



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 11

RECOVERY HAS GRIEF IN IT

YOUR RECOVERY TOOL

Use this tool after watching Episode 11. 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 loss connected to addiction or recovery that still carries emotional weight for you.

How strongly is this loss affecting you right now? 1 2 3 4 5

What kind of loss is it?

☐ Relationship ☐ Time ☐ Opportunity ☐ Trust

☐ Health ☐ Identity ☐ Someone who died

☐ Other: _____

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When you think about this loss, which statement fits best right now?

☐ Something may still be repaired

☐ Something I may need to grieve ☐ I am not sure yet

What would moving toward healing look like without denying what was lost?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT WAS LOST? — Name the loss honestly and describe why it mattered to you.

2. WHAT CAN I CHANGE? — Is there anything I can responsibly repair, rebuild, or address?

3. WHAT IS STILL POSSIBLE? — What remains available to build, protect, or become?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, choose one loss you have been carrying and respond to it intentionally instead of avoiding it.

The loss I will make space to acknowledge is:

One healthy action I can take — to repair what is repairable or honor what must be grieved — is:

MISSION TRACKER

Did I make space to acknowledge this loss without letting it take away what is still possible?

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WEEKLY REFLECTION:

What changed when you treated grief as something to acknowledge rather than something to escape?

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 grieving lost time, relationships, opportunities, trust, identity, and the future you once imagined while continuing to build what is still possible.

You can honor what was lost without sacrificing what is still possible.

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.

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