

RECOVERY TOOLKIT

Practical Worksheets & Resources

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About This Toolkit

Recovery is a daily practice, not a one-time event. This toolkit contains practical worksheets, templates, and resources to support your journey—whether you're in early recovery, long-term sobriety, or supporting someone you love.

What's Inside:

- Daily Check-In Worksheet
- Trigger Identification & Response Plan
- Gratitude Practice Template

- Support Network Map
- Emergency Contact List
- Relapse Prevention Plan
- Self-Care Checklist
- Progress Tracker

Daily Check-In Worksheet

Use this worksheet every morning to set intentions and every evening to reflect on your day.

How am I feeling today? (Physical, emotional, spiritual)

What am I grateful for?

What triggers or challenges might I face today?

What support do I need?

What's one thing I can do today to support my recovery?

Evening: What went well today?

Evening: What would I do differently tomorrow?

Trigger Identification & Response Plan

Knowing your triggers is the first step to managing them. Use this template to identify your personal triggers and create a response plan for each one.

People (Who triggers me?)

Places (Where do I feel unsafe?)

Things (What objects, smells, sounds trigger me?)

Emotions (What feelings lead to cravings?)

Situations (What circumstances are high-risk?)

Support Network Map

Recovery is not a solo journey. Map out your support network so you know who to call when you need help.

Sponsor/Mentor:

Therapist/Counselor:

Recovery Friends:

Family Support:

Crisis Hotline:

Meeting Schedule: