

Comprehensive Reflection

Recovery Reconstruction · Part 7 of 8

Wider patterns - support, communication, thinking, and the shape of your days.

In this workbook

- Factors Analysis — 13 contributing factors
- Recovery Reflection — Sponsorship, meetings & attitudes
- Learning & Growth — Lessons, strengths & gratitude
- Disengagement Analysis — Support network disconnection
- Communication Skills — Expressing needs & seeking help
- Obsessive Thoughts — Cravings & intrusive thoughts
- Morning Routine — Active addiction patterns

WORKSHEET

Relapse Factors Analysis

Deep dive into contributing factors

FACTORS 1-4**1. Complacency**

a) How complacent did you become? (1-10)

b) In what areas did you become most complacent?

c) What warning signs of complacency did you ignore?

d) How can you guard against complacency in the future?

2. Isolation

a) Did you find yourself isolating more as time went on?

☐ Yes

☐ No

b) What excuses did you make to justify isolating yourself?

c) How did isolation affect your mental state and recovery?

d) What steps can you take to maintain healthy connections?

3. Poor Communication

a) With whom did your communication deteriorate the most?

☐ Sponsor

☐ Family

☐ Friends

☐ Support group

☐ Therapist

☐ **Other**

b) What topics or feelings did you avoid communicating about?

c) How did poor communication contribute to your relapse?

d) What strategies can you implement to improve communication?

4. Dishonesty

a) In what ways were you dishonest with yourself about your recovery?

b) Were you dishonest with others? If so, about what?

c) How did dishonesty erode your recovery program?

d) What steps can you take to cultivate greater honesty?

FACTORS 5-9

5. Ego

a) How did your ego interfere with your recovery?

b) Did you feel "different" or "special" compared to others?

c) How can you keep your ego in check moving forward?

6. Pride

a) In what ways did pride prevent you from seeking help?

b) Did pride cause you to reject advice or suggestions?

c) How can you balance self-confidence with humility?

7. Judgment

a) Did you become more judgmental of others in recovery?

b) How did being judgmental affect your relationships?

c) What steps can you take to become more accepting?

8. Opinion

a) Did you become overly opinionated about recovery methods?

b) How did strong opinions impact your willingness to learn?

c) How can you remain open-minded while maintaining your path?

9. Overconfidence

a) In what ways did you become overconfident?

b) How did overconfidence lead you to let your guard down?

c) How can you maintain confidence without becoming overconfident?

FACTORS 10-13

10. Frustration

a) What aspects were you most frustrated with?

b) How did you typically handle frustration?

c) What healthy coping mechanisms can you develop?

11. Impatience

a) In what areas were you most impatient?

b) How did impatience contribute to poor decision-making?

c) What strategies can you use to cultivate patience?

12. Lack of Routine

a) How did your recovery routine change or deteriorate?

b) What parts of your routine did you let slip first?

c) How can you establish and maintain a strong routine?

13. Lack of Prayer/Meditation

a) How consistent were you with prayer or meditation?

b) How did lack of spiritual practice affect your mental state?

c) What obstacles prevented regular spiritual practice?

d) How can you incorporate prayer/meditation more effectively?

REFLECTION

Reflection

1. Which factor played the most significant role in your relapse?

2. Three most important insights gained from this analysis:

Insight 1

Insight 2

Insight 3

3. Top three changes you need to make in your recovery program:

Change 1

Change 2

Change 3

4. How will you hold yourself accountable for making these changes?

WORKSHEET

Comprehensive Recovery Reflection

Analyzing your recovery journey

SPONSORSHIP

I. Sponsorship and Support

1. Did you have a sponsor?

☐ Yes

☐ No

2. Describe your relationship with your sponsor:

3. Were you able to be honest and vulnerable with your sponsor?

☐ Yes

☐ No

☐ Sometimes

Explain...

4. How often did you speak to your sponsor?

☐ Daily

☐ Several times a week

☐ Weekly

☐ Monthly

☐ Rarely

Specific frequency

5. Did you feel comfortable in open dialogue with your sponsor?

☐ Yes

- ☐ No
- ☐ Sometimes

Explain...

6. How could you have used your sponsor more effectively?

7. Did your sponsor challenge you?

- ☐ Yes
- ☐ No
- ☐ Sometimes

Give examples...

8. Were you open-minded to suggestions from your support networks?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Explain...

MEETINGS

II. Meeting Attendance and Engagement

9. Describe your meeting attendance and engagement:

10. Were you able to be honest and vulnerable in meetings?

☐ Yes

☐ No

☐ Sometimes

Explain...

11. Did you begin to disengage from meetings?

☐ Yes

☐ No

When and how?

12. Did your meeting attendance decline?

☐ Yes

☐ No

Describe the pattern...

13. How often did you go to meetings:

In the beginning

At the end

14. Create a timeline of your meeting engagement:

ATTITUDES

III. Personal Attitudes and Behaviors

15. What role did your ego play in your recovery?

16. Did you feel your judgment starting to change?

☐ Yes

☐ No

How?

17. Did you become frustrated with recovery?

☐ Yes

☐ No

In what ways?

18. On a scale of 1-10:

Patience with your recovery:

Patience with others:

19. On a scale of 1-10, what was your frustration tolerance?

20. How did you address frustration when it arose?

SPIRITUAL

IV. Spiritual Wellness

21. Describe your spiritual wellness during recovery:

22. Were you able to pray and meditate?

☐ Yes

☐ No

☐ Sometimes

23. How often did you engage in prayer and meditation?

☐ Daily

☐ Several times a week

☐ Weekly

☐ Rarely

☐ Never

Specific frequency

24. Could you have been more consistent?

☐ Yes

☐ No

What prevented you?

25. Timeline of your prayer and meditation practice:

V. Risk Factors and Complacency

26. Did you put yourself in high-risk situations?

☐ Yes

☐ No

Describe...

27. Did you become overconfident with your recovery?

☐ Yes

☐ No

1. Way you became overconfident

2. Way you became overconfident

3. Way you became overconfident

28. Did you stop effectively communicating with:

Family?

☐ Yes

☐ No

Recovery support groups?

☐ Yes

☐ No

Support networks?

☐ Yes

☐ No

Your sponsor?

☐ Yes

☐ No

29. Did you have a tendency to isolate?

☐ Yes

☐ No

Describe...

30. Did you become complacent in your program?

☐ Yes

☐ No

How?

31. What reasons did you give yourself for not attending meetings?

VI. Reflection and Moving Forward

32. What were the first signs your recovery program was weakening?

33. What actions could you have taken at the first signs of trouble?

34. What are the most important lessons you've learned?

35. How will you apply these lessons moving forward?

WORKSHEET

Learning from Relapse: Reflection & Growth

Transforming challenges into opportunities

LESSONS

Part 1: Lessons Learned

1. Three most important lessons learned from your relapse:

a. Lesson 1

b. Lesson 2

c. Lesson 3

2. How can these lessons strengthen your recovery?

3. How has your understanding of addiction and recovery changed?

4. What did you learn about your personal triggers and vulnerabilities?

Part 2: Sharing Your Experience

5. How might your experience help others in their recovery?

6. What advice would you give to someone in early recovery?

7. How can sharing contribute to your own healing and growth?

POSITIVE

Part 3: Positive Aspects of Recovery

8. Despite the relapse, what positive changes have you noticed?

9. What aspects of your program were most helpful before the relapse?

10. What healthy coping mechanisms did you develop that you can build upon?

Part 4: Identifying Strengths

11. What personal strengths did you discover or develop?

12. How did these strengths help you during difficult times?

13. What strengths did you demonstrate in seeking help after the relapse?

GROWTH

Part 5: Areas for Improvement

14. What aspects of your recovery program need the most improvement?

15. What new skills or tools do you need to develop?

16. How can you better utilize your support system?

Part 6: Building on Experience

17. What changes will you make to your relapse prevention plan?

18. How can you use this knowledge to identify early warning signs?

19. What new recovery activities do you want to incorporate?

COMMITMENT

Part 7: Commitment to Growth

Write a brief statement of commitment to yourself, outlining how you will use this experience as a stepping stone for growth in your recovery.

Your name

I commit to using this relapse experience as an opportunity for growth by:

Date: 10/9/2026

Part 8: Reflection and Gratitude

21. What are you most grateful for in your recovery journey?

22. How has this experience reinforced your commitment to recovery?

23. What positive affirmation or mantra can you create for yourself?

WORKSHEET

Disengagement Analysis

Understanding your process of disconnection

TIMELINE

Part 1: Timeline of Disengagement

1. When did you first notice yourself starting to disengage?

Date/Timeframe

2. Create a timeline of your disengagement process:

Month/Year

Event or change

Month/Year

Event or change

Month/Year

Event or change

Month/Year

Event or change

Month/Year

Event or change

3. Time between initial disengagement and realizing you were in trouble:

4. At what point did you know you were in serious trouble?

Part 2: Signs of Disengagement

5. What were the first signs you were disengaging?

6. Did others notice your disengagement before you did?

7. Check all behaviors that applied to your disengagement:

☐ Attending fewer meetings

- ☐ Decreased contact with sponsor
- ☐ Less sharing in group settings
- ☐ Avoiding calls/messages from recovery peers
- ☐ Skipping social events with recovery friends
- ☐ Decreased participation in recovery-related activities
- ☐ Others

8. Which behaviors occurred first? Which came later?

REASONS

Part 3: Reasons for Disengagement

9. Primary reasons you began to disengage (check and explain):

- ☐ Complacency

Explain...

- ☐ Boredom

Explain...

- ☐ Frustration

Explain...

- ☐ Conflict with others in the group

Explain...

- ☐ Belief that you no longer needed support

Explain...

☐ Time constraints

Explain...

☐ Shame or guilt

Explain...

☐ Relapse

Explain...

☐ Other

Explain...

10. Specific events or circumstances that triggered your disengagement:

11. Did your attitude towards recovery change? If so, how?

Part 4: Stopping Recommendations

12. Recommendations you stopped following (in order):

1.

2.

3.

4.

5.

13. For each recommendation stopped, explain why:

1. Reason

2. Reason

3. Reason

4. Reason

5. Reason

14. Did you replace these practices with other activities?

Part 5: Impact of Disengagement

Mental health:

Emotional well-being:

Relationships:

Work/school performance:

Overall quality of life:

16. Cognitive distortions or negative self-talk as you disengaged:

17. How did disengagement impact your ability to cope with stress?

SUPPORT

Part 6: Awareness and Denial

18. At what point did you become aware your disengagement was problematic?

19. Did you experience denial about the extent of your disengagement?

20. Were there moments when you considered re-engaging? What stopped you?

Part 7: Support System Response

21. How did your support system respond to your disengagement?

22. Did anyone try to intervene? How did you respond?

23. In retrospect, what could your support system have done differently?

LESSONS

Part 8: Lessons Learned and Moving Forward

24. What have you learned about yourself from this experience?

25. How will you approach engagement with support networks differently?

26. Early warning signs to look out for to prevent future disengagement:

27. Action plan for maintaining engagement with your support networks:

1. Action step

2. Action step

3. Action step

4. Action step

5. Action step

28. Who will you share this plan with for accountability?

Commitment Statement

Your name

I commit to actively engaging with my recovery support networks by:

Date: 10/9/2026

WORKSHEET

Communication in Recovery

Expressing needs and seeking support

NEEDS

Part 1: Recognizing and Communicating Needs

1. How comfortable are you with recognizing your own needs? (1-10)

2. What makes it challenging for you to identify your needs?

3. How difficult is it to express your needs to others? (1-10)

4. What fears or concerns do you have about expressing needs?

5. Describe a recent situation where you struggled to communicate a need:

6. How did this inability to communicate affect you emotionally and physically?

Part 2: Seeking Help in Recovery

7. How often do you reach out to others in recovery for help?

☐ Daily

- ☐ Weekly
- ☐ Monthly
- ☐ Rarely
- ☐ Never

8. What prevents you from calling others when you need help?

- ☐ Fear of being a burden
- ☐ Pride
- ☐ Shame
- ☐ Lack of trust
- ☐ Fear of rejection
- ☐ Belief that I should handle it on my own

☐ **Other**

9. Describe a time when you needed help but didn't reach out:

10. What were the consequences of not seeking help?

11. Have you ever called your sponsor after drinking instead of before?

- ☐ Yes
- ☐ No

What prevented you from calling before you drank?

FAMILY

Part 3: Family Communication

12. Ability to communicate your needs to family members (1-10):

13. Specific challenges when trying to communicate with family:

14. Recent situation where you struggled to communicate with family:

15. How did this difficulty impact your relationship and recovery?

Part 4: Setting Boundaries and Saying No

16. How comfortable are you with saying "no" to others? (1-10)

17. What makes it difficult for you to say "no"?

18. Recent situation where you said "yes" when you wanted to say "no":

19. How did this impact your self-care and recovery?

20. What boundaries do you find most difficult to set and maintain?

HONESTY

Part 5: Honesty and Vulnerability

21. How comfortable are you being honest about your struggles? (1-10)

22. What fears do you have about being vulnerable with others?

23. Describe a time when you were honest and vulnerable in recovery:

24. How did this experience of honesty and vulnerability impact your recovery?

25. When is it most challenging to be honest about your recovery?

Part 6: Communication Patterns

26. Communication patterns from your past that negatively impact recovery:

27. How has your communication style changed since beginning recovery?

28. What communication skills would you like to improve?

29. How might improving your communication benefit your:
Recovery:

Relationships:

Mental health:

Overall well-being:

COMMITMENT

Part 7: Strategies for Improvement

30. Three strategies to better recognize and express your needs:

1. Strategy

2. Strategy

3. Strategy

31. Steps to make it easier to reach out for help before a crisis:

32. How can you practice setting healthy boundaries in daily life?

33. What can you do to become more comfortable with honesty and vulnerability?

Part 8: Commitment to Change

34. Three most important communication changes you want to make:

1. Change

2. Change

3. Change

35. Potential obstacles and how you'll address them:

36. Who can support you in improving your communication skills?

Commitment Statement

Your name

I commit to improving my communication in recovery by:

Date: 10/9/2026

WORKSHEET

Exploring Obsessive Thoughts & Cravings

Understanding and managing intrusive thoughts

Part 1: Identifying Obsessive Thoughts

1. List the obsessive thoughts you have about using:

a. Obsessive thought

b. Obsessive thought

c. Obsessive thought

d. Obsessive thought

e. Obsessive thought

2. How frequently do these thoughts occur?

☐ Several times a day

☐ Daily

☐ Several times a week

☐ Weekly

☐ **Less than weekly**

3. At what times or situations are these thoughts most likely to occur?

4. How do these thoughts make you feel emotionally?

Part 2: Illustrating Obsessive Thoughts

Space for visual representation (drawing, diagram, or description)

Describe your illustration: What does it represent? Why did you choose this?

Part 3: Describing Ruminating Thoughts

In your own words, describe the experience of having ruminating thoughts about using:

Part 4: Exploring Cravings

1. Describe what a craving feels like physically:

2. Describe what a craving feels like emotionally:

3. How strong are your typical cravings? (1-10)

4. How long do your cravings usually last?

5. What strategies have you tried? Which were most effective?

Part 5: Support for Discussing Thoughts

1. People you feel comfortable talking to about obsessive thoughts:

a. Person

Why you feel comfortable with them

b. Person

Why you feel comfortable with them

c. Person

Why you feel comfortable with them

d. Person

Why you feel comfortable with them

3. People you wish you could talk to but currently don't? Who and why?

Part 6: Exploring Feelings of Judgment

1. Do you feel judged when talking about obsessive thoughts or cravings?

☐ Yes

☐ No

☐ Sometimes

2. What specific judgments do you fear others might make?

3. Have you had experiences of feeling judged when discussing this?

4. Are these fears based on actual experiences or assumptions?

5. How do these fears impact your willingness to discuss?

Part 7: Reflection and Action Plan

1. What have you learned about your obsessive thoughts and cravings?

2. How might openly discussing these benefit your recovery?

3. Steps to become more comfortable discussing these experiences:

a. Step 1

b. Step 2

c. Step 3

4. Action plan for next time you experience intense obsessive thoughts:

1. Action step

2. Action step

3. Action step

4. Action step

5. Action step

WORKSHEET

Morning Routine in Active Addiction

Reflecting on past patterns for future growth

Instructions: Reflect on your typical morning routine during active addiction. Be as honest and detailed as possible. This exercise is designed to help you understand your past patterns and behaviors.

1. Describe your typical morning routine during active addiction:

2. Would you describe this routine as:

- ☐ Organized
- ☐ Chaotic
- ☐ Somewhere in between

Explain your choice...

3. How did you typically feel physically in the mornings?

4. How did you typically feel mentally in the mornings?

5. How did you typically feel emotionally in the mornings?

6. Was your morning routine structured or spontaneous? Explain.

7. On a scale of 1-10, how stressful were your mornings?

What made them stressful or not stressful?

8. List common excuses you made in the mornings:

1. Excuse

2. Excuse

3. Excuse

9. What would outside observers have noticed about your morning behavior?

10. Were you typically on time for work/appointments/commitments?

☐ Yes

☐ No

☐ Sometimes

Usual reasons...

11. How engaged were you with necessary morning tasks?

☐ Fully engaged

☐ Somewhat engaged

☐ Struggled to engage

Explain your answer...

12. Reflection: How does looking back at this routine make you feel now? What insights have you gained?

13. Thinking ahead: How would you like your morning routine to be different in recovery?

Remember: The purpose of this exercise is self-awareness and growth. Be kind to yourself as you reflect on past behaviors, and focus on how you can use these insights to support your recovery journey.