



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 06

NOT EVERY THOUGHT DESERVES TO BE BELIEVED

YOUR RECOVERY TOOL

Use this tool after watching Episode 06. 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 noticed a thought before automatically accepting it as true?

Rarely 1 2 3 4 5 Very Often

What thought has been showing up most often when you feel anxious, discouraged, angry, ashamed, or hopeless?

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

Think of one thought that has been influencing your emotions or recovery. When you believe it, does it move you toward the recovery you want - or toward an old pattern?

What would change if you paused and examined that thought before acting on it?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. What is one thought you have been believing simply because you have thought it for a long time?

2. What evidence suggests that thought may not be completely true? What would a healthier, more accurate thought sound like?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, catch and challenge one unhealthy thought each day. Pause before accepting it as true, then practice a healthier, more balanced response.

The thought I will practice challenging is:

A healthier, more accurate response is:

MISSION TRACKER

Did I catch and challenge an unhealthy thought today? Check each day you practiced.

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WEEKLY REFLECTION:

What did you notice about your thoughts, emotions, or choices when you paused before believing the thought?

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 for recognizing distorted thinking, challenging old stories, and practicing healthier, more accurate thoughts.

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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