



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 30

HAVE A PLAN BEFORE YOU NEED THE PLAN

YOUR RECOVERY TOOL

Use this tool after watching Episode 30. There are no perfect answers.

The purpose is preparation, clarity, and one intentional next step.

1 THE SQUARED AWAY RECOVERY CHECKPOINT™

Where am I right now?

How prepared am I to respond if my recovery begins to drift or a strong craving appears?

Not Prepared 1 2 3 4 5 Well Prepared

The part of my relapse prevention plan that needs the most attention is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

If a warning sign appears, what will help me turn toward recovery?

☐ Use my plan ☐ Contact support ☐ Change my environment

My first corrective action will be:

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

MY WARNING SIGNS: What tells me I am beginning to drift?

MY TRIGGERS: What places my recovery at greater risk?

MY REASONS FOR RECOVERY: What am I protecting?

4 THIS WEEK'S MISSION™

What will I actually do?

Begin your personal relapse prevention plan before you need it.

WHEN I NOTICE A WARNING SIGN:

I will _____

WHEN A STRONG CRAVING APPEARS:

I will _____

MY SUPPORT TEAM:

1. _____ 2. _____

3. _____

MISSION TRACKER

Did I review or use my recovery plan today?

MON TUE WED THU FRI SAT SUN

☐ ☐ ☐ ☐ ☐ ☐ ☐

WEEKLY REFLECTION:

What part of my plan will make it easier to respond before a crisis grows?

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 building a personal relapse prevention plan around warning signs, triggers, healthy responses, support people, daily recovery habits, and your reasons for recovery.

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

HOPE IS NOT A PLAN. PREPARATION IS.

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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