



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 13

GRIEVING THE YEARS YOU CAN'T GET BACK

YOUR RECOVERY TOOL

Use this tool after watching Episode 13. 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 period of lost time or one missed opportunity that still carries regret.

How strongly does this regret affect you right now? 1 2 3 4 5

What part of the lost time hurts most?

- ☐ Family time ☐ Opportunity ☐ Education / career
☐ Health ☐ Finances ☐ Relationship ☐ Other

What I am grieving: _____

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When you think about the years you cannot get back, where does your attention tend to go?

- ☐ Punishing myself for the past
☐ Learning from it ☐ Building with the time I have now

What direction would help you use today in a way that reflects what matters most now?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT AM I GRIEVING? — Name the lost time, missed experience, or opportunity honestly.

2. WHAT IS REGRET TEACHING ME? — What does this loss reveal about what matters to me now?

3. WHAT IS STILL POSSIBLE? — What can I build, repair, learn, or experience with the time ahead?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, choose one action that uses the time you have now in a way that reflects what your regret has taught you.

What my regret is teaching me matters now is:

One action I will take this week is:

MISSION TRACKER

Did I use today in a way that reflects what matters to me now?

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WEEKLY REFLECTION:

What changed when you focused less on recovering yesterday and more on using today well?

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 working with lost time, regret, comparison, delayed growth, and rebuilding from where you actually are.

You cannot recover the years behind you. But you can decide what happens with the years in front of you.

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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