



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 05

YOUR BRAIN CAN LEARN AGAIN

YOUR RECOVERY TOOL

Use this tool after watching Episode 05. 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 yourself pause before automatically falling into an old response or habit?

Rarely 1 2 3 4 5 Very Often

Name one situation where you responded differently than you might have during active addiction.

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

Think of one old pattern your brain learned during addiction. When that pattern shows up now, does your response strengthen the old path - or the new recovery path?

What is one healthier response you want to practice when that old pattern appears?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. What is one automatic response your brain learned during addiction? What feelings, situations, or triggers usually started it?

2. What healthier response are you beginning to practice instead? What could help you repeat it more consistently?

4 THIS WEEK'S MISSION™

What will I actually do?

Choose one healthy response and intentionally practice it at least three times this week. Repetition is how a new path becomes more familiar.

The response I will practice is:

The situation or trigger I will practice it with:

MISSION TRACKER

Did I practice my new healthy response this week? Check each day you followed through.

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WEEKLY REFLECTION:

What became easier, clearer, or more familiar as you repeated the new response?

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 for understanding neuroplasticity, changing learned patterns, and strengthening healthier responses through repetition.

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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