My Definition of Recovery - Practice worksheet

Describe what recovery would make possible in three areas of life and choose one observable sign.

Adults; supported use as appropriate | 15 minutes

Fictional example: Jordan wants more dependable mornings and time with family.

Use an ordinary or fictional example, with a clinician when appropriate. Recovery goals can reflect health, agency, connection, and personally meaningful change.

Practice task

Describe what recovery would make possible in three areas of life and choose one observable sign.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Which change matters to you rather than to someone else's expectations?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A01-2