Sobriety Compass

Check recovery heading across domains

Printable worksheet · 1 part

Name _____ Date _____

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The Sobriety Compass

Recovery Capital Self-Assessment

Your sobriety compass helps you check your heading – are you moving toward growth and lasting recovery, or drifting off course? This self-assessment examines the key areas of recovery capital that keep your compass pointing True North.

Where are you in your recovery journey?

○ New to Recovery (0-30 days) ○ Early Recovery (1-12 months) ○ Active Recovery (1+ years)

How to Use This Assessment: Answer each question honestly based on your current situation – not where you wish you were or where you think you should be. This is a tool for awareness, not judgment.

Meeting Attendance

North – NORTH represents your guiding star – the consistent actions that keep you oriented toward recovery.

Regular participation in recovery support meetings (AA, NA, SMART Recovery, etc.) provides structure, accountability, and connection with others who understand.

NORTH represents your guiding star – the consistent actions that keep you oriented toward recovery.

1. How many recovery meetings have you attended in the past week?

○ 5 or more meetings

○ 3-4 meetings

○ 2 meetings

○ 1 meeting

○ No meetings

2. When you attend meetings, how engaged and present are you?

○ Fully present – I share, listen, and connect

○ Mostly engaged – I participate when comfortable

○ Somewhat present – I listen but rarely share

○ Physically there but mentally elsewhere

○ Just showing up to say I went

3. Do you have a home group or regular meeting you commit to?

○ Yes, I have a committed home group and service position

○ Yes, I attend regularly but no official commitment

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○ I have one in mind but haven't committed

○ I attend random meetings with no consistency

○ No, I don't have any regular meeting

4. How do you feel about attending meetings currently?

○ I look forward to them and feel they're essential

○ I see their value even if I don't always want to go

○ Mixed feelings – sometimes helpful, sometimes not

○ I go out of obligation more than desire

○ I find excuses not to go

5. Do you arrive early, stay after, or connect with others outside of the meeting itself?

○ Yes, fellowship before and after is part of my routine

○ Sometimes I stay to connect with others

○ Occasionally, but I usually leave right away

○ I avoid connecting – come late, leave early

○ I only interact if absolutely necessary

Reflection: Meeting attendance is like checking your compass regularly – it keeps you from drifting off course without realizing it.

Step Work & Program Engagement

Northeast – NORTHEAST represents forward progress – the intentional work that moves you toward growth.

Active engagement with a program of recovery (the 12 Steps or other structured recovery framework) provides a roadmap for lasting change.

NORTHEAST represents forward progress – the intentional work that moves you toward growth.

1. What step are you currently working on, and how actively?

○ Actively working a step with my sponsor, making steady progress

○ Working through material but progress has slowed

○ Supposed to be working a step but haven't engaged lately

○ Haven't started step work or stopped after early steps

○ Not engaged in any formal step work or program

2. How consistently do you engage with step work (reading, writing, discussing)?

○ Daily or near-daily engagement

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○ Several times a week

○ Once a week or so

○ Occasionally – when I remember or feel motivated

○ Rarely or never

Reflection: Step work is the map that shows you the terrain ahead – without it, you're navigating blind.

Sponsorship & Guidance

East – EAST represents the sunrise – the wisdom and guidance that illuminates your path forward.

Having a sponsor or recovery mentor provides experienced guidance, accountability, and a trusted person to help you navigate challenges.

EAST represents the sunrise – the wisdom and guidance that illuminates your path forward.

1. Do you currently have a sponsor or recovery mentor?

○ Yes, I have an active, engaged sponsor I work with regularly

○ Yes, but we don't connect as often as we should

○ I have a temporary sponsor or someone informal

○ I'm looking for one but haven't found the right fit

○ No, I don't have a sponsor and haven't sought one

Reflection: A sponsor is like having an experienced guide who has traveled this path before – their insight can save you from pitfalls you can't see yourself.

Communication & Expression

Southeast – SOUTHEAST represents connection – how you bridge your inner world with others.

Learning to communicate effectively – expressing needs, feelings, and boundaries clearly – is essential for healthy relationships and recovery.

SOUTHEAST represents connection – how you bridge your inner world with others.

1. How comfortable are you expressing your feelings to others?

○ Very comfortable – I can express feelings openly

○ Mostly comfortable with safe people

○ Working on it – sometimes I can, sometimes I can't

○ Uncomfortable – I usually keep feelings inside

○ I don't express feelings to others

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Reflection: Communication is how your compass directions become visible to others – without it, they can't support your journey.

Trust Building

South – SOUTH represents your foundation – the solid ground of trustworthiness beneath your recovery.

Rebuilding trust with others – and yourself – is a gradual process that requires consistent, trustworthy behavior over time.

SOUTH represents your foundation – the solid ground of trustworthiness beneath your recovery.

1. Are you keeping your commitments – doing what you say you'll do?

○ Yes, I'm reliable and follow through consistently

○ Mostly – occasional slips but I address them

○ Sometimes – I still overcommit or underdeliver

○ Struggling – I often break commitments

○ Not at all – my word means very little right now

Reflection: Trust is rebuilt one kept promise at a time – it's the foundation that others stand on to support you.

Honesty & Integrity

Southwest – SOUTHWEST represents the clearing of fog – honesty that reveals the path clearly.

Rigorous honesty – with yourself and others – is the cornerstone of recovery. Without it, the disease operates freely in the shadows.

SOUTHWEST represents the clearing of fog – honesty that reveals the path clearly.

1. Are you being honest with yourself about where you really are in recovery?

○ Yes, I face the truth even when uncomfortable

○ Mostly – occasional blind spots I'm working on

○ Somewhat – I avoid looking at some things

○ Not really – I minimize or rationalize a lot

○ I'm not being honest with myself

Reflection: Honesty is like cleaning the lens of your compass – without it, every direction looks distorted.

High-Risk Situations

West – WEST represents danger zones – the awareness that keeps you from steering into storms.

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Recognizing and managing high-risk situations – people, places, and things associated with use – is crucial for protecting your sobriety.

WEST represents danger zones – the awareness that keeps you from steering into storms.

1. Have you identified your specific high-risk situations (people, places, things, emotions)?

○ Yes, I have a clear, detailed understanding of my triggers

○ Mostly – I know the main ones, still discovering others

○ Some – I have a general idea but not specific

○ Not really – I haven't done this work thoroughly

○ No – I don't know what my triggers are

Reflection: High-risk situations are like dangerous currents – a good navigator knows where they are and steers clear.

Cravings & Urges

Northwest – NORTHWEST represents early warning systems – the signals that demand your attention.

Cravings are a normal part of recovery. How you recognize, respond to, and communicate about them determines whether they pass or progress.

NORTHWEST represents early warning systems – the signals that demand your attention.

1. How intense have your cravings been in the past week?

○ Minimal or no cravings

○ Mild cravings that passed quickly

○ Moderate cravings that required effort to manage

○ Strong cravings that were difficult to resist

○ Intense, overwhelming cravings

Reflection: Cravings brought into the light lose their power – the ones we hide in darkness grow stronger.

Thoughts of Use

North-Northwest – NORTH-NORTHWEST represents the subtle drift – small thoughts that can pull you off course.

Even fleeting thoughts about using – romanticizing past use, "just once" thinking, or imagining controlled use – are warning signs that deserve attention.

NORTH-NORTHWEST represents the subtle drift – small thoughts that can pull you off course.

1. Have you had any thoughts about using in the past week, even brief or minor ones?

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○ No thoughts about using at all

○ Fleeting thoughts that I dismissed immediately

○ Some thoughts that lingered briefly

○ Recurring thoughts that I spent time with

○ Frequent or persistent thoughts about using

Reflection: Thoughts of use are like subtle compass shifts – small at first, but left unchecked, they can take you far off course.

Vulnerability & Openness

North-Northeast – NORTH-NORTHEAST represents courage – the willingness to be seen truly.

True vulnerability – allowing yourself to be seen, imperfect and struggling – creates the connection and support essential for lasting recovery.

NORTH-NORTHEAST represents courage – the willingness to be seen truly.

1. How comfortable are you showing others your struggles, fears, and imperfections?

○ Very comfortable – I've learned to be vulnerable

○ Fairly comfortable with safe people

○ Working on it – still feels scary

○ Uncomfortable – I prefer to appear "together"

○ I don't show vulnerability – I can't let anyone see weakness

Reflection: Vulnerability feels like weakness but is actually the gateway to connection – and connection is the opposite of addiction.

Emotional Sobriety & Growth

North-East – NORTH-EAST represents maturity – the emotional and spiritual growth that makes sobriety worth living.

Emotional sobriety goes beyond abstinence – it's learning to feel your feelings, regulate emotions, and respond rather than react to life.

NORTH-EAST represents maturity – the emotional and spiritual growth that makes sobriety worth living.

1. How well are you managing your emotions without substances or addictive behaviors?

○ Well – I can feel feelings without being overwhelmed

○ Better – I have more tools now

○ Inconsistently – some emotions are harder than others

○ Poorly – emotions often overwhelm me

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○ Not at all – I struggle to handle any strong emotions

Reflection: Emotional sobriety is the destination your compass points to – where recovery becomes not just surviving, but thriving.

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