



GETTING SQUARED AWAY  
RECOVERY ACADEMY™

RECOVERY CONVERSATION 01

# WHY RECOVERY FEELS SO HARD AT FIRST

## YOUR RECOVERY TOOL

Use this tool after watching Episode 01. 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 would you rate your overall physical, mental, and emotional well-being?

Very Low   1   2   3   4   5   Very High

What has felt the hardest for you since you stopped using?

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### 2 THE SQUARED AWAY RECOVERY COMPASS™

*Which direction am I moving?*

When you think about how you are taking care of yourself right now, are your choices moving you toward the recovery you want - or away from it?

Why do you think that?

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### 3 THE SQUARED AWAY RECOVERY JOURNAL™

*What do I need to understand?*

1. What part of "why recovery feels so hard at first" stood out to you the most - and why?

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2. What is something you have been expecting from yourself that may not be realistic in early recovery?

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### 4 THIS WEEK'S MISSION™

*What will I actually do?*

This week, choose one small action that supports your recovery and healing.

**My mission is:**

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**Why this mission matters:**

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### MISSION TRACKER

Did I complete my mission this week? Check each day you complete your mission.

MON   TUE   WED   THU   FRI   SAT   SUN

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### WEEKLY REFLECTION:

What did you learn about yourself as you worked on your mission?

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### 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, deeper guidance, and practical tools to help you apply these concepts to your life.

**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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