



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 19

**I SHOULD ALREADY KNOW HOW TO
DO THIS**
YOUR RECOVERY TOOL

*Use this tool after watching Episode 19. 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 often have you judged yourself for something you think you should already know how to do?

Rarely 1 2 3 4 5 Often

One thing I keep telling myself I should already know is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When you do not know how to do something, where does your response tend to move you?

☐ Shame / hiding ☐ Pretending ☐ Asking / learning

What would moving toward learning look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. THE "SHOULD" - What is something you believe you should already know how to do, and what do you tell yourself when you struggle with it?

2. WHAT IS ACTUALLY NEEDED? - Is this a character flaw - or a skill, experience, or support you can begin building now?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, replace one "I should already know" with "I can learn." Then take one concrete step toward learning instead of hiding.

The "should" I am challenging is:

One learning step I will take this week is:

MISSION TRACKER

Did I choose learning over shame, hiding, or pretending today?

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WEEKLY REFLECTION:

What changed when you treated not knowing as something you can learn instead of something you have to hide?

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 shame, self-judgment, asking for help, skill development, responsibility, confidence, and learning later in life without turning a gap into an identity.

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

NOT KNOWING IS NOT FAILURE. YOU ARE ALLOWED TO LEARN.

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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