



GETTING SQUARED AWAY  
RECOVERY ACADEMY™

# RECOVERY CONVERSATION 26

## RELAPSE USUALLY STARTS BEFORE THE SUBSTANCE

### YOUR RECOVERY TOOL

Use this tool after watching Episode 26. 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 consistently have I been doing the things that help keep my recovery stable?

Not Consistently    1   2   3   4   5    Very Consistently

One healthy part of my recovery I need to protect is:

---

---

#### 2 THE SQUARED AWAY RECOVERY COMPASS™

*Which direction am I moving?*

Right now, does the direction of my life feel like it is moving:

☐ Toward recovery    ☐ Drifting    ☐ Away from recovery

One sign that tells me the direction may be changing is:

---

---

#### 3 THE SQUARED AWAY RECOVERY JOURNAL™

*What do I need to understand?*

1. MY HEALTHY BASELINE - When my recovery is going well, what am I consistently doing?

---

2. MY FIRST CHANGE - What tends to change first when I begin struggling or drifting?

---

---

#### 4 THIS WEEK'S MISSION™

*What will I actually do?*

This week, notice one small change in your recovery early and respond before it grows.

**The change I will watch for is:**

If I notice it, I will: 

---

The person I can tell is: 

---

#### MISSION TRACKER

Did I protect one part of my recovery today?

MON   TUE   WED   THU   FRI   SAT   SUN

☐   ☐   ☐   ☐   ☐   ☐   ☐

#### WEEKLY REFLECTION:

What did I notice when I paid attention to the direction of my recovery before a crisis developed?

---

---

#### 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 early drift, examining changes in routines and connection, and responding before warning signs become larger problems.

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

**RELAPSE OFTEN BEGINS BEFORE THE SUBSTANCE. NOTICE THE DIRECTION EARLY.**

**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