

Recovery SWOT Analysis

Strategic recovery self-assessment

Printable worksheet · 4 parts

Name _____ Date _____

Recovery Engagement SWOT Analysis

A strategic self-assessment to identify your recovery Strengths, Weaknesses, Opportunities, and Threats

The Recovery Files

www.TheRecoveryFiles.com

Embrace, Empower & Evolve

This SWOT analysis is a self-reflection tool and does not replace professional treatment or clinical assessment. Share your results with your sponsor, counselor, or treatment team for maximum benefit.

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PART 1 OF 4

Overview

What is a SWOT Analysis?

SWOT Analysis is a strategic planning tool used to evaluate Strengths, Weaknesses, Opportunities, and Threats. In recovery, it helps you take an honest inventory of where you stand and create a strategic plan for growth.

Strengths

Internal positive factors you already possess that support your recovery.

"What am I already doing well in this area? What resources, skills, or qualities do I have?"

Weaknesses

Internal challenges or gaps that could undermine your recovery progress.

"Where do I struggle? What skills or habits am I lacking? What patterns hold me back?"

Opportunities

External resources, situations, or possibilities you could leverage for growth.

"What support or resources are available? What situations could help me grow? What could I take advantage of?"

Threats

External risks, triggers, or circumstances that could jeopardize your recovery.

"What external factors could harm my recovery? What risks do I face? What situations should I avoid or prepare for?"

Internal Factors

Strengths and Weaknesses are internal – they come from within you. Your skills, habits, knowledge, character traits, and patterns.

"What do I bring to my recovery? What holds me back?"

External Factors

Opportunities and Threats are external – they exist in your environment. Resources, support, situations, triggers, and circumstances.

"What could help me grow? What external factors could harm my recovery?"

Helpful Factors

Strengths and Opportunities are assets – they support your recovery and can be leveraged for growth.

Harmful Factors

Weaknesses and Threats are liabilities – they could undermine your recovery and need to be addressed or mitigated.

How to Use This Worksheet

1. Go to "Domain Analysis"

Work through each of the 10 recovery domains (Step Work, Sponsorship, etc.)

2. Review Suggestions

Use the provided suggestions as prompts – they'll help you think of your own

3. Write Your Own SWOT

Fill in your personal strengths, weaknesses, opportunities, and threats for each area

4. View the Matrix

See your complete analysis in the visual SWOT Matrix

5. Create Your Action Plan

Turn insights into specific, actionable steps for your recovery

Your Progress

0 of 10 domains explored

☐ Begin Domain Analysis

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Domain Analysis

Step Work & Program Engagement

Sponsorship Utilization

Communication Improvement

Trust Building

Honesty & Integrity

High-Risk Situations

Cravings & Urges

Thoughts of Use

Vulnerability & Openness

Emotional Sobriety & Growth

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SWOT Matrix

Your Complete SWOT Matrix

This matrix compiles all your responses across every domain. Use it to identify patterns and priorities.

Strengths

No strengths recorded yet. Complete the Domain Analysis to populate this section.

Weaknesses

No weaknesses recorded yet. Complete the Domain Analysis to populate this section.

Opportunities

No opportunities recorded yet. Complete the Domain Analysis to populate this section.

Threats

No threats recorded yet. Complete the Domain Analysis to populate this section.

Analysis Summary

Domains with Strengths

Domains with Weaknesses

Domains with Opportunities

Domains with Threats

Pattern Recognition

What patterns do you notice across your Strengths?

Are there themes? Skills that show up repeatedly? Areas of consistent strength?

What patterns do you notice across your Weaknesses?

Are there recurring challenges? Common obstacles? Habits that keep showing up?

Which Opportunities could have the biggest impact if you acted on them?

What resources or possibilities are you underutilizing? What could be game-changers?

Which Threats require the most urgent attention?

What external risks are most dangerous right now? What needs immediate mitigation?

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Action Planning

Strategic Action Planning

Turn your SWOT insights into concrete actions. The best strategies leverage strengths, address weaknesses, capitalize on opportunities, and mitigate threats.

Strengths → Opportunities

How can you use your strengths to take advantage of opportunities?

Example: My strong sponsor relationship (S) can help me get more involved in service work opportunities (O)...

Weaknesses → Opportunities

How can you use opportunities to overcome your weaknesses?

Example: My struggle with emotional regulation (W) could be addressed by the DBT group starting next month (O)...

Strengths → Threats

How can you use your strengths to minimize threats?

Example: My good meeting attendance (S) can help protect me during the upcoming holiday stress (T)...

Weaknesses + Threats

What defensive plans do you need when weaknesses meet threats?

Example: My isolation tendency (W) combined with upcoming work stress (T) means I need to schedule extra meetings in advance...

Top Priority Actions

Based on your SWOT analysis, what are the most important actions you need to take?

1

Priority action #1...

2

Priority action #2...

3

Priority action #3...

4

Priority action #4...

5

Priority action #5...

Implementation Timeline

This Week

Immediate actions (next 7 days)

What will you do this week?

This Month

Short-term goals (next 30 days)

What will you accomplish this month?

Next 90 Days

Medium-term objectives

What are your 90-day goals?

Accountability Plan

Who will you share this SWOT analysis with?

Sponsor, counselor, therapist, trusted friend in recovery...

How will you track your progress on these action items?

Weekly check-ins, journal entries, sponsor discussions...

When will you revisit this SWOT analysis to measure progress?

My Recovery Commitment

Based on this SWOT analysis, write a commitment statement to yourself about your recovery:

I commit to using my strengths in [areas] to pursue [opportunities]. I will address my weaknesses in [areas] and protect my recovery from threats by [actions]. I understand that recovery requires honest self-assessment and consistent action...

Date:

Signature (type name):

Your name

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