

Meeting Yourself – Complete

A complete journey of self-discovery in recovery

Printable worksheet · 3 parts

Name _____ Date _____

Meeting Yourself

A Comprehensive Recovery Readiness Module

This integrated module helps you understand where you are in your recovery journey, explore a whole-person approach, and create your personalized recovery plan.

Recovery Readiness Assessment

Evaluate your readiness across 5 key areas

Interactive Recovery Guide

Explore recovery as a whole-person journey

Personal Journey Worksheet

Create your personalized recovery roadmap

How to Use This Module

- 1.Assessment: Start by evaluating your readiness across physical, emotional, social, practical, and spiritual dimensions.
- 2.Reading Guide: Learn about meeting yourself where you are and honoring your unique recovery path.
- 3.Worksheet: Create your personal recovery plan with actionable steps and support mapping.

Tip: While you can complete these in any order, following the sequence above provides the most comprehensive experience.

Contents

- Part 1 · Recovery Readiness Assessment
- Part 2 · Interactive Recovery Guide
- Part 3 · Personal Journey Worksheet

PART 1 OF 3

Recovery Readiness Assessment

Evaluate your readiness across 5 key areas

Meeting Yourself Where You Are: A Recovery Readiness Assessment

This assessment helps you understand how well you're integrating all aspects of yourself into your recovery journey.

Instructions: Rate each statement.

Remember: There are no "right" answers. This is about honestly reflecting on where you are in your journey.

Part I: Understanding Your Whole Self

Recovery involves recognizing all aspects of who you are beyond your addiction.

I take time to understand how my life story connects to my recovery journey.

- ☐ 1Never true
- ☐ 2Rarely true
- ☐ 3Sometimes true
- ☐ 4Often true
- ☐ 5Always true

I consider my cultural background and values in my recovery process.

I recognize my strengths and resources, not just my challenges.

I see myself as a unique individual with many facets beyond my addiction.

I understand how addiction fits into the bigger picture of my life.

Part II: Meeting Yourself Where You Are

Recovery happens when you start from where you are, not where you think you should be.

I honestly assess where I am in my readiness to change.

I communicate my needs and comfort level to my treatment team.

I set recovery goals that feel meaningful and achievable to me.

I allow myself flexibility in how I approach recovery.

I accept my current level of motivation without harsh self-judgment.

Part III: Balancing Life and Recovery Focus

Effective recovery addresses your whole life while maintaining focus on sobriety.

I understand that addressing my addiction helps improve other areas of my life.

I can focus on recovery while still acknowledging other important life issues.

I prioritize sobriety while working on other personal goals.

I balance self-acceptance with motivation to change.

I integrate recovery work with addressing my overall wellbeing.

Part IV: Building Authentic Connections

Recovery thrives when you feel genuinely understood and supported.

I feel comfortable being honest about my struggles with my support team.

I experience non-judgmental support in my recovery environment.

I feel my emotions and experiences are validated by others.

I have relationships that support all aspects of who I am, not just my recovery.

I respect my own autonomy and right to make choices in recovery.

Part V: Creating Your Personal Recovery Path

Your recovery plan should reflect your unique needs, values, and circumstances.

My recovery plan addresses my specific needs and life circumstances.

I regularly review and adjust my recovery approach based on what's working.

My personal values and goals are incorporated into my recovery plan.

I address mental health and emotional needs alongside addiction recovery.

I consider practical life factors (housing, work, relationships) in my recovery.

☐ Calculate My Results

PART 2 OF 3

Interactive Recovery Guide

Explore recovery as a whole-person journey

Meeting Yourself Where You Are

Chapter 1 of 617% Complete

Introduction: You Are More Than Your Addiction

Welcome to a different way of thinking about recovery—one that sees you as a complete person with a story, dreams, challenges, and strengths that extend far beyond your substance use.

What Does "Meeting Yourself Where You Are" Mean?

It means starting your recovery journey from your actual current situation—not from where you think you "should" be or where others expect you to be.

Many traditional approaches to addiction treatment focus primarily on stopping substance use. While this is certainly important, this narrow focus can miss crucial aspects of what makes recovery sustainable.

You Are a Whole Person

Your identity includes many aspects:

- Your relationships and roles (parent, friend, partner, colleague)
- Your cultural background and values
- Your life experiences, both challenging and affirming
- Your skills, talents, and interests
- Your hopes and dreams for the future

"Recovery is not about becoming someone new—it's about uncovering who you truly are beneath the addiction and building a life that honors that person."

Personal Reflection Notes

Your notes are automatically saved and private to you.

PART 3 OF 3

Personal Journey Worksheet

Create your personalized recovery roadmap

Your Recovery Journey Worksheet

☐ Data file

Meeting Yourself Where You Are: A Personal Recovery Planning Tool

This worksheet helps you explore where you are in your recovery journey and create a personalized plan.