

Evaluating Support Systems

Evaluating and Enhancing Support Systems · 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

Evaluating and Enhancing Your Support Systems

Strengthen your network of support in surrender

I. Family and Friends Support

1. Rate the current level of support from your family and friends (1-10):

2. List three ways your family/friends currently support your surrender process:

3. Identify two areas where you need more support from family/friends:

4. How can you communicate these needs to your family/friends?

5. Are there any relationships that may hinder your surrender process? How can you address this?

II. Professional Support

1. Check the professional support you're currently utilizing:

Therapist/Counselor

Addiction Specialist

Psychiatrist

Case Manager

Holistic Practitioner

Group Facilitator

Aftercare Specialist

Spiritual Advisor

2. Rate the effectiveness of your current professional support (1-10):

3. What additional professional support could benefit your surrender process?

4. What barriers exist to accessing this support? How can you overcome them?

5. List one goal you can set with your professional support to enhance your surrender:

III. Peer Support

1. Check the peer support you're currently involved with:

12-Step Sponsor

Recovery Coach

Support Group

Peer Mentor

Online Recovery Community

Sober Living Housemates

Alumni Group

2. How often do you engage with peer support?

Daily

Weekly

Monthly

Rarely

3. Rate the effectiveness of your current peer support (1-10):

4. What aspects of surrender do you find most challenging to discuss with peers?

5. How can you deepen your engagement with peer support?

IV. Integrating Support Systems

1. How can your family/friends, professional support, and peers work together to reinforce your surrender?

2. Identify any conflicts or inconsistencies between different support systems:

3. How can you address these conflicts?

V. Action Plan

Based on your reflections, list three actions you can take to strengthen your support systems:
