



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 09

GUILT SAYS I DID SOMETHING BAD. SHAME SAYS I AM BAD.

YOUR RECOVERY TOOL

Use this tool after watching Episode 09. 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 judged your whole identity because of something you regret?

Rarely 1 2 3 4 5 Very Often

When regret shows up, which statement sounds more like your inner voice?

GUILT: "I did something wrong."

SHAME: "There is something wrong with me."

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

Think of one regret you still carry. When you respond with shame, where does it tend to lead you?

What direction would accountability, repair, and healthier self-understanding help you move instead?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT I DID — Describe one behavior or decision you regret without labeling yourself.

2. WHAT I CAN DO NOW — What responsibility, repair, boundary, apology, or behavior change is mine?

3. WHO I AM BECOMING — What evidence from recovery shows that your past is not your entire identity?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, notice one shame statement when it appears. Separate your behavior from your identity and choose an accountable next step.

The shame statement I want to challenge is:

A more accurate and accountable statement I will practice is:

MISSION TRACKER

Did I notice shame, separate behavior from identity, and choose accountability today?

MON TUE WED THU FRI SAT SUN

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WEEKLY REFLECTION:

What changed when you focused on what you can do now instead of defining yourself by the past?

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 separating guilt from shame, practicing accountability, repairing what can be repaired, and rebuilding identity through consistent recovery choices.

Accountability asks what you will do next. Shame tells you what you supposedly are.

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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