



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 02

UNDERSTANDING WITHDRAWAL

YOUR RECOVERY TOOL

Use this tool after watching Episode 02. 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 stable have your sleep, energy, mood, and concentration felt?

Very Low 1 2 3 4 5 Very High

What withdrawal or early-adjustment symptom has been most difficult for you to manage?

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When withdrawal or discomfort shows up, are your current choices moving you toward greater stability - or back toward short-term relief?

What helps you recognize that direction?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. What part of withdrawal or early stabilization do you understand differently after this episode?

2. What symptom or experience have you been judging yourself for that may actually be part of the adjustment process?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, choose one small action that supports safety and stabilization in your recovery.

My mission is:

Why this mission matters:

MISSION TRACKER

Did I complete my mission this week? Check each day you complete your mission.

MON TUE WED THU FRI SAT SUN

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WEEKLY REFLECTION:

What did you notice about your symptoms, triggers, or stability as you worked on your mission?

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, deeper guidance, and practical tools to help you apply these concepts to your life.

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

KEEP SHOWING UP. YOU CAN DO THIS.

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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