

s	o	b	e	r
Tried a coping skill	Acknowledged what I can and cannot change	Identified a current stressor	Reflected on unhealthy boundaries	Practiced meditation or mindfulness
Did something kind for myself	Took a step to support my recovery today	Reflected on my relationship with addiction	Asked for help or support	Took a pause before reacting
Used or identified a recovery resource	Celebrated a recovery milestone within the past week	Clean	Noticed anxiety and how it showed up	Participated in a group or recovery organization
Sought or reflected on spiritual support	Practiced honesty with myself or others	Reflected on the role of children and/or grandchildren in my life	Identified a trigger	Reflected on how my sleep has been affected
Communicated my needs or feelings	Showed up to IOP or treatment	Discussed medication questions or concerns with staff	"One day at a time"	Engaged in physical movement or exercise

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Used or identified a recovery resource	"One day at a time"	Asked for help or support	Practiced honesty with myself or others	Did something kind for myself
Reflected on unhealthy boundaries	Participated in a group or recovery organization	Identified a current stressor	Reflected on how my sleep has been affected	Celebrated a recovery milestone within the past week
Noticed anxiety and how it showed up	Acknowledged what I can and cannot change	Clean	Identified a trigger	Reflected on the role of children and/or grandchildren in my life
Engaged in physical movement or exercise	Tried a coping skill	Discussed medication questions or concerns with staff	Sought or reflected on spiritual support	Communicated my needs or feelings
Practiced meditation or mindfulness	Identified depressive symptoms or low mood	Took a pause before reacting	Reflected on my relationship with addiction	Took a step to support my recovery today

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Sought or reflected on spiritual support	Identified a trigger	Used or identified a recovery resource	Engaged in physical movement or exercise	Reflected on unhealthy boundaries
Showed up to IOP or treatment	Took a pause before reacting	"One day at a time"	Practiced honesty with myself or others	Celebrated a recovery milestone within the past week
Reflected on the role of children and/or grandchildren in my life	Asked for help or support	Clean	Noticed anxiety and how it showed up	Identified a current stressor
Identified depressive symptoms or low mood	Practiced meditation or mindfulness	Communicated my needs or feelings	Acknowledged what I can and cannot change	Tried a coping skill
Took a step to support my recovery today	Reflected on my relationship with addiction	Participated in a group or recovery organization	Reflected on how my sleep has been affected	Discussed medication questions or concerns with staff