

Addiction Recovery Worksheets

- OPEN UP CONVERSATIONS IN YOUR GROUP OR THERAPEUTIC SESSIONS.
- ASSIST CLIENTS IN EXPLORING ADDICTION & RECOVERY.
- DEVELOP RECOVERY SKILLS.



People you might find in your recovery

Supportive People

- They are non-judgmental.
- They listen with compassion.
- They want to help you.
- They don't judge you.
- They are in recovery.

Neutral People

- Good people who do not have a strong opinion on your recovery.
- They might be too busy to support you fully.
- They might not understand your situation.
- They might not be in recovery.

Unsupportive People

- They are judgmental.
- They are not in recovery.
- They might be too busy to support you.
- They might not understand your situation.

Red Flag Thoughts in Recovery

Thoughts or feelings that might lead you to relapse or harm yourself. For the most part, these thoughts are negative and often come from a place of fear.

Thoughts of using	
Thoughts of relapse	
Thoughts of self-harm	
Thoughts of suicide	
Thoughts of death	

Qualities of Helpers in Recovery

Choose the 3 qualities that are most important to you.

Non-judgmental	Good listener
Compassionate	Willing to help
Supportive	Respectful
Understanding	Empathetic

Helpers can be friends, family, sponsors, therapists, etc.

WHAT'S YOUR RECOVERY GOAL?

Write down your recovery goal in the space below.

Example: I want to be able to live without using.

1. _____

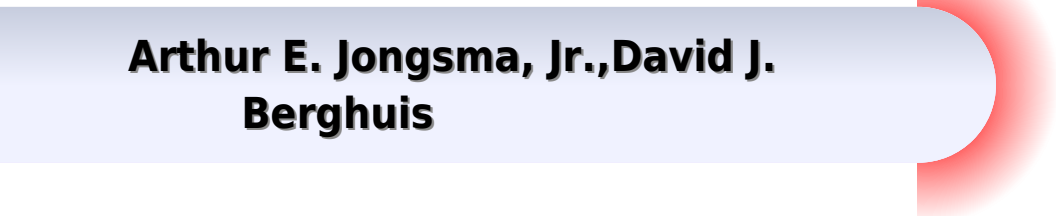
2. _____

3. _____

Internal	External
• Anxiety	• Friends
• Low energy	• Significant others
• Depression	• Family members
• Hopelessness	• Support group
• Isolation	• Recovery coach
• Stress	• Community
• Irritability	• Neighbors
• Overwhelm	• Holidays
• Jealousy	• Positive
• Feeling lost	• Feeling better
• Guilt or shame	• Making it in
• Feeling rejected	• Self-esteem
• Feeling "stuck"	• Perspective
• Feeling full of life	• Spending time
• Gratitude	• Great results
	• Mental peace

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