

Pink Cloud Syndrome Assessment

Recognize early recovery euphoria risks

Printable worksheet · 4 parts

Name _____ Date _____

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PART 1 OF 4

Introduction

"If you're riding the pink cloud and your feet are still on the ground, then you are just standing in fog."

Welcome to this comprehensive workbook designed for individuals in early recovery from substance use disorders who are navigating one of recovery's most paradoxical phenomena: the "pink cloud."

The term "pink cloud" describes the initial period of enthusiasm, optimism, and euphoria that many people experience in early recovery. This phase brings welcome relief from addiction's pain and offers genuine hope for transformation. Yet this same enthusiasm can create vulnerability if it leads to unrealistic expectations, premature confidence, neglect of fundamental self-care, or avoidance of recovery's ongoing challenges.

This workbook addresses six essential dimensions of the pink cloud phenomenon that impact early recovery. Through comprehensive self-assessment, reflection, and action planning, you'll develop strategies for channeling early recovery's genuine enthusiasm into building sustainable practices and realistic expectations.

Emotional Highs and Expectations

Understanding and managing the emotional euphoria and unrealistic expectations of early recovery.

Relationship Expectations

Navigating the desire for rapid relationship healing while respecting others' timelines.

Early Recovery Overconfidence

Balancing confidence in recovery with appropriate caution and ongoing vulnerability.

Self-Care Misconceptions

Building sustainable self-care practices instead of trying to fix everything at once.

Identity Transitions

Developing a new identity beyond substance use through gradual exploration.

Reality Avoidance

Maintaining balanced perspectives that acknowledge both rewards and challenges.

☐ Start Comprehensive Assessment ☐ Go to Reflection Questions

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PART 2 OF 4

Assessment

Pink Cloud Comprehensive Assessment

This assessment examines your experience across all six dimensions of the pink cloud phenomenon. For each statement, select how frequently it applies to your experience in recovery.

Scale: 1 = Never · 2 = Rarely · 3 = Sometimes · 4 = Often · 5 = Always

Emotional Highs and Expectations

Relationship Expectations

Early Recovery Overconfidence

Self-Care Misconceptions

Identity Transitions

Reality Avoidance

☐ Calculate Results

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Reflection

Self-Reflection Questions

These questions are designed to deepen your understanding of your pink cloud experience. Take time to reflect honestly on each area.

understanding

Which dimension of the pink cloud resonates most strongly with your experience, and why?

How has your emotional state fluctuated since beginning recovery?

What expectations did you have about recovery that have proven unrealistic?

What has surprised you most about the early recovery experience?

How does acknowledging the pink cloud affect how you view your recovery?

relationships

How have your expectations about relationship healing compared with reality?

What has been most challenging about others' responses to your recovery?

How are you working to demonstrate consistent change to rebuild trust?

What helps you remain patient when relationship healing progresses slowly?

How do you balance making amends with respecting others' boundaries?

foundation

What self-care practices are most important for your recovery stability?

How do you balance enthusiasm for recovery with realistic pacing?

What strategies help you maintain recovery practices when motivation decreases?

How do you respond to emotional ups and downs in recovery?

What helps you stay connected to recovery support even when feeling strong?

identity

How is your sense of identity evolving in recovery?

What new interests or activities are you exploring?

How do you practice patience with the process of identity development?

What values are emerging as important to you in recovery?

How are you building connections that support your evolving identity?

Tip: Consider sharing these reflections with your counselor, sponsor, or recovery group to gain additional perspectives and support.

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Action Plan

Creating Your Pink Cloud Action Plan

Based on your assessment, identify your top 3 areas of vulnerability:

Vulnerability Area 1:

Describe the vulnerability...

Vulnerability Area 2:

Describe the vulnerability...

Vulnerability Area 3:

Describe the vulnerability...

For each vulnerability, create a specific action plan:

Action Plan 1

Specific Actions:

What specific steps will you take?

Support Needed:

What support or resources do you need?

Timeline:

When will you implement this?

Action Plan 2

Specific Actions:

What specific steps will you take?

Support Needed:

What support or resources do you need?

Timeline:

When will you implement this?

Action Plan 3

Specific Actions:

What specific steps will you take?

Support Needed:

What support or resources do you need?

Timeline:

When will you implement this?

Daily Practices for Grounded Hope

☐

Morning grounding practice

☐

Reality check with sponsor/support

☐

Self-care activity

☐

Gratitude practice

☐

Evening reflection

☐

Connection with recovery community

My Commitment Statement:

Write a personal commitment to maintaining grounded hope in your recovery...

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