



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 21
ADDICTION DOESN'T ONLY HAPPEN
TO THE PERSON USING
YOUR RECOVERY TOOL

*Use this tool after watching Episode 21. 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 relationship that was affected by addiction. How aware are you of what that person may have experienced?

Not Very Aware 1 2 3 4 5 Very Aware

One relationship I want to understand more honestly is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When I think about how addiction affected this person, where do I tend to move?

☐ Defending myself ☐ Getting stuck in shame ☐ Understanding impact

What would moving toward healing and accountability look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. THEIR EXPERIENCE - What fear, uncertainty, disappointment, or responsibility may this person have carried?

2. THEIR ADAPTATION - What role or survival pattern may they have developed in response?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, create one different experience in a relationship affected by addiction. Use action, not promises, to show honesty, reliability, respect, or care.

The relationship I will focus on is:

One action that creates a different experience is:

MISSION TRACKER

Did my actions create a safer, more dependable experience today?

MON TUE WED THU FRI SAT SUN

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WEEKLY REFLECTION:

What did I learn when I focused less on explaining myself and more on understanding impact?

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 family systems, fear, changed roles, trust, communication, boundaries, accountability, and healing relationships over time.

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

ADDICTION CREATES RIPPLES. RECOVERY CAN CREATE RIPPLES TOO.

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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