

Recovery Stuck Points

Transform stagnation into growth

Printable worksheet · 5 parts

Name _____ Date _____

Recovery Stuck Points Worksheet

Contents

- Part 1 · Understanding Your Stuck Point Landscape
- Part 2 · The Psychology of Your Stuck Points
- Part 3 · Developing Your Management Strategies
- Part 4 · Building Stuck Point Resilience
- Part 5 · Your notes & reflections

PART 1 OF 5

Understanding Your Stuck Point Landscape

What category of stuck points (motivational drift, outward compliance/inner disconnection, etc.) affects you most powerfully, and why do you think that is?

What specific stuck point patterns have you noticed that don't seem to fit neatly into any category or that surprise you with their subtlety?

How have your stuck point vulnerabilities evolved or changed throughout your recovery journey?

What stuck point experiences have blindsided you most dramatically, and what did you learn from them?

Are there stuck points you've successfully navigated through? How did this process happen?

Reflection Tip:

Stuck points are natural parts of a recovery journey, not failures. They often signal that you're ready for deeper work or need to approach recovery from a different angle. Plateaus can be opportunities for breakthrough if approached with curiosity rather than judgment.

PART 2 OF 5

The Psychology of Your Stuck Points

How does understanding stuck points as natural parts of a recovery journey rather than failures affect your relationship with them?

In what ways might your specific addiction history have shaped your particular stuck point vulnerabilities?

How do your stuck points interact with each other? For example, does motivational drift make you more vulnerable to program participation changes?

What early warning signs might indicate you're experiencing a stuck point before major changes occur?

How might co-occurring conditions affect your stuck point vulnerability?

Reflection Tip:

Stuck points are natural parts of a recovery journey, not failures. They often signal that you're ready for deeper work or need to approach recovery from a different angle. Plateaus can be opportunities for breakthrough if approached with curiosity rather than judgment.

PART 3 OF 5

Developing Your Management Strategies

What specific strategies have proven most effective for your most challenging stuck point category?

What role does preparation and planning play in your approach to managing stuck points?

How do you balance self-reliance with appropriate help-seeking when experiencing stuck points?

What recovery support resources do you mobilize when experiencing stuck points?

How might you strengthen your response to the stuck point category you identified as most challenging?

Reflection Tip:

Stuck points are natural parts of a recovery journey, not failures. They often signal that you're ready for deeper work or need to approach recovery from a different angle. Plateaus can be opportunities for breakthrough if approached with curiosity rather than judgment.

PART 4 OF 5

Building Stuck Point Resilience

How has your relationship with recovery plateaus changed throughout your journey?

What practices help you maintain authenticity in your recovery even during challenging periods?

How do you balance vigilance against stuck points with living a full, engaged life?

What would it look like to view stuck points as opportunities for growth rather than just threats to stability?

How might sharing your stuck point experiences benefit both your own recovery and potentially help others?

Reflection Tip:

Stuck points are natural parts of a recovery journey, not failures. They often signal that you're ready for deeper work or need to approach recovery from a different angle. Plateaus can be opportunities for breakthrough if approached with curiosity rather than judgment.

PART 5 OF 5

Your notes & reflections

Understanding Stuck Points

Stuck points are natural parts of the recovery journey—they're not failures, but opportunities for growth and deeper understanding.

Motivational Drift

Gradual loss of recovery intensity

Outward Compliance

Inner disconnection from recovery

Program Participation

Changes in engagement patterns

Growth Opportunities

Plateaus can lead to breakthroughs

Additional Notes & Reflections

Add any additional reflections about your stuck points, breakthroughs you've experienced, or strategies you want to implement...
