

Compliance Self-Assessment

Compliance in Recovery Self-Assessment · 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

Compliance in Recovery Self-Assessment

Are you surrendering or just complying?

Rate each statement on a scale of 1-5 (1 = Never, 5 = Always):

External Compliance

I go through the motions of recovery without real internal conviction.

1

2

3

4

5

I participate in recovery activities mainly to satisfy others' expectations.

1

2

3

4

5

Temporary View

I see my sobriety as a temporary state or punishment.

1

2

3

4

5

I have thoughts about when I can return to controlled substance use.

1

2

3

4

5

Inner Resistance

I feel resentful about participating in the recovery process.

1

2

3

4

5

I maintain an inner struggle against aspects of my recovery program.

1

2

3

4

5

Bargaining

I try to negotiate the terms of my recovery (e.g., "I'll stop X, but can still do Y").

1

2

3

4

5

I look for loopholes in recovery guidelines.

1

2

3

4

5

Denial

I downplay the severity of my addiction.

1

2

3

4

5

I struggle to accept addiction as a chronic, lifelong condition.

1

2

3

4

5

Short-term Focus

I view recovery as a finite process with an end date.

1

2

3

4

5

I focus more on short-term goals than long-term lifestyle changes.

1

2

3

4

5

Lack of Personal Investment

I participate in recovery mainly to please others or avoid consequences.

1

2

3

4

5

I rarely engage in recovery activities for personal growth.

- 1
- 2
- 3
- 4
- 5

Reflection Questions

1. In which areas did you score highest? What might this indicate about your current approach to recovery?

2. Describe a recent situation where you recognized compliance-like behavior in your recovery:

3. What fears or beliefs might be driving your compliance-like behaviors?

4. How might your recovery journey change if you moved from compliance to surrender in these areas?

Metaphor Exercise

Visualize your hand as a fist. What are you holding onto that's preventing full surrender?

Now imagine opening that fist. What new possibilities could you receive with an open hand?

Action Steps

Based on your reflections, list three concrete actions you can take to move from compliance towards surrender:

Commitment Statement

Write a personal statement of commitment to moving from compliance to surrender in your recovery:

Save Assessment