



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 04

WHY NOTHING FEELS GOOD ANYMORE

YOUR RECOVERY TOOL

Use this tool after watching Episode 04. 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 ordinary activities felt flat, uninteresting, or less rewarding than you expected?

Rarely 1 2 3 4 5 Very Often

Name one activity, relationship, or experience that used to matter to you but feels less rewarding right now.

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When you feel flat or unmotivated, do your usual choices move you toward healing and connection - or toward isolation and old coping patterns?

What is one healthy action that would point you toward recovery today, even if you do not feel motivated to do it?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. Before substance use became the center of your life, what activities, people, or experiences gave you a sense of enjoyment, interest, accomplishment, or peace?

2. What small signs of interest or pleasure have you noticed returning - even briefly?

4 THIS WEEK'S MISSION™

What will I actually do?

Choose one healthy activity and intentionally practice it at least three times this week - even if you do not feel like doing it at first.

The activity I will practice is:

Why this activity is worth practicing:

MISSION TRACKER

Did I practice my chosen healthy activity this week? Check each day you followed through.

MON TUE WED THU FRI SAT SUN

☐ ☐ ☐ ☐ ☐ ☐ ☐

WEEKLY REFLECTION:

What did you notice before, during, or after doing the activity - even if the change was small?

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 rebuilding reward, motivation, and a meaningful life after addiction.

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.

© 2026 Getting Squared Away™. All rights reserved.