



GETTING SQUARED AWAY

RECOVERY ACADEMY™

RECOVERY CONVERSATION 25

BECOMING A SAFE PERSON

YOUR RECOVERY TOOL

Use this tool after watching Episode 25. 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 consistently have my words and actions helped the people closest to me experience honesty, respect, and reliability?

Not Consistently 1 2 3 4 5 Very Consistently

One behavior that already helps others feel safer with me is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When someone tells me something difficult, where does my response tend to move?

☐ Defending/explaining ☐ Withdrawing/anger ☐ Listening/responsibility

What would moving toward emotional safety look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT DO OTHERS EXPERIENCE? - What do I do that helps people feel safe, and what old pattern may still create uncertainty?

2. WHAT CAN I PRACTICE? - What one behavior - honesty, listening, follow-through, emotional regulation, or respect for boundaries - most needs consistency?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, choose one behavior that helps you become a safer person in relationships and practice it consistently - especially when the moment is uncomfortable.

The behavior I will practice is:

One relationship where I will practice it is:

MISSION TRACKER

Did I practice my chosen safe-person behavior today?

MON TUE WED THU FRI SAT SUN

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WEEKLY REFLECTION:

What changed when I focused on being trustworthy instead of asking whether others trusted me?

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 honesty, emotional safety, accountability, boundaries, repair, consistency, and rebuilding trust through lived experience.

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

PEOPLE DO NOT EXPERIENCE OUR INTENTIONS. THEY EXPERIENCE OUR BEHAVIOR.

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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