

Recovery Checkpoint:

Transitions and Perspective



Think of a recent transition in your sobriety that felt challenging (big or small).

Examples: First weekend sober, work holiday party, visiting family, season change, new job

Describe the situation:

What thoughts went through your mind beforehand?

What emotions did you experience?

What actually happened?

(VS. what you expected)

Your Support & Perspective

When facing transitions, I tend to think:

(check all that apply)

- ☐ "I should be able to handle this alone"
- ☐ "Everyone else seems to manage better than me"
- ☐ "This is too hard without drinking/using"
- ☐ "I don't belong in these situations anymore"
- ☐ "People will judge me for being different"
- ☐ "I'm missing out on something important"
- ☐ Other: _____

Who in your life helps you see things from a different angle?

Name 1-2 people and what perspective they offer:

1. _____

What they help me see: _____

2. _____

What they help me see: _____

What perspective do you think is missing from your support circle?

What is one thing you can do to bring that support into your daily life?

