

The Recovery Toolkit

Practical Worksheets for Your Journey

By Shaun Critzer

A collection of tools, exercises, and resources to support your recovery journey—whether you’re in active addiction, early recovery, or supporting someone who is.

Introduction

Recovery isn’t just about not drinking or using. It’s about becoming whole. It’s about processing trauma, building authentic relationships, and creating a life worth staying sober for.

This toolkit contains practical exercises I’ve used in my own recovery and with others I’ve mentored. These aren’t magic solutions—they’re tools. And like any tool, they only work if you use them.

What’s inside:

- Daily Recovery Check-In
 - Trigger Identification Worksheet
 - Gratitude Practice Template
 - Amends Planning Guide
 - Inner Child Healing Exercise
 - Emergency Contact Card
 - Recovery Milestone Tracker
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Daily Recovery Check-In

Use this every morning to set intentions and every evening to reflect.

Morning Check-In:

- Did I get enough sleep? (6-8 hours)
- Am I physically safe today?
- What am I grateful for right now?
- What's one thing I can do today to support my recovery?
- Who can I reach out to if I struggle today?
- What's my intention for today?

Evening Reflection:

- Did I stay sober today?
 - What went well today?
 - What challenged me today?
 - Did I use my tools when I needed them?
 - What am I grateful for from today?
 - What's one thing I learned about myself today?
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Trigger Identification Worksheet

Understanding your triggers is the first step to managing them.

People Triggers

Who are the people that trigger cravings or negative emotions?

1. _____
2. _____
3. _____

What is it about these people that triggers you?

Place Triggers

What locations trigger cravings or negative emotions?

1. _____
2. _____
3. _____

What memories or associations do these places hold?

Emotional Triggers

What emotions make you want to use or engage in old behaviors?

- Anger
- Loneliness
- Stress
- Boredom
- Shame
- Fear
- Joy/Celebration
- Other: _____

Your Action Plan

For each trigger category, write one healthy coping strategy:

When triggered by people: _____ **When triggered by places:** _____
When triggered by emotions: _____

Gratitude Practice Template

Research shows gratitude rewires the brain for positivity and resilience.

Daily Gratitude (Use this every day)

Today's Date: _____

Three things I'm grateful for today:

1. _____
2. _____
3. _____

One person I'm grateful for and why:

One thing about my recovery I'm grateful for:

Amends Planning Guide

Making amends is about taking responsibility and repairing relationships—when appropriate.

Important Notes Before You Begin:

- Not all amends require direct contact
- Some amends would cause more harm than good
- Timing matters—don't rush this process
- Work with a sponsor or therapist on this

Person I Want to Make Amends To:

Name: _____

What I Did That Caused Harm:

How It Affected Them:

What I Want to Say (Draft):

Is Direct Contact Appropriate?

- Yes, direct amends is appropriate
- No, living amends (changed behavior) is better
- Not sure—need to discuss with sponsor/therapist

My Sponsor/Therapist's Guidance:

Inner Child Healing Exercise

Much of our addiction stems from childhood wounds. This exercise helps you connect with and heal your inner child.

Step 1: Find a Quiet Space

Set aside 15-20 minutes where you won't be interrupted.

Step 2: Visualize Your Younger Self

Close your eyes. Picture yourself as a child—whatever age feels right. What are you wearing? Where are you? What do you look like?

Step 3: Ask Questions

Imagine sitting down with this younger version of yourself. Ask:

- What do you need right now?
- What are you afraid of?
- What do you want me to know?

Step 4: Offer Comfort

What does your inner child need to hear? Write it here:

Dear younger me,

Step 5: Make a Promise

What can you promise your inner child? (Example: “I promise to protect you” or “I promise to listen to you”)

My promise: _____

Emergency Contact Card

Print this, fill it out, and keep it in your wallet.

EMERGENCY RECOVERY CONTACTS

Sponsor: _____

Phone: _____

Therapist: _____

Phone: _____

Accountability Partner: _____

Phone: _____

Crisis Hotline: 988

SAMHSA: 1-800-662-4357

My Sobriety Date: _____

I am ____ days sober and I'm not
throwing that away. I will call someone
before I use.

Recovery Milestone Tracker

Celebrate your progress. Every day counts.

Milestone	Date Achieved	How I Celebrated
24 Hours		
1 Week		
30 Days		
60 Days		
90 Days		
6 Months		
1 Year		
18 Months		
2 Years		
5 Years		
10 Years		

Additional Resources

Books That Helped Me:

- *The Body Keeps the Score* by Bessel van der Kolk
- *Alcoholics Anonymous (The Big Book)*
- *Twelve Steps and Twelve Traditions*
- *Getting Past Your Past* by Francine Shapiro (EMDR)

Therapy Modalities That Work:

- EMDR (Eye Movement Desensitization and Reprocessing)
- CBT (Cognitive Behavioral Therapy)
- Trauma-Focused Therapy
- Group Therapy

Support Groups:

- Alcoholics Anonymous (AA)
 - Narcotics Anonymous (NA)
 - SMART Recovery
 - Celebrate Recovery
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Final Thoughts

Recovery is possible. I’m living proof.

Thirteen years ago, I was in psych wards, facing protective orders, losing my kids, and wanting to die. Today, I have a life beyond my wildest dreams—not because I’m special, but because I did the work.

You can too.

One day at a time.

— Shaun Critzer

Get More Support

Visit www.shauncritzer.com for:

- The full memoir “Crooked Lines: Bent, Not Broken”
- Recovery courses and community
- Weekly blog posts and videos
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