



WHAT ARE YOUR EARLY WARNING SIGNS?

YOUR RECOVERY TOOL

Use this tool after watching Episode 29. 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?

Thinking about the past seven days, how aware have I been of changes that may signal I am beginning to struggle?

Not Aware 1 2 3 4 5 Very Aware

One early warning sign I need to pay closer attention to is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When warning signs appear, which direction am I moving?

☐ Toward recovery ☐ Drifting ☐ Toward greater risk

What would help me correct direction early?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. MY HEALTHY BASELINE - When recovery is going well, what am I consistently doing?

2. MY EARLIEST CHANGES - What are the first three things that tend to change when I begin struggling?

1. _____ 2. _____
3. _____

4 THIS WEEK'S MISSION™

What will I actually do?

This week, identify your warning signs at three levels and pair each level with a response.

PAY ATTENTION: _____

My response: _____

TAKE ACTION: _____

My response: _____

GET HELP: _____

Who I will contact: _____

MISSION TRACKER

Did I notice and respond to a warning sign today?

MON TUE WED THU FRI SAT SUN

☐ ☐ ☐ ☐ ☐ ☐ ☐

WEEKLY REFLECTION:

What did I learn about the earliest signs that my recovery needs attention?

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 identifying personal warning signs, recognizing patterns and clusters, involving trusted supports, and responding before risk becomes a crisis.

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

A WARNING SIGN IS INFORMATION - NOT A PREDICTION.

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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