

Assessing Your Surrender

Assessing Your Surrender in Recovery · Interactive Worksheet

Surrender vs. Compliance

Topic Studies · The Recovery Files

In this workbook: worksheet.

The topic's scored self-assessment is in the app.

WORKSHEET

Assessing Your Surrender in Recovery

Evaluate your current level of surrender

I. Self-Assessment Tools

Rate yourself on the following scales (1 = Strongly Disagree, 5 = Strongly Agree):

I accept that I am powerless over my addiction.

1

2

3

4

5

I am willing to make necessary changes in my life for recovery.

1

2

3

4

5

I can let go of trying to control every aspect of my recovery.

1

2

3

4

5

I am open to receiving help and support from others.

1

2

3

4

5

I can be present in the moment without obsessing about the future.

1
2
3
4
5

Total Score: 0 / 25

II. Indicators of Successful Surrender

Check all that apply to you:

I regularly attend and engage in support group meetings

I'm honest about my struggles with my support system

I've made significant changes to my lifestyle to support recovery

I can tolerate difficult emotions without turning to substances

I've developed new, healthy relationships in recovery

I prioritize self-care and recovery in my daily decisions

I'm open to feedback and new perspectives about my recovery

I feel a sense of purpose or meaning beyond substance use

I'm actively working on repairing damaged relationships

I can challenge and change unhelpful thought patterns

Count: 0 / 10

III. Recognizing Partial or Incomplete Surrender

Check any that apply to you:

I try to negotiate the terms of my recovery

I engage in some aspects of recovery while avoiding others

I withhold information from my treatment providers or support system

I primarily blame external factors for my addiction or struggles

I have difficulty adapting to recovery suggestions

I experience extreme mood swings in response to recovery challenges

My commitment to recovery activities fluctuates significantly

I abstain from my primary substance but still use others

I resist making changes to relationships or routines that supported my addiction

I often find myself in power struggles with treatment providers or sponsors

Count: 0 / 10

IV. Reflection Questions

1. Based on your scores and checklist results, how would you describe your current level of surrender in recovery?

2. What aspects of surrender do you find most challenging? Why?

3. What has been the most significant change you've made that indicates surrender?

4. Are there any areas where you recognize partial or incomplete surrender? How can you address these?

V. Action Plan for Deepening Surrender

Based on your reflections, list three actions you can take to deepen your surrender:

Save Assessment