



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 20

**BUILD A LIFE YOU DON'T NEED TO
ESCAPE FROM
YOUR RECOVERY TOOL**

*Use this tool after watching Episode 20. 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 present have you felt in the life you are building?

Wanting to Escape 1 2 3 4 5 Fully Present

One part of my life I am genuinely grateful to be present for is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When life feels uncomfortable, where does your response tend to move you?

☐ Numbing / avoiding ☐ Enduring without change ☐ Healthy action

What would moving toward healthy participation look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT MAKES LIFE WORTH PROTECTING? - What have you built in recovery that makes you grateful to be present for your life?

2. WHAT STILL MAKES ME WANT TO ESCAPE? - What part of life do you still want to avoid, numb, check out from, or run away from?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, choose one area of life you tend to escape from and take one healthy action that helps you participate in it instead.

The area I will stop avoiding is:

One healthy action I will take this week is:

MISSION TRACKER

Did I take my healthy action or choose to stay present today?

MON TUE WED THU FRI SAT SUN

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WEEKLY REFLECTION:

What changed when you faced one part of your life instead of escaping from it?

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 purpose, recovery capital, balance, resilience, healthy coping, joy, and intentionally building a life that supports long-term recovery.

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

BUILD A LIFE YOU WANT TO BE PRESENT FOR - AND A LIFE WORTH PROTECTING.

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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