



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 18
THE LIFE SKILLS ADDICTION
INTERRUPTED
YOUR RECOVERY TOOL

*Use this tool after watching Episode 18. 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 confident have you felt managing the ordinary responsibilities of daily life?

Very Low 1 2 3 4 5 Very High

What practical life skill feels hardest for you right now?

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When you notice a skill you do not yet have, does your response move you toward shame and avoidance - or toward learning and practice?

What would moving toward learning look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT WAS INTERRUPTED? - What practical skill, responsibility, or area of daily life did addiction interrupt - or did you never have the chance to fully learn?

2. WHAT DO I NEED TO LEARN? - What would becoming more capable in this area look like, and who or what could help you learn it?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, choose one practical life skill and take one small step toward learning or strengthening it. Practice - not perfection - is the goal.

The skill I will work on is:

One step I will practice this week is:

MISSION TRACKER

Did I practice or take a step toward learning my chosen skill today?

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WEEKLY REFLECTION:

What did you learn about yourself when you treated a skill gap as something you can learn instead of something to be ashamed of?

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 rebuilding practical life skills, daily responsibilities, work and education, financial stability, confidence, and the areas of adult functioning addiction may have interrupted.

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

A SKILL GAP IS NOT A CHARACTER FLAW. SKILLS CAN BE LEARNED.

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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