

Inner Conflict in Recovery

Recovering self vs. addictive self

Printable worksheet · 3 parts

Name _____ Date _____

Inner Conflict Worksheet

Self-Assessment & Resolution Strategies

Total Score:

0/80 - Low

Contents

- Part 1 · Self-Assessment
- Part 2 · Deep Dive
- Part 3 · Resolution

PART 1 OF 3

Self-Assessment

Rate each statement: 0 = Not at all, 1 = Slightly, 2 = Moderately, 3 = Very, 4 = Extremely

Conflicting Inner Voices

I experience a debate between my 'sober self' and 'addictive self'

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I feel torn between seeking help and convincing myself I'm fine

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I struggle to trust my own judgment about my recovery status

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I find myself arguing internally about the state of my recovery

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Difficulty Reaching Out

I feel paralyzed when considering calling for help

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I compose messages asking for support but struggle to send them

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I feel an overwhelming hesitation when about to reach out

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I experience anxiety at the thought of discussing my struggles

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Silenced Distress

I feel unable to express my inner turmoil to others

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I want to ask for help but feel like the words won't come out

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I feel trapped in my own thoughts and unable to communicate them

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I experience a disconnect between my inner struggle and what I show others

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Substance Use Fantasies

I daydream about using substances to cope with difficulties

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I reminisce about the relief substances used to provide

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I think about substances as a potential 'escape hatch' if things get tough

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I catch myself planning hypothetical scenarios involving substance use

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

False Sense of Cure

I tell myself I'm 'cured' of my addiction

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I believe I've overcome my vulnerability to addiction

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I think my past addiction no longer poses a threat

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I convince myself that using again is not a real possibility for me

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

PART 2 OF 3

Deep Dive

Part 1: Identifying the Voices

What your "sober self" is saying:

Your sober self's perspective...

What your "addictive self" is saying:

Your addictive self's perspective...

Part 2: Paralysis in Help-Seeking

Three reasons reaching out feels difficult:

Three people you could reach out to:

Part 3: Expressing the Inexpressible

If you could scream out what you're feeling right now, what would you say?

Let it out...

What's stopping you from expressing these feelings?

The barriers...

Part 4: Substance Use Fantasies

Describe a recent fantasy about using substances:

The fantasy...

What needs or feelings is this fantasy addressing?

Underlying needs...

Part 5: Challenging the "Cured" Belief

Three pieces of evidence that addiction is ongoing:

How does "cured" belief conflict with recovery knowledge?

The conflict...

Part 6: Reality Check

Three current recovery challenges:

How do these contradict "everything is fine"?

Reality vs. denial...

PART 3 OF 3

Resolution

Coping Strategy Inventory

Three healthy coping strategies when feeling conflicted:

Support System Activation

Write a brief message asking for help:

Draft your help-seeking message...

One small step to make reaching out easier:

Small step...

Recognizing Warning Signs

Three signs that indicate you need to seek help:

Commitment to Action

One action you'll take TODAY to address inner conflict:

Your commitment...

Daily Check-in

Track inner conflict level (1-10) for the week.

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Remember: Inner conflict is a normal part of recovery, but it can also be a warning sign. Reaching out for help is a sign of strength, not weakness.