



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 22

WHY YOUR FAMILY MAY STILL BE AFRAID EVEN THOUGH YOU'RE SOBER YOUR RECOVERY TOOL

*Use this tool after watching Episode 22. 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 family relationship where fear or distrust is still present.
How strongly does that fear affect the relationship right now?

Very Little 1 2 3 4 5 Very Strongly

One relationship where fear or distrust still shows up is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When someone I love shows fear or distrust, where do I tend to move?

☐ Defending myself ☐ Getting angry ☐ Responding with patience

What would moving toward patience, safety, and consistency look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT THEY LEARNED TO EXPECT - What did this person learn to expect during active addiction?

2. WHAT IS DIFFERENT NOW - What am I doing today that gives this person a different experience?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, create new evidence of safety. Choose one consistent behavior that shows honesty, reliability, patience, or responsibility - especially when someone you love is still afraid.

The fear or distrust I want to respond to differently is:

One behavior I will repeat to create new evidence is:

MISSION TRACKER

Did my behavior create new evidence of safety and reliability today?

MON TUE WED THU FRI SAT SUN

☐ ☐ ☐ ☐ ☐ ☐ ☐

WEEKLY REFLECTION:

What did I learn when I stopped asking for trust and focused instead on being trustworthy?

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 rebuilding trust, understanding family fear, creating emotional safety, respecting boundaries, practicing accountability, and restoring relationships through consistent behavior.

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

TRUST DOES NOT RETURN BECAUSE WE DEMAND IT. IT RETURNS WHEN SAFETY BECOMES BELIEVABLE.

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.

© 2026 Getting Squared Away™. All rights reserved