

Continuing Recovery Lifestyle Worksheet

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As you've been diligently working on the initial steps of your recovery, it's crucial to assess your progress and identify areas that need further attention. This worksheet is a valuable tool for this purpose. It will help you pinpoint your strengths and areas needing development for ongoing recovery growth. Apply the following questions to each significant life area listed below. Use separate papers to evaluate yourself and reflect on your progress in each aspect.

Questions:

How do your recovery and abstinence from alcohol and drugs currently influence these areas of your life?

What noticeable changes have occurred in these areas?

What changes have others observed?

Which areas require focus and additional work?

What specific changes do you aspire to make?

1. Partner/Spouse Relationship
 - a. The level of emotional connection you share with your spouse/partner.
 - b. Your approach to managing emotions and conflicts within your relationship.
 - c. The extent of your contribution to the relationship or family in these areas:
 1. Responsibilities or chores
 2. Finances
 3. Fun/Entertainment/Joy

- d. Your ability to provide support to your spouse/partner.
- e. Your capacity to prioritize others' needs occasionally.
- f. Your level of patience and tolerance towards annoyances.
- g. Initiating romantic gestures/activities, scheduling dates, and displaying affection.

2. Money and Finances

- a. Your responsibility and commitment to financial goals.
- b. Taking a proactive approach to financial decision-making and planning.
- c. Collaborating with your spouse/partner and working together financially.
- d. Making necessary financial amends.

3. Balancing Recovery, Home, Work, and Other Priorities

- a. Maintaining a structured schedule to aid in prioritization, stress management, and goal achievement.
- b. Practicing assertiveness and the ability to decline requests that could lead to imbalance or increased stress.
- c. Consulting with your spouse/partner to address conflicting demands and prioritize.
- d. Communicating your needs and taking responsibility for your recovery.

4. Work Responsibilities:

- a. Cultivating a positive and healthy attitude towards work.
- b. Manage stress in real time and replace worry with proactive problem-solving.

5. Job Performance

- a. Building positive relationships with coworkers and supervisors.
- b. Demonstrating openness to feedback and willingness to consider it.
- c. Exhibiting dependability, punctuality, and focus.

6. Friendships and Other Relationships

- a. Willingness to spend time with in-laws and relatives.

- b. Making amends to family members where necessary.
- c. Addressing conflicts healthily as they arise.
- d. Expressing your needs openly and considering the feelings of others.
- e. Practicing patience and tolerance towards others.

7. Spirituality

- a. Maintaining a beneficial connection with spiritual mentors or advisors.
- b. Sustaining helpful routines to support your spiritual growth.
- c. Adopting an attitude of gratitude in daily life.
- d. Engaging in acts of service towards others.

Many of the items on this list is covered AA and NA Daily Inventory. **Note:** This article has been revised and edited from its original version, which was previously in 2009 on this site. The content has been updated for contemporary language, clarity and accuracy.

Building Self-Esteem: A Brief Lesson

Now that you've assessed your progress in recovery and identified areas for growth, let's pay some attention to building your self-esteem and self-confidence. It's a good way to promote your health and well-being. Explore "Building Self-Esteem: A Brief Lesson," a transformational workbook designed to elevate your self-esteem and empower you on your path to personal growth. Through journaling, goal development, and problem-solving, you'll embark on a journey of self-exploration, building a stronger, more positive self-perception.



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