



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 07

THE STORIES ADDICTION TEACHES US TO BELIEVE

YOUR RECOVERY TOOL

Use this tool after watching Episode 07. 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 an old story about yourself shaping how you feel or act?

Rarely 1 2 3 4 5 Very Often

What old story about yourself has been showing up most often?

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

Think of one old story you still carry. When you believe it, does it move you toward the person you are becoming - or back toward an old identity?

What new evidence from your recovery points you in a healthier direction?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. What is one story addiction - or your experiences during addiction - taught you to believe about yourself?

2. What evidence from your recovery suggests that story is not the whole truth? What would a more accurate story sound like?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, notice one old story each day. Pause, name it, and answer it with one piece of evidence from the person you are becoming.

The old story I want to stop automatically believing is:

A more accurate story I will practice is:

MISSION TRACKER

Did I notice and challenge an old story today? Check each day you practiced.

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WEEKLY REFLECTION:

What did you notice when you compared the old story with the evidence of who you are becoming?

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 and deeper guidance for recognizing old identity stories, separating past behavior from permanent identity, and building a more accurate understanding of the person you are becoming.

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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