



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 15
YOUR PAST EXPLAINS YOU. IT DOES NOT HAVE TO DEFINE YOU.

YOUR RECOVERY TOOL

Use this tool after watching Episode 15. 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 part of your past that still carries too much authority over how you see yourself today.

How strongly is this part of your past defining you right now? 1
2 3 4 5

What kind of experience is it?

- ☐ Addiction years ☐ Mistake / regret ☐ Loss
☐ Trauma ☐ Relationship ☐ Other

One part of my past I still let define me:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When this part of your past shows up, where does it tend to point you?

- ☐ Letting the past decide who I am
☐ Understanding it ☐ Choosing what comes next

What would moving toward your future look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT IT EXPLAINS — What does this part of your past help you understand about yourself?

2. WHAT IT DOES NOT DECIDE — What does your past not get to decide about who you become now?

3. NEW EVIDENCE — What choice could show that your future is not predetermined by your past?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, create new evidence. Choose one behavior that reflects the person you want to become instead of the story your past has been telling you.

The old story I am challenging is:

One behavior that creates new evidence is:

MISSION TRACKER

Did I create new evidence through my choices today?

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WEEKLY REFLECTION:

What did this week teach you about how much authority your past really has over your future?

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 understanding trauma, regret, accountability, identity, old patterns, and integrating the past without allowing it to define the future.

Your history can give you context without giving you commands.

UNDERSTANDING IS THE FIRST STEP. APPLICATION IS WHERE CHANGE HAPPENS.

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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