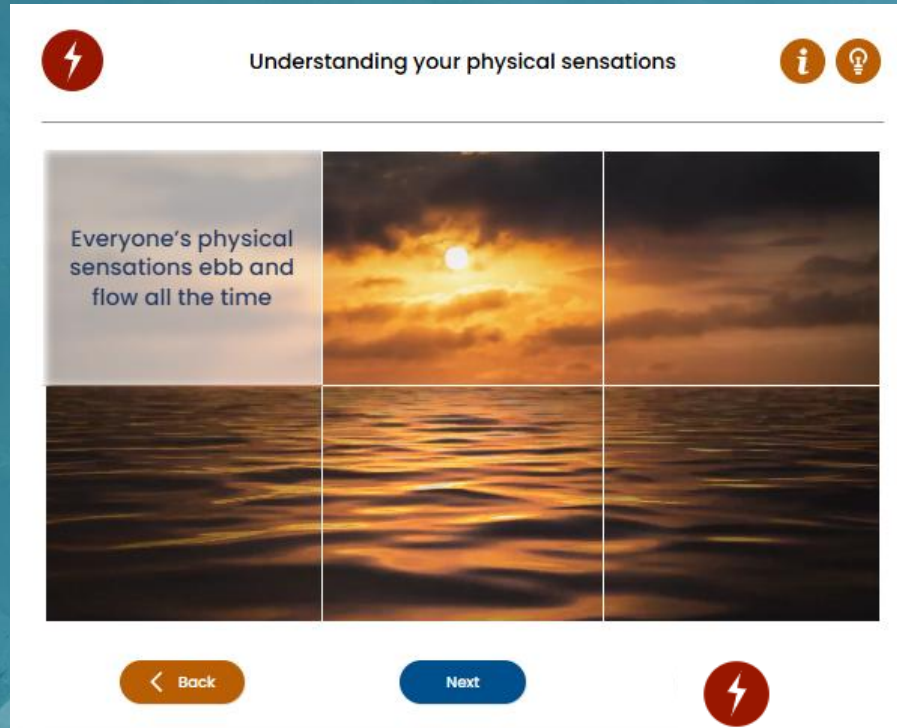


Physical sensations

Information

Action

clicking **Information** brings you through a strategy to understand your physical sensations. Once complete, you're given congratulations and invited to view some key points from the strategy on the next page, by clicking Next through to Finish





Physical sensations

Information

Action

Clicking **Action** brings you to exploring some videos on how to understand your cravings and urges, scan your body, and surf your cravings



Surfing your cravings and urges



In a moment, you will learn about the true nature of cravings. And then you'll be guided on how to scan your body, and surf your cravings.

But first, use this slider to rate the strength of your craving right now on a scale from 0, which means 'very weak', to 10, which means 'very strong'...

2

Very weak

Very strong

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Using a before and after rating scale helps to track if the strategy was effective



Surfing your cravings and urges



Now, use the slider once again to rate the strength of your craving at this moment...

1

Very weak

Very strong

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Surfing your cravings and urges



Let's now compare the strength of your craving BEFORE and AFTER you used the techniques of scanning your body and surfing your cravings...

Before

2

After

1

You can see that the techniques were successful! It looks like they helped to reduce the strength of your craving.

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Surfing your cravings and urges



My action plan

Here's your action plan for surfing your cravings and urges anytime and anywhere!

Decide now whether you want to print your action plan or email it to yourself to print later.

- Focus on your breathing
- Focus on your craving
- Imagine your craving as a wave
- Surf your craving
- Focus on the wave passing through you
- Focus on how you feel inside your body



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Under the My Settings tab of the Main Menu you can add My Supporters in the last section

My supporters

Here you can type in the email addresses of up to three people who are supporting you with Breaking Free.

This will mean every time you email a summary, action plan or progress report to yourself, this will automatically be emailed to your supporters too.

And doing this is a great idea. The closer they can follow the strategies you use and the progress you make in your recovery, the better they can support you!

My settings

Confirm new email

Update

My password

Current password

New password

Confirm new password

Update

My supporters

Add my first supporter

Add my second supporter

Add my third supporter

Update



You can delete your account by purging your data

Purge my data

As a user of our service, you have the right to delete all your personally identifiable data from our systems permanently. You can do this by clicking the 'Continue' button below.

This will begin the process of deleting all the personal information collected by Breaking Free since you first activated your account.

This process may take up to 5 business days, after which you will no longer be able to access or benefit from the Breaking Free program.

Continue



ARE YOU SURE YOU WANT TO DELETE ALL YOUR DATA?

I understand that by purging my data, Breaking Free Online will delete all records of data they hold relating to me, and this cannot be undone. I understand that by proceeding with this data purge, I am therefore forfeiting my right to access or modify these records in the future.

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Purge My Data

Once your account is deleted (data is purged), you can sign up again any time in the future. NOTE: you will have to go through the initial assessment again, which will generate a new Diagram



Breaking **Free**

This program/app is best used along side working with your counsellor, or also post-ADAPT, as a regular, daily maintenance support

Questions? Send us an email: breakingfree@haltonadapt.org