**Stages of Change for Recovery**

The hardest part of recovery is change. I need to recognize and be honest in my recovery.

How honesty is my willingness to change?

What am I willing to do to make changes in lifestyle?

**Check your responses to the following statements?**

|  |  |  |
| --- | --- | --- |
| **Passive (No)** |  | **Active (Yes)** |
|  | I am going to self-help meetings |  |
|  | Associate with safe and sober people |  |
|  | Eat a healthy diet |  |
|  | Avoid risky situations/areas |  |
|  | Develop good sleep habits |  |
|  | Keep up with daily hygiene |  |
|  | Take medications as prescribed |  |
|  | Get adequate exercise |  |
|  | Limit caffeine and sugar daily |  |
|  | Read positive/recovery materials |  |
|  | Have support people to call |  |
|  | Take vitamins daily |  |
|  | Have daily free time for self |  |
|  | Have/seek sponsor |  |
|  | Working steps/program |  |
|  | Doing daily inventory |  |