

Recovery Toolkit

This toolkit is designed to support you in your recovery journey. Whether you're in early sobriety or years into recovery, these tools can help you stay grounded, process difficult emotions, and build a life you don't want to escape from.

Daily Check-In

Use this daily practice to stay connected to yourself and your recovery. Answer these questions each morning or evening:

- How am I feeling physically? (Tired, energized, tense, relaxed?)
- How am I feeling emotionally? (Anxious, peaceful, angry, grateful?)
- What's one thing I'm grateful for today?
- What's one challenge I'm facing?
- What's one thing I can do today to support my recovery?
- On a scale of 1-10, how strong is my desire to use/act out today?

Trigger Worksheet

When you feel triggered or have an urge, use this worksheet to understand what's happening in your nervous system. This isn't about willpower—it's about awareness.

- What happened? (Describe the triggering event)
- What physical sensations do I notice? (Tight chest, racing heart, etc.)
- What emotions am I feeling? (Shame, anger, loneliness, etc.)
- What's the story I'm telling myself? (I'm not good enough, I'll never change, etc.)
- What does my inner child need right now? (Safety, comfort, reassurance?)
- What's one healthy coping skill I can use? (Call sponsor, journal, breathe, walk, etc.)

Gratitude Practice

Gratitude rewires your brain. It's hard to feel grateful and anxious at the same time. Write 3-5 things you're grateful for each day. They don't have to be big—clean sheets, hot coffee, a kind word from a friend.

Today I'm grateful for: _____

Relapse Prevention Plan

Recovery isn't about perfection—it's about preparation. Fill this out when you're strong, so you have a plan when you're weak.

My top 3 triggers are: _____

When I'm triggered, I will: _____

3 people I can call when I'm struggling: _____

3 healthy coping skills I can use: _____

My 'why' for recovery (why I'm doing this): _____

Daily Affirmations

Read these out loud each morning. Your brain believes what you tell it. Even if you don't believe them yet, say them anyway.

- I am worthy of love and belonging, exactly as I am.
- My past doesn't define my future.
- I am learning to regulate my nervous system.
- I am safe in my body.
- I am doing the best I can with the tools I have.
- Recovery is possible for me.
- I am healing the parts of me that are hurting.

- I am not broken—I am healing.

Emergency Resources

If you're in crisis or having thoughts of self-harm, please reach out immediately. You don't have to do this alone.

- National Suicide Prevention Lifeline: 988
- SAMHSA National Helpline: 1-800-662-4357 (free, confidential, 24/7)
- Crisis Text Line: Text HOME to 741741
- AA Meeting Finder: www.aa.org
- NA Meeting Finder: www.na.org
- SMART Recovery: www.smartrecovery.org

Remember: Recovery isn't linear. You'll have good days and hard days. What matters is that you keep showing up. You're worth it.