



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 14
WHO AM I WITHOUT ADDICTION?

YOUR RECOVERY TOOL

Use this tool after watching Episode 14. 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 the identity you carried during addiction and the person you are becoming now.

How clear does your sense of who you are feel right now? 1
2 3 4 5

Which area feels most connected to your identity right now?

- ☐ Values ☐ Relationships ☐ Work / role
☐ Recovery ☐ Interests ☐ Faith / purpose ☐ Other

One old identity statement I still carry:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When you think about who you are now, which direction are you moving?

- ☐ Letting an old identity define me
☐ Still figuring it out ☐ Practicing who I want to become

What quality would point you toward the person you want to become?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. THE OLD STORY — What identity statement from addiction, survival, or your past still follows you?

2. THE PERSON I WANT TO BE — Name three qualities you want to be known for.

3. THE EVIDENCE — What behavior would show that you are becoming that person?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, choose one quality you want to practice and create evidence for it through one specific behavior.

The quality I will practice is:

One behavior that will provide evidence is:

MISSION TRACKER

Did I practice the quality I want to become today?

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WEEKLY REFLECTION:

What did your behavior teach you about the person you are becoming?

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 identity reconstruction, values, interrupted development, old identity stories, and building new evidence through repeated behavior.

You don't have to know exactly who you are becoming before you begin behaving like the person you want to become.

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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