

Fear of Commitment in Recovery

Embrace recovery as liberating

Printable worksheet · 6 parts

Name _____ Date _____

Fear of Commitment in Recovery Worksheet

This worksheet helps you explore how fear of commitment may be affecting your recovery journey. Many people experience anxiety about fully engaging with recovery practices. By working through these exercises, you'll identify patterns and develop strategies to embrace recovery as liberating rather than restricting.

Contents

- Part 1 · Part 1: Self-Assessment Summary
- Part 2 · Part 2: Identifying Your Commitment Fears
- Part 3 · Part 3: Reframing Commitment
- Part 4 · Part 4: Building Commitment Muscles
- Part 5 · Part 5: Creating Your Commitment Development Plan
- Part 6 · Part 6: Reflection - Weekly Check-in Questions

PART 1 OF 6

Part 1: Self-Assessment Summary

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

Commitment Fear Score (out of 50)

Enter your score...

Commitment Development Score (out of 50)

Enter your score...

Resilience Ratio

Enter your ratio...

PART 2 OF 6

Part 2: Identifying Your Commitment Fears

Exercise A: Recognizing Your Patterns

List the top three statements that resonated most strongly:

1.

Enter pattern...

2.

Enter pattern...

3.

Enter pattern...

Exercise B: What Does Commitment Mean to You?

When I think about fully committing to recovery, I feel...

Describe your feelings...

Full commitment to recovery seems like it would require me to give up...

What would you have to give up...

My biggest fear about recovery commitment is...

Your biggest fear...

The part of my identity that feels threatened by full commitment is...

Identity aspect...

PART 3 OF 6

Part 3: Reframing Commitment

Exercise A: The Freedom Paradox

List three ways that structure and commitment in recovery have actually increased your freedom:

1.

Way structure increased freedom...

2.

Way structure increased freedom...

3.

Way structure increased freedom...

Exercise B: Evidence Collection

A time when deeper engagement with recovery resulted in positive outcomes:

Describe the positive outcome...

Something you've gained through recovery that you wouldn't have otherwise:

What you've gained...

An example of someone whose commitment to recovery has enhanced their freedom:

Describe the example...

PART 4 OF 6

Part 4: Building Commitment Muscles

Exercise A: One Day at a Time Practice

Rather than thinking about "forever," what specific recovery commitments can you make just for today?

1.

Commitment for today...

2.

Commitment for today...

3.

Commitment for today...

Exercise B: Small Promises

Identify three small promises you can make and keep this week:

1.

Small promise...

2.

Small promise...

3.

Small promise...

PART 5 OF 6

Part 5: Creating Your Commitment Development Plan

Exercise A: Addressing Specific Fears

For each fear you identified, what is one step you can take to address it?

Specific Fear 1:

Describe the fear...

Action Step to Address It:

Action to take...

Specific Fear 2:

Describe the fear...

Action Step to Address It:

Action to take...

Specific Fear 3:

Describe the fear...

Action Step to Address It:

Action to take...

Exercise B: 30-Day Experiment

Design a 30-day experiment to practice slightly deeper commitment:

What specific practice will you commit to for 30 days?

Your 30-day practice...

How will you measure success?

Success metrics...

What support will you need?

Support needed...

How will you remind yourself this is just an experiment?

Experiment reminder...

PART 6 OF 6

Part 6: Reflection - Weekly Check-in Questions

Use these questions for ongoing reflection:

1. How has my relationship with commitment shifted this week?

2. What benefits have I noticed from consistent engagement?

Benefits noticed...

3. What commitment fears arose, and how did I respond to them?

Fears and responses...

4. In what ways did structure actually increase my freedom this week?

Ways structure increased freedom...

5. What small commitment victory can I celebrate?

Commitment victory...

Remember:

- Fear of commitment often diminishes as you experience the benefits of consistent recovery engagement
- What initially feels restricting often becomes liberating as recovery expands your authentic self-expression
- Progress comes through consistent small choices over time, not perfect implementation