



LEARN TO RECOGNIZE WHEN YOU'RE DRIFTING

YOUR RECOVERY TOOL

Use this tool after watching Episode 27. 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 show I am drifting from my healthy recovery baseline?

Not Aware 1 2 3 4 5 Very Aware

One change that may tell me I'm beginning to drift is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When I notice myself drifting, where does my response tend to move?

☐ Ignore/explain away ☐ Keep drifting ☐ Notice/correct direction

What would turning back toward recovery look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT DOES WELL LOOK LIKE? - What routines, relationships, and behaviors are usually present when my recovery is going well?

2. WHAT CHANGES FIRST? - What are the first things that tend to change when I begin moving away from that healthy baseline?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, compare your healthy recovery baseline with your early signs of drift. Choose one small correction as soon as you notice the direction changing.

The sign of drift I will watch for is:

When I notice it, I will correct direction by:

MISSION TRACKER

Did I notice drift and make a small correction today?

MON TUE WED THU FRI SAT SUN

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WEEKLY REFLECTION:

What changed when I noticed direction instead of waiting for a crisis?

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 your healthy recovery baseline, recognizing drift in routines, thinking, relationships, responsibilities, and health, strengthening accountability, and correcting direction before drift becomes crisis.

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

DRIFT DOES NOT HAVE TO BECOME DEPARTURE. NOTICE THE DIRECTION. TURN THE WHEEL.

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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