

Recovery Tool Checklist

You improve your chances of staying away from substances if you regularly use your “tools of recovery”. The tools of recovery are the activities you engage in or the steps you take each day to structure your time and keep your recovery a high priority. It is best to use some of your recovery tools every day because they help protect you against relapse.

Your tools of recovery lay the foundation for a drug-free lifestyle. You must actively work your recovery plan if you expect to stay clean and make positive lifestyle changes.

For each day of the week, place a check (✓) next to the recovery tools that you used.

Recovery Tools	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Attending AA, NA, CA, or other self-help meetings							
Talking with a sponsor or other members of self-help programs							
Sharing substance-free social or recreational activities with friends							
Avoiding high-risk people, places or situations when possible							
Using group counseling sessions or talking individually with a counselor or therapist.							
Using techniques learned to fight off thoughts of drinking alcohol or using other drugs or strong cravings.							
Using positive affirmations by reminding oneself of the benefits of sobriety and that all the time and effort put forth is worth it.							
Getting physical exercise							
Attending spiritual events (church, sweats, retreats)							
Praying or using one's higher power							
Focussing on one of the 12 Steps							
Repeating and thinking about a recovery slogan							
Reading a specific recovery literature or a meditation guide							
Writing in a recovery journal or workbook							
Participating in pleasant activities that don't involve alcohol or other drugs							
Doing something nice for someone else as a way of "giving back"							
Reviewing one's plan for recovery at the beginning of each day							
Evaluating how the day went to review positive growth and identify problems needing attention (evening inventory)							
Regularly reviewing relapse warning signs to catch tem early							

As a result of using these or other recovery tools, I experienced these benefits this week: I stayed clean, got through some rough spots, could seem my efforts were paying off, felt good about myself, and feel more hopeful about my future.