

Fear of Belonging in Recovery

Build authentic connection

Printable worksheet · 9 parts

Name _____ Date _____

Fear of Belonging in Recovery Worksheet

This worksheet is designed to help you explore how fear of belonging may be affecting your recovery journey. Many people experience anxiety about truly becoming part of a recovery community, even while desiring connection. By working through these exercises, you'll identify patterns of belonging fears and develop strategies to build authentic connections in recovery.

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PART 1 OF 9

Part 1: Self-Assessment Summary

If you've completed the Fear of Belonging Self-Assessment, record your scores here:

☐ Haven't taken it yet? Open the Fear of Belonging Assessment →

Belonging Fear Score

/50

Connection Development Score

/50

Resilience Ratio

Ratio

PART 2 OF 9

Part 2: Understanding Your Belonging Fears

Exercise A: Identifying Your Patterns

List the top three statements that resonated most strongly with you:

1.

Statement that resonated with you

2.

Statement that resonated with you

3.

Statement that resonated with you

Exercise B: Exploring Your Connection History

My earliest memory of feeling like I belonged somewhere is:

My earliest memory of feeling like I didn't belong is:

My typical pattern in groups has been:

In recovery communities specifically, I notice I tend to:

Exercise C: The Fears Beneath

Complete these sentences to explore deeper fears:

If I truly connected with others in recovery, I worry that:

What feels most vulnerable about authentic connection is:

The parts of myself I find hardest to share are:

My biggest fear about depending on others is:

PART 3 OF 9

Part 3: Creating Your Connection Hierarchy

Exercise A: Your Belonging Comfort Scale

Rate these connection activities from 1 (least anxiety-provoking) to 10 (most anxiety-provoking):

Attending a meeting and listening only

Sharing briefly during a structured meeting

Having brief conversations before/after meetings

Exchanging contact information with someone

Reaching out to a recovery contact between meetings

Sharing something personally meaningful in a meeting

Attending a social gathering with recovery peers

Having coffee one-on-one with a recovery peer

Asking for specific help or support

Revealing a vulnerability or struggle

Exercise B: Your Gradual Exposure Plan

Identify three connection steps you can take in the next month, starting with the least anxiety-provoking:

Step 1 (Easiest):

Describe the connection step

When and where:

Specific time and location

Step 2 (Medium):

Describe the connection step

When and where:

Specific time and location

Step 3 (More challenging):

Describe the connection step

When and where:

Specific time and location

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Part 4: Building Connection Skills

Exercise A: Active Listening Practice

Identify three specific ways you can demonstrate active listening at your next recovery gathering:

1.

Active listening strategy

2.

Active listening strategy

3.

Active listening strategy

Exercise B: Appropriate Self-Disclosure

Plan small steps toward authentic sharing:

Something factual I'm comfortable sharing:

Something personal but low-risk I could share:

A feeling or experience that would represent genuine vulnerability:

Exercise C: Identifying Safe People

List qualities you notice in people who feel safer for connection:

1.

Quality in safe people

2.

Quality in safe people

3.

Quality in safe people

List 2-3 specific people in your recovery community who demonstrate these qualities:

1.

Person's name or description

2.

Person's name or description

3.

Person's name or description

PART 5 OF 9

Part 5: Consistent Presence Plan

Exercise A: Regular Attendance Commitment

Identify a specific recovery group or meeting you'll commit to attending regularly:

Group/Meeting:

Name of group or meeting

Schedule:

Day and time

My attendance commitment (frequency):

e.g., Weekly, twice weekly

Exercise B: Extending Your Stay

Plan how you'll extend your participation beyond formal meeting times:

How many minutes will you stay after meetings?

Number of minutes

What specific informal activities will you participate in?

How will you manage discomfort that arises?

PART 6 OF 9

Part 6: Between-Meeting Connections

Exercise A: Outreach Practice

Plan specific between-meeting connections for the coming week:

Person I'll reach out to:

Person's name

Method of contact (text, call, etc.):

How you'll reach out

Purpose of connection:

Why you're reaching out

When I'll do this:

Specific day and time

Exercise B: Recovery-Supporting Activities

List recovery-supporting activities you could invite others to join:

1.

Recovery-supporting activity

2.

Recovery-supporting activity

3.

Recovery-supporting activity

PART 7 OF 9

Part 7: Addressing Specific Belonging Barriers

Exercise A: Identifying Your Blocks

List specific thoughts or beliefs that block your sense of belonging:

1.

Blocking thought or belief

2.

Blocking thought or belief

3.

Blocking thought or belief

Exercise B: Challenging Connection Blocks

For each block identified above, write an alternative perspective:

Block 1 - Alternative Perspective:

Alternative, more helpful perspective

Block 2 - Alternative Perspective:

Alternative, more helpful perspective

Block 3 - Alternative Perspective:

Alternative, more helpful perspective

PART 8 OF 9

Part 8: Weekly Reflection Practice

Use these questions for ongoing reflection about belonging and connection:

1. What connection steps did I take this week?

2. What did I notice about my comfort level with belonging?

3. What thoughts or feelings arose that challenged my connection efforts?

4. What positive experiences of connection did I have, however small?

5. What is one small step I can take next week to build on my progress?

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Remember / Next Steps

Remember:

- • Belonging develops gradually through consistent small steps
- • Everyone feels uncomfortable and uncertain at times in new communities
- • Connection is a skill that improves with practice
- • Authentic relationships develop through shared experience over time
- • The discomfort of new connections is temporary, but the benefits last

Next Steps

Schedule a time to review this worksheet with a trusted recovery support person, counselor, or group to gain additional insights and accountability.