

Psychology of Surrender

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

Understanding the Psychology of Surrender

Identify areas of strength and growth in your recovery journey

I. Cognitive Aspects of Surrender

1. On a scale of 1-10, how well do you recognize the true nature and extent of your addiction?

2. List three distorted thought patterns related to your addiction that you've identified:

3. How often do you practice mindfulness or present-moment awareness?

Daily

Weekly

Occasionally

Rarely

Never

4. What new beliefs about recovery have you adopted?

II. Emotional Components of Surrender

1. List three difficult emotions you've learned to accept without turning to substances:

2. How comfortable are you with emotional vulnerability in your recovery process?

Very comfortable

Somewhat comfortable

Uncomfortable

Very uncomfortable

3. What strategies do you use to build shame resilience?

4. On a scale of 1-10, how hopeful do you feel about your recovery journey?

III. Behavioral Manifestations of Surrender

1. How consistently do you attend support group meetings or therapy sessions?

Always

Often

Sometimes

Rarely

Never

2. List three lifestyle changes you've made to support your recovery:

3. How often do you engage in service work or giving back to the recovery community?

Weekly

Monthly

Occasionally

Rarely

Never

4. What self-care practices have you incorporated into your routine?

Reflection

Based on your answers, what areas of surrender do you feel strongest in?

What areas do you think need more work?

What is one action step you can take this week to deepen your surrender in recovery?
