



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 16

**SOBRIETY GIVES YOU TIME. WHAT
WILL YOU BUILD WITH IT?**
YOUR RECOVERY TOOL

*Use this tool after watching Episode 16. 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 intentionally have you used the time and space sobriety has created?

Not Intentionally 1 2 3 4 5 Very Intentionally

What area of your life most needs building or rebuilding right now?

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When you have unstructured time or empty space, are your choices moving you toward the life you want to protect - or back toward old patterns?

What would one healthier direction look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. What time, energy, or possibility has sobriety given back to you?

2. What part of your life most needs your attention, and what is one realistic next step you can take?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, choose one area of your life and take one small action each day that helps build it.

My building action is:

Why this matters to the life I want to protect:

MISSION TRACKER

Did I complete my building action today? Check each day you follow through.

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WEEKLY REFLECTION:

What did you begin building this week, and what did you learn about the life you want to protect?

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 rebuilding structure, health, relationships, responsibilities, life skills, and meaning after addiction.

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

SOBRIETY CREATES SPACE. RECOVERY IS WHAT YOU BUILD IN IT.

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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