

Rediscovering Interests and Hobbies

Rebuild joyful substance-free lifestyle

Printable worksheet · 12 parts

Name _____ Date _____

Rediscovering Interests and Hobbies in Recovery

Explore, rediscover, and develop interests that support your recovery and enhance well-being.

Name

Date

Interests & Hobbies Strategy Map

Past Exploration

Reconnect with childhood interests and pre-addiction activities

Current Assessment

Evaluate what you enjoy now and satisfaction levels

New Discovery

Explore fresh interests and recovery integration

Schedule & Plan

Integrate activities into weekly routine

Social Connection

Find partners and communities for activities

Skill Development

Build skills and track progress with milestones

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- Part 11 · Maintenance Planning
- Part 12 · Commitment and Reflection

PART 1 OF 12

Past

Date

Part 1: Past Interest Exploration

1. List childhood/youth interests and hobbies:

Interest 1

Interest 2

Interest 3

Interest 4

Interest 5

2. What made these activities enjoyable?

Joy Factor

Core Elements

Desire to reconnect (1-10):

Part 2: Pre-Addiction Activities

3. List activities you enjoyed before addiction:

Time Spent

Fulfillment (1-10):

5. What did these activities provide?

Social connection

Creative expression

Physical activity

Mental stimulation

Emotional release

Spiritual growth

6. Identify common themes:

What patterns do you see?

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PART 2 OF 12

Current

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Part 3: Current Interests Assessment

7. List current activities you enjoy:

Activity 1

Activity 2

Activity 3

8. What draws you to these activities?

Activity 1

Attraction

Activity 2

Attraction

Activity 3

Attraction

9. Rate current satisfaction level (1-10):

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PART 3 OF 12

New

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Part 4: New Interest Exploration

10. List potential new interests to explore:

Interest

Appeal Factor

Resources Needed

11. Research requirements:

Cost

Time

Location

12. Create exploration timeline:

When will you try each activity?

Part 5: Recovery Integration

13. How will these activities support recovery?

Recovery Benefit

Potential Risks

14. List safety measures needed:

Safety measure 1

Safety measure 2

Safety measure 3

15. Create recovery-conscious participation plan:

How will you engage safely?

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PART 4 OF 12

Schedule

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Part 6: Schedule Integration

16. Plan weekly activity schedule:

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

17. List potential obstacles:

Obstacle 1

Obstacle 2

Obstacle 3

18. Create solutions for each:

How will you overcome these obstacles?

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PART 5 OF 12

Social

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Part 7: Social Connection

19. List potential activity partners:

Name

Availability

20. Find groups/communities:

Group

Meeting Times

21. Create social integration plan:

How will you connect with others?

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PART 6 OF 12

Skills

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Part 8: Skill Development

22. List skills needed for chosen activities:

Required Skills

Current Level

23. Create learning plan:

Skill 1

Steps

Skill 2

Steps

Skill 3

Steps

24. Set skill-building goals:

What skills do you want to develop?

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PART 7 OF 12

Resource Management

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Part 9: Resource Management

25. List needed resources:

Equipment

Materials

Training

26. Create budget:

One-time costs

Monthly costs

Annual costs

27. Identify funding sources:

Where will funding come from?

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Progress Tracking

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Part 10: Progress Tracking

28. Set activity goals:

Short-term

Medium-term

Long-term

29. Create measurement criteria:

Goal 1

Markers

Goal 2

Markers

Goal 3

Markers

30. Establish review schedule:

When will you review progress?

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Growth and Development

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Part 11: Growth and Development

31. List ways to advance in chosen activities:

Way 1

Way 2

Way 3

32. Create progression plan:

Beginner level

Intermediate level

Advanced level

33. Set milestone goals:

What milestones will you celebrate?

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PART 10 OF 12

Balance Management

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Part 12: Balance Management

34. Create balance checklist:

Recovery commitments

Work/school obligations

Family time

Self-care

Activity engagement

Rest/downtime

35. Set priorities:

Primary

Secondary

Flexible

36. Develop time management strategy:

How will you manage your time?

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PART 11 OF 12

Maintenance Planning

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Part 13: Maintenance Planning

37. List strategies for ongoing engagement:

Strategy 1

Strategy 2

Strategy 3

38. Create motivation boosters:

When struggling

When busy

When discouraged

39. Plan for setbacks:

How will you handle setbacks?

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Commitment and Reflection

Date

Part 14: Commitment and Reflection

40. How will these activities enrich your recovery?

How activities support recovery...

41. What values do these activities support?

Values alignment...

42. Create three activity affirmations:

Affirmation 1

Affirmation 2

Affirmation 3

43. Final commitment statement:

I commit to...

Remember: Engaging in meaningful activities and hobbies is essential for building a fulfilling life in recovery. Take time to explore, experiment, and find what brings you joy and purpose.

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