My Definition of Recovery - Review journal

Review an attempt at my definition of recovery and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which change matters to you rather than to someone else's expectations? My optional adjustment or support request:

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-A01-5