



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 12

YOU CAN MISS SOMETHING THAT WAS DESTROYING YOU

YOUR RECOVERY TOOL

Use this tool after watching Episode 12. 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 thing connected to addiction that you still miss — without judging yourself for missing it.

How strongly do you miss it right now? 1 2 3 4 5

What do you find yourself missing most?

- ☐ Substance ☐ Feeling ☐ People ☐ Ritual
☐ Escape ☐ Excitement ☐ Identity ☐ Belonging
☐ Other: _____

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When you remember what you miss, where does your attention tend to go?

- ☐ Mostly what it gave me
☐ Mostly what it cost me ☐ I can remember both

What healthier direction could meet the need without returning to what was destroying you?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT DO I MISS? — Name the substance, feeling, person, ritual, identity, or experience honestly.

2. WHAT DID IT GIVE ME? — What need did it seem to meet: relief, belonging, confidence, escape, excitement, or something else?

3. WHAT DID IT COST ME? — What did the full story include that nostalgia may leave out?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, notice one moment when you miss something about addiction. Pause and ask what you actually miss before deciding what to do next.

What I miss — and the need underneath it — is:

One healthier way I can begin meeting that need is:

MISSION TRACKER

Did I notice what I missed, remember the full story, and choose recovery today?

MON TUE WED THU FRI SAT SUN

☐ ☐ ☐ ☐ ☐ ☐ ☐

WEEKLY REFLECTION:

What did you learn when you looked underneath “I miss it” and asked what you actually missed?

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 understanding what addiction seemed to provide, remembering its full cost, and building healthier ways to meet needs for relief, belonging, confidence, connection, and meaning.

You can miss what addiction gave you without forgetting what addiction took from 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.

© 2026 Getting Squared Away™. All rights reserved