



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 24
SUPPORTING SOMEONE WITHOUT
RESCUING THEM
YOUR RECOVERY TOOL

Use this tool after watching Episode 24. There are no perfect answers. The purpose is awareness, reflection, and one intentional next step.

1 THE SQUARED AWAY RECOVERY CHECKPOINT™

Where am I right now?

Think about one important relationship. How often does helping become taking over responsibility that belongs to the other person?

Rarely 1 2 3 4 5 Often

One situation where I may be rescuing is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When someone I care about struggles, where does my response tend to move?

☐ Taking over ☐ Withdrawing ☐ Supporting with responsibility

What would helping without taking over look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHO OWNS THIS? - What responsibility have I been carrying that may belong to the other person?

2. WHAT WOULD SUPPORT LOOK LIKE? - How could I encourage, guide, or stand beside them without solving the problem for them?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, choose one situation where you can support someone without taking over what they are capable of doing themselves.

The responsibility I will leave with them is:

One way I will offer healthy support is:

MISSION TRACKER

Did I support without rescuing or taking over today?

MON TUE WED THU FRI SAT SUN

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WEEKLY REFLECTION:

What changed when I allowed support and responsibility to exist together?

GO DEEPER

The Squared Away Recovery Checkpoint™, Recovery Compass™, Recovery Journal™, and This Week's Mission™ are recurring tools in the Getting Squared Away approach.

In Getting Squared Away: Rebuilding the Whole Person After Addiction - and in future companion workbook materials - you will find expanded exercises for family roles, healthy support, responsibility, boundaries, consequences, life skills, and rebuilding relationships without rescuing.

Understanding is the first step. Application is where change happens.

SUPPORT WALKS BESIDE SOMEONE. RESCUING TAKES OVER WHAT THEY CAN BEGIN TO CARRY.

IMPORTANT: This tool is for educational and personal reflection purposes only. It does not replace professional medical, psychological, or therapeutic advice. If you are in the U.S. and in crisis, call or text 988. If you are in immediate danger, call 911 or go to the nearest emergency department.

You are not alone. RECOVERY IS POSSIBLE.

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