

Hobbies & Interest Assessment

Discover recovery-supporting activities

Printable worksheet · 4 parts

Name _____ Date _____

Discover activities that support your recovery journey — because healing means building a life you don't want to escape from.

The Recovery Files — Embrace, Empower & Evolve

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PART 1 OF 4

Introduction

Discover Your Recovery Interests

One of the most powerful things you can do in early recovery is fill your life with activities that bring genuine joy, purpose, and connection. This assessment will help you identify interests you may not have explored — or reconnect with passions that substance use pushed aside.

Why Hobbies Matter in Recovery

Recovery creates open space in your life — time and energy that used to be consumed by substance use. Without intentionally filling that space with healthy, engaging activities, boredom and isolation can become dangerous relapse triggers.

Meaningful hobbies and interests provide natural sources of dopamine and fulfillment, rebuild neural pathways, create structure and routine, build your identity beyond addiction, connect you with healthy communities, and give you something to look forward to.

Recovery isn't just about stopping something — it's about starting something. Let's discover what lights you up.

Before We Begin — Some Context

What hobbies or interests did you enjoy before substance use became a problem? What did you love as a child, teenager, or young adult?

e.g., I used to love drawing, playing basketball, fishing with my dad, building model cars...

Are there any activities you should avoid because they're connected to your substance use? (e.g., certain social settings, environments, or activities that could be triggering)

e.g., I should avoid bars and pool halls for now, late-night social events, certain friends' houses...

What would you most like to gain from new hobbies in your recovery?

e.g., Stress relief, meeting sober friends, having fun without substances, building confidence, filling free time...

☐ Begin Interest Assessment →

Takes about 10–15 minutes • 36 questions across 6 categories • Your answers auto-save

PART 2 OF 4

Assessment

Creative Expression

Activities that let you create, imagine, and express yourself in new ways.

0/6 answered

1. I enjoy working with my hands to make or build things.

☐ Not at all ☐ A little ☐ Somewhat ☐ Quite a bit ☐ Very much

2. I find comfort in music — listening, singing, or playing.

☐ Not at all ☐ A little ☐ Somewhat ☐ Quite a bit ☐ Very much

3. I'm drawn to visual beauty — colors, design, or photography.

☐ Not at all ☐ A little ☐ Somewhat ☐ Quite a bit ☐ Very much

4. I like writing or journaling to process my thoughts.

☐ Not at all ☐ A little ☐ Somewhat ☐ Quite a bit ☐ Very much

5. I enjoy cooking, baking, or experimenting with recipes.

☐ Not at all ☐ A little ☐ Somewhat ☐ Quite a bit ☐ Very much

6. I feel energized when I can express myself in unique ways.

☐ Not at all ☐ A little ☐ Somewhat ☐ Quite a bit ☐ Very much

How This Connects to Recovery

Creative expression provides healthy emotional outlets, helps process complex feelings without words, builds a new identity beyond addiction, and activates reward pathways naturally through the satisfaction of making something.

Overall Assessment Progress 0%

PART 3 OF 4

My Results

Your Interest Profile

Based on your responses, here's how your interests are distributed. Higher scores indicate stronger natural interest — and greater potential for recovery-supporting engagement.

Creative Expression Strongest

Physical Activity & Movement Strong

Learning & Intellectual Growth

Social Connection & Community

Mindfulness & Inner Peace

Adventure & Exploration

Understanding Your Profile

Scores 75–100%: These are your natural strengths and strongest interest areas. Prioritize exploring hobbies in these categories — you'll find it easier to stay engaged and build lasting habits.

Scores 50–74%: These areas hold genuine interest for you. They're worth exploring, especially as you grow more comfortable in recovery and want to expand your horizons.

Scores 25–49%: You have some curiosity here. Consider trying one activity from these categories — you might be surprised. Sometimes interests grow when we give them a chance.

Scores below 25%: These may not be your current focus, and that's completely okay. Recovery is about finding what works for you, not checking every box.

☐ Build My Activity Plan

PART 4 OF 4

Activity Planner

Weekly Activity Plan

Start small and build gradually. Even scheduling one or two activities per week is a powerful first step. Recovery is built one day at a time — your activity plan should be too.

Pro Tip: Don't overschedule. Leave breathing room. A plan that's 60% full is more sustainable than one that's 100% full. The goal is consistency, not intensity. Balance solo activities with social ones, and active with restful.

Monday

Activity for Monday...

Tuesday

Activity for Tuesday...

Wednesday

Activity for Wednesday...

Thursday

Activity for Thursday...

Friday

Activity for Friday...

Saturday

Activity for Saturday...

Sunday

Activity for Sunday...

Recovery Reflection

Take a few moments to reflect on what you've discovered about yourself through this assessment.

What surprised you about your interest profile? Were there categories you didn't expect to score highly in?

I was surprised that...

How did substance use affect your ability to enjoy hobbies and interests in the past?

When I was using, I...

What excites you most about exploring new activities in recovery? What are you looking forward to?

I'm excited about...

What barriers or fears might keep you from trying new activities? How can you address them?

I'm worried about...

What's one small step you can take THIS WEEK to explore a new interest?

This week I will...

Principles for Building a Recovery Lifestyle

Start Where You Are: Don't wait until you feel "ready." Begin with the easiest, lowest-barrier activity that interests you. Motivation follows action, not the other way around.

Progress, Not Perfection: You don't have to be good at something for it to be good for you. Give yourself permission to be a beginner. Recovery is about growth, not grades.

Balance Is Key: Mix solo and social activities. Combine physical movement with mental engagement. Alternate high-energy pursuits with restful ones. Variety protects against boredom.

Connect Activities to Recovery: The most powerful hobbies are ones that reinforce your recovery — building sober friendships, managing stress, creating purpose, and proving that joy doesn't require substances.

Be Patient With Yourself: Your brain is healing. Activities that feel flat now may become deeply rewarding as your dopamine system recalibrates. Give new interests at least 3 tries before deciding they're not for you.

Replace, Don't Just Remove: Every habit loop has a cue, routine, and reward. The most effective recovery strategy isn't just removing substance use — it's replacing it with activities that meet the same underlying needs.

"Recovery is not just about stopping something — it's about starting something.

Fill the space with a life worth living."

The Recovery Files — Embrace, Empower & Evolve

www.TheRecoveryFiles.com

If you are struggling with substance use or mental health issues, please reach out to SAMHSA's National Helpline: 1-800-662-4357 (free, confidential, 24/7)