



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 10

WHEN MENTAL HEALTH DOESN'T IMPROVE JUST BECAUSE YOU'RE SOBER

YOUR RECOVERY TOOL

Use this tool after watching Episode 10. 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 often have mental-health symptoms affected your recovery, relationships, sleep, work, or daily functioning?

Rarely 1 2 3 4 5 Very Often

What have you noticed most?

☐ Anxiety ☐ Low mood ☐ Sleep problems

☐ Irritability ☐ Concentration problems

☐ Trauma or difficult memories ☐ Other: _____

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When symptoms show up, what direction do you tend to move?

☐ I reach out ☐ I isolate ☐ I ignore them

☐ I judge myself ☐ I seek healthy support

What would moving toward appropriate care and stronger recovery look like right now?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT AM I EXPERIENCING? — Describe the symptoms without judging yourself or diagnosing yourself.

2. HOW IS IT AFFECTING ME? — What impact is it having on daily life or recovery?

3. WHO COULD I TALK TO? — Name one safe, appropriate person or professional you could contact if this continues.

4 THIS WEEK'S MISSION™

What will I actually do?

This week, pay attention to your mental health without turning what you notice into a judgment about yourself.

The symptom or pattern I will pay attention to is:

If it continues, worsens, or interferes with my recovery, the person I will talk to is:

MISSION TRACKER

Did I notice my mental health without judging myself today?

MON TUE WED THU FRI SAT SUN

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WEEKLY REFLECTION:

What did you notice when you treated symptoms as information instead of a verdict about your recovery?

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 and deeper guidance for understanding the relationship between sobriety, mental-health symptoms, neurobiological stabilization, and appropriate support.

You can be making real progress in recovery and still need help with your mental health.

UNDERSTANDING IS THE FIRST STEP. APPLICATION IS WHERE CHANGE HAPPENS.

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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