FUNCTIONAL Acronym

Challenge functional addiction myth

Printable worksheet · 12 parts

Name _____ Date _____

Challenging the "FUNCTIONAL" Myth

An Interactive Self-Exploration Worksheet

FUNCTIONAL

Overall Progress0% Complete

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FUNCTIONAL Acronym Worksheet by Sheamus Moran

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PART 1 OF 12

Introduction

Understanding the "Functional" Myth

The term "functional alcoholic" or "functional addict" has become a dangerous badge of honor for many people struggling with substance use disorders. It's worn by those who pride themselves on never missing work, maintaining basic responsibilities, and keeping their drinking or drug use seemingly "under control."

This self-identification creates a dangerous illusion that addiction is only problematic when it directly interferes with showing up—while ignoring the countless subtle ways that substance use degrades every aspect of life even when consumption never happens during work hours.

The reality is that true functionality requires optimal cognitive performance, emotional regulation, physical health, and decision-making capacity—all of which are compromised by heavy drinking patterns regardless of when the drinking occurs.

This worksheet uses the word FUNCTIONAL as an acronym to help you explore the hidden costs of "functional" addiction. Each letter represents a pattern that often exists beneath the surface of apparent functionality.

The FUNCTIONAL Acronym

FFear What's Out of Your Control

UUnmanageable at Home

NNeglect Emotional Needs of Self and Others

CCause Problems for Others

TTired of Little Personal Growth

IIgnore the Needs of Others

OOblivious to Your Behaviors

NNeglect the Ones We Love the Most

AAngry with Self for Lack of Self-Regulation

LLack Awareness of How We Influence Others

How to Use This Worksheet

- Work through each section of the FUNCTIONAL acronym at your own pace
- Answer the self-assessment questions honestly—this is for your growth
- Write detailed reflections and provide specific personal examples
- Your responses are automatically saved as you work
- Share your insights with a sponsor, counselor, or support person
  - ○ Begin the Worksheet

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Before You Begin: Initial Reflection

What does "functional" mean to you? How have you defined functionality in relation to your substance use?

What evidence have you used to convince yourself (or others) that your drinking/using isn't a problem?

List the evidence you've used...

What has been the cost of maintaining your "functional" status? What price have you—and others—paid?

Describe the costs...

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PART 2 OF 12

F - Fear What's...

F- Fear What's Out of Your Control

The "functional" person often lives in a state of underlying fear—fear of losing control, fear of being discovered, fear of what might happen if they stop drinking, fear of facing life without their coping mechanism. This fear drives much of the behavior that keeps the addiction cycle going, while the illusion of "functionality" serves as a shield against confronting these deeper fears.

Understanding This Pattern

Fear is often the invisible engine of addiction. We use substances to manage fears we don't even consciously acknowledge. The "functional" label becomes armor—as long as we're "functioning," we don't have to face what we're really afraid of: that we've lost control, that we need help, that life might be different than we imagined.

Self-Assessment: Rate how often each statement applies to you

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Always

1. I worry excessively about things I cannot change or control

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

2. The thought of not having access to alcohol/substances causes me anxiety

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

3. I fear what others would think if they knew the full extent of my use

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

4. I avoid situations where I might not be able to drink/use

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

5. I feel anxious when I'm not able to predict or control outcomes

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

6. I use alcohol/substances to manage my fears and anxieties

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

7. I'm afraid of who I might be without alcohol/substances

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

8. I worry about my health but avoid medical check-ups

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

9. I fear confrontation and use substances to avoid difficult conversations

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

10. The idea of permanent sobriety feels overwhelming or terrifying

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○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

Section Score:0 / 40

Minimal Impact

This area appears less affected. Maintain awareness as recovery progresses.

Reflection

What fears does your "functional" status protect you from facing? What would you have to confront if you couldn't hide behind appearing functional?

My Personal Examples

Describe specific situations where this pattern showed up in your life:

Example 1:

Example 2:

Impact Assessment

How has this pattern affected your life?

How has this pattern affected others?

My Recovery Commitment for "F"

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Based on your assessment and reflection, what specific commitment will you make to address this area in your recovery?

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U - Unmanageable at...

U- Unmanageable at Home

While the "functional" person may maintain appearances at work or in public, home life often tells a different story. Behind closed doors, the chaos becomes visible: neglected responsibilities, strained relationships, broken promises, and the slow deterioration of the domestic sanctuary that should be a place of peace and connection.

Understanding This Pattern

Home is often where the mask slips. We can maintain professionalism at work, but the people we live with see the reality: the mood swings, the unavailability, the broken commitments. "Functional" in public and unmanageable at home is still unmanageable—and the people closest to us pay the highest price.

Self-Assessment: Rate how often each statement applies to you

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Always

1. My home responsibilities often go undone or are done poorly

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

2. Family members have expressed concern about my drinking/use

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

3. I've broken promises to family members because of my use

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

4. Household finances have been affected by my substance use

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

5. I'm often irritable, withdrawn, or unavailable at home

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

6. My participation in family activities has decreased

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

7. There's tension in my home related to my drinking/using

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

8. I hide my use or the extent of my use from family members

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

9. Home maintenance and chores frequently get neglected

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

10. My family walks on eggshells around me or my moods

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○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

Section Score:0 / 40

Minimal Impact

This area appears less affected. Maintain awareness as recovery progresses.

Reflection

What does "unmanageable" look like in your home life? What would your family members say about how things are really going?

My Personal Examples

Describe specific situations where this pattern showed up in your life:

Example 1:

Example 2:

Impact Assessment

How has this pattern affected your life?

How has this pattern affected others?

My Recovery Commitment for "U"

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Based on your assessment and reflection, what specific commitment will you make to address this area in your recovery?

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N - Neglect Emotional...

N- Neglect Emotional Needs of Self and Others

Emotional neglect is one of the most insidious consequences of "functional" addiction. We neglect our own emotional needs by numbing rather than processing feelings, and we neglect others' emotional needs because we simply don't have the bandwidth. Substances become a shortcut that bypasses genuine emotional engagement.

Understanding This Pattern

Substances offer an emotional escape hatch. Instead of feeling grief, we drink. Instead of processing anger, we use. Over time, we lose touch with our emotional selves entirely, and we become incapable of genuine emotional connection with others. The "functional" person might look okay, but inside there's often an emotional void.

Self-Assessment: Rate how often each statement applies to you

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Always

1. I use alcohol/substances to avoid feeling difficult emotions

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

2. I struggle to identify or name what I'm actually feeling

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

3. I often feel emotionally numb or disconnected

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

4. I find it difficult to be emotionally present for others

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

5. I dismiss or minimize my own emotional experiences

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

6. Others have told me I seem emotionally unavailable

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

7. I avoid conversations that might become emotional

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

8. I haven't processed significant losses or traumas

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

9. I feel uncomfortable with vulnerability—my own or others'

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

10. My emotional responses are often inappropriate (too much or too little)

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○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

Section Score:0 / 40

Minimal Impact

This area appears less affected. Maintain awareness as recovery progresses.

Reflection

What emotions have you been avoiding? Whose emotional needs—including your own—have been neglected while you were "functioning"?

My Personal Examples

Describe specific situations where this pattern showed up in your life:

Example 1:

Example 2:

Impact Assessment

How has this pattern affected your life?

How has this pattern affected others?

My Recovery Commitment for "N"

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Based on your assessment and reflection, what specific commitment will you make to address this area in your recovery?

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C - Cause Problems...

C- Cause Problems for Others

The "functional" myth includes the belief that our drinking or using only affects us. In reality, our substance use creates ripples that affect everyone around us: partners who worry, children who adjust their behavior, friends who cover for us, coworkers who pick up slack. We cause problems we may not even see.

Understanding This Pattern

One of addiction's cruelest lies is that we're only hurting ourselves. Every person struggling with substance use is surrounded by people who are affected: partners who lie awake worrying, children who sense something is wrong, friends who make excuses, employers who wonder what happened. Acknowledging this isn't about shame—it's about honesty.

Self-Assessment: Rate how often each statement applies to you

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Always

1. Others have had to cover for me or make excuses for my behavior

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

2. My mood swings affect the emotional atmosphere for others

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

3. Family members have changed their behavior to accommodate my use

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

4. I've caused financial stress for people who depend on me

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

5. My unreliability has created problems for others

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

6. Children or young people have been affected by my use

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

7. I've driven while impaired, putting others at risk

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

8. My emotional unavailability has hurt relationships

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

9. Others have had to take on responsibilities I've neglected

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

10. People have distanced themselves from me because of my drinking/using

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○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

Section Score:0 / 40

Minimal Impact

This area appears less affected. Maintain awareness as recovery progresses.

Reflection

Who has been affected by your substance use? What problems have you caused that you may not have fully acknowledged?

My Personal Examples

Describe specific situations where this pattern showed up in your life:

Example 1:

Example 2:

Impact Assessment

How has this pattern affected your life?

How has this pattern affected others?

My Recovery Commitment for "C"

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Based on your assessment and reflection, what specific commitment will you make to address this area in your recovery?

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T - Tired of...

T- Tired of Little Personal Growth

Active addiction puts personal growth on pause. While appearing "functional," you may have noticed that you're not really growing, learning, or evolving as a person. Goals get abandoned, dreams fade, and life becomes about maintenance rather than progress. The years pass, but you're not becoming who you wanted to be.

Understanding This Pattern

Growth requires energy, intention, and presence—all things that addiction depletes. The "functional" person may be surviving, but they're rarely thriving. Time passes, but real development doesn't happen. In recovery, many people describe the profound experience of finally growing again after years of stagnation.

Self-Assessment: Rate how often each statement applies to you

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Always

1. I've abandoned goals and dreams I once cared about

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

2. My personal development has stagnated

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

3. I can't remember the last time I learned something new for growth

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

4. I feel like I'm just going through the motions of life

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

5. My potential feels unfulfilled or wasted

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

6. I avoid challenges that might help me grow

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

7. I've stopped investing in my future

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

8. Years have passed without meaningful progress in my life

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

9. I feel stuck in the same patterns year after year

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

10. I've lost touch with my values and what matters to me

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○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

Section Score:0 / 40

Minimal Impact

This area appears less affected. Maintain awareness as recovery progresses.

Reflection

How has your personal growth been affected? What person did you want to become, and how far have you drifted from that vision?

My Personal Examples

Describe specific situations where this pattern showed up in your life:

Example 1:

Example 2:

Impact Assessment

How has this pattern affected your life?

How has this pattern affected others?

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Based on your assessment and reflection, what specific commitment will you make to address this area in your recovery?

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I - Ignore the...

I- Ignore the Needs of Others

Addiction narrows our focus until we can barely see beyond our own needs—and even those become reduced to the need to use. The needs of partners, children, friends, and colleagues fade into the background. We become experts at not noticing what others need from us, or noticing but not responding.

Understanding This Pattern

Addiction creates a kind of tunnel vision where our own needs—especially the need to use—dominate everything else. We become oblivious to what partners, children, and friends need from us. They may have stopped asking, which we interpret as "everything is fine," when really they've just given up expecting us to show up.

Self-Assessment: Rate how often each statement applies to you

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Always

1. I've missed important events in loved ones' lives

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

2. I often don't notice when someone needs my support

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

3. My substance use takes priority over others' needs

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

4. I've been accused of being selfish or self-centered

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

5. I struggle to remember important things about people I love

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

6. I often say "later" or "not now" when someone needs me

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

7. I've been physically present but emotionally absent

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

8. Others have stopped asking me for help or support

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

9. I minimize or dismiss what others say they need

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

10. I'm often surprised when I learn about struggles others were having

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○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

Section Score:0 / 40

Minimal Impact

This area appears less affected. Maintain awareness as recovery progresses.

Reflection

Whose needs have you ignored or minimized? What might you have missed while focused on your own concerns?

My Personal Examples

Describe specific situations where this pattern showed up in your life:

Example 1:

Example 2:

Impact Assessment

How has this pattern affected your life?

How has this pattern affected others?

My Recovery Commitment for "I"

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Based on your assessment and reflection, what specific commitment will you make to address this area in your recovery?

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O - Oblivious to...

O- Oblivious to Your Behaviors

One of the most challenging aspects of addiction is the inability to see ourselves clearly. We're often the last to recognize our behavior changes, our broken promises, our shifting priorities. The "functional" label reinforces this blindness—as long as we believe we're functional, we don't look too closely at what's actually happening.

Understanding This Pattern

Self-deception is a hallmark of addiction. We literally cannot see what others see clearly. This isn't stubbornness—it's a feature of the disease that protects the addiction from scrutiny. The "functional" label becomes part of this blindness: as long as we believe we're functional, we don't have to look at what's really happening.

Self-Assessment: Rate how often each statement applies to you

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Always

1. Others see problems in my behavior that I don't recognize

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

2. I'm often surprised when people describe how I've acted

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

3. I minimize or don't remember incidents that concern others

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

4. I believe my drinking/using is more controlled than others say

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

5. I've been shocked to learn how my behavior affected someone

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

6. I make excuses for behaviors I don't fully acknowledge

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

7. I have gaps in memory about my actions while using

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

8. I genuinely believe I'm less affected than I apparently am

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

9. I've dismissed feedback as others "overreacting"

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

10. I don't see the patterns that others clearly observe

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○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

Section Score:0 / 40

Minimal Impact

This area appears less affected. Maintain awareness as recovery progresses.

Reflection

What behaviors might you be blind to? What would you learn if you could see yourself through others' eyes?

My Personal Examples

Describe specific situations where this pattern showed up in your life:

Example 1:

Example 2:

Impact Assessment

How has this pattern affected your life?

How has this pattern affected others?

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Based on your assessment and reflection, what specific commitment will you make to address this area in your recovery?

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N - Neglect the...

N- Neglect the Ones We Love the Most

There's a tragic irony in addiction: we often hurt most the people we love most. Those closest to us bear the brunt of our neglect, our broken promises, our emotional unavailability. While maintaining a "functional" facade for the outside world, we often save our worst for those who matter most.

Understanding This Pattern

We often maintain appearances for strangers while dropping the mask at home. Our loved ones see the irritability, the absence, the broken commitments. They love us, so they stay—but they pay the price for our addiction. Acknowledging this truth is painful but essential for healing these relationships in recovery.

Self-Assessment: Rate how often each statement applies to you

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Always

1. My closest relationships have suffered the most from my use

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

2. I've broken promises specifically to family and loved ones

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

3. Those closest to me have expressed feeling neglected

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

4. I take out frustrations on family that I hide from others

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

5. I've prioritized drinking/using over time with loved ones

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

6. My children or partner have suffered because of my addiction

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

7. I show a different (worse) side of myself at home than in public

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

8. Important relationships have been damaged or ended

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

9. I've failed to protect or provide for those who depend on me

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

10. The people I love most have seen me at my worst

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○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

Section Score:0 / 40

Minimal Impact

This area appears less affected. Maintain awareness as recovery progresses.

Reflection

How have your closest relationships been affected? Who has been hurt the most by your substance use?

My Personal Examples

Describe specific situations where this pattern showed up in your life:

Example 1:

Example 2:

Impact Assessment

How has this pattern affected your life?

How has this pattern affected others?

My Recovery Commitment for "N"

Based on your assessment and reflection, what specific commitment will you make to address this area in your recovery?

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A - Angry with...

A- Angry with Self for Lack of Self-Regulation

Beneath the "functional" facade often lies deep self-anger and frustration. You promised yourself you'd stop or cut back—and you didn't. You know you're capable of more—but addiction holds you back. This self-directed anger can manifest as shame, depression, self-sabotage, or displaced anger at others.

Understanding This Pattern

The "functional" person often carries tremendous self-anger underneath the capable exterior. Every broken promise to "cut back" or "take a break" chips away at self-respect. This self-anger is corrosive—it can lead to more use (to escape the feelings), to depression, or to displaced anger that damages relationships. Recovery offers the chance to rebuild self-trust.

Self-Assessment: Rate how often each statement applies to you

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Always

1. I'm frustrated with my inability to control my use

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

2. I've made promises to myself about drinking/using that I've broken

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

3. I feel shame about my lack of self-control

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

4. I'm harder on myself than I would be on others

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

5. My self-anger sometimes comes out as anger at others

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

6. I feel like a failure because I can't "just stop"

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

7. I engage in negative self-talk about my drinking/using

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

8. I've punished myself through self-destructive behaviors

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

9. I feel deep disappointment in who I've become

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

10. My self-esteem has suffered because of my substance use

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○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

Section Score:0 / 40

Minimal Impact

This area appears less affected. Maintain awareness as recovery progresses.

Reflection

How do you feel about yourself when you're honest? What promises to yourself have you broken?

My Personal Examples

Describe specific situations where this pattern showed up in your life:

Example 1:

Example 2:

Impact Assessment

How has this pattern affected your life?

How has this pattern affected others?

My Recovery Commitment for "A"

Based on your assessment and reflection, what specific commitment will you make to address this area in your recovery?

If You Need Support Right Now

If you're struggling with substance use or feeling overwhelmed, reach out for help:

988 Suicide & Crisis Lifeline

Call or text: 988

SAMHSA National Helpline

1-800-662-4357 (24/7, free, confidential)

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PART 11 OF 12

L - Lack Awareness...

L- Lack Awareness of How We Influence Others

We vastly underestimate our influence on others—especially those closest to us. Children learn coping patterns by watching us. Partners adjust their lives around our use. Friends learn not to rely on us. Our substance use sends ripples through our entire social network, shaping others' lives in ways we rarely recognize.

Understanding This Pattern

We influence others far more than we realize. Children learn that stress is handled with a drink. Partners normalize our consumption as "normal." Friends see our drinking as permission for their own. In recovery, we have the opportunity to model something different—to show that life without substances is not only possible but better.

Self-Assessment: Rate how often each statement applies to you

0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Always

1. I haven't considered how my drinking models behavior for others

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

2. Children in my life may have been influenced by my relationship with substances

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

3. My attitudes about alcohol/substances affect how others think about them

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

4. People may have started or increased their use because of me

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

5. My mood and behavior set the tone for my household or relationships

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

6. Others may have normalized problematic drinking because of my example

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

7. I haven't thought about my legacy regarding substances

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

8. My choices about use influence others' choices

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

9. I may be passing on unhealthy patterns to the next generation

   ○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

10. Others look to me in ways I haven't acknowledged or taken seriously

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○ Never ○ Rarely ○ Sometimes ○ Often ○ Always

Section Score:0 / 40

Minimal Impact

This area appears less affected. Maintain awareness as recovery progresses.

Reflection

Who is watching how you handle alcohol or substances? What patterns might you be modeling or passing on?

My Personal Examples

Describe specific situations where this pattern showed up in your life:

Example 1:

Example 2:

Impact Assessment

How has this pattern affected your life?

How has this pattern affected others?

My Recovery Commitment for "L"

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Based on your assessment and reflection, what specific commitment will you make to address this area in your recovery?

If You Need Support Right Now

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Call or text: 988

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PART 12 OF 12

Summary & Action Plan

Your FUNCTIONAL Assessment Summary

Total Score:0 / 400

Scores by Area

F - Fear What's Out0/40

U - Unmanageable at Home0/40

N - Neglect Emotional Needs0/40

C - Cause Problems for0/40

T - Tired of Little0/40

I - Ignore the Needs0/40

O - Oblivious to Your0/40

N - Neglect the Ones0/40

A - Angry with Self0/40

L - Lack Awareness of0/40

Key Insights from My Assessment

What surprised you most about your responses?

What was unexpected or eye-opening?

Which areas show the most impact and need the most attention?

Identify your priority areas...

How has this worksheet changed your understanding of "functional"?

Describe how your perspective has shifted...

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My Recovery Action Plan

Immediate Actions (This Week): What will I do in the next 7 days?

List 2-3 specific actions you'll take this week...

Short-Term Goals (This Month): What will I work on over the next 30 days?

Describe your goals for the next month...

Long-Term Vision (6-12 Months): What does genuine thriving look like?

Describe your vision of life beyond 'functional'...

Support I Need: Who will help me, and what do I need from them?

Identify your support system and what you need...

My Commitment Statement

Based on everything you've explored in this worksheet, write your personal commitment to moving beyond "functional" to truly thriving:

Signature (Type Your Name)

Your name

Date

The Transformation

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Fear • Unmanageable • Neglect

Causing harm • Tired • Ignoring

Oblivious • Neglecting loved ones

Angry • Lacking awareness

→

THRIVING

Freedom • Understanding • Nurturing

Contributing • Transforming • Investing

Open-eyed • Nurturing loved ones

Accepting • Living with awareness

Remember

"True functionality requires optimal cognitive performance, emotional regulation, physical health, and decision-making capacity—all of which are compromised by heavy substance use regardless of when the use occurs in relation to work schedules or other responsibilities."

You deserve more than surviving. You deserve to thrive. Recovery isn't just about removing substances—it's about building the life that substances stole from you while you were "functioning."

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