

Social Media's Impact on Recovery

Manage digital influence

Printable worksheet · 6 parts

Name _____ Date _____

Understand, Manage & Leverage for Support

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PART 1 OF 6

Assessing Your Social Media Use

Part 1: Assessing Your Social Media Use

1. List all social media platforms you currently use:

Facebook, Instagram, TikTok, Twitter/X, etc...

2. Estimate the average time you spend daily on social media: 2 hours

3. List three main reasons you use social media:

4. Rate how you typically feel after using social media (1-10): 5

Explain your rating...

Part 4: Emotional and Behavioral Responses

13. List three emotions you commonly experience while using social media:

14. Describe any compulsive or addictive behaviors you've noticed:

Behavioral patterns...

15. Rate your level of FOMO (Fear of Missing Out) (1-10): 5

Explain your rating...

16. Write down negative self-talk you've experienced due to social media:

Negative thoughts...

PART 2 OF 6

Identifying Positive Aspects

Part 2: Identifying Positive Aspects

5. List three supportive recovery communities or groups you follow:

6. Describe three helpful recovery-related resources you've found:

7. Share an inspirational recovery story or quote you've encountered:

Inspirational content...

8. Describe how social media has positively impacted your recovery connections:

Positive connections...

Part 9: Leveraging Social Media for Recovery Support

33. List three recovery-related hashtags you can follow or use:

a. # / b. # / c. #

34. Identify three accounts that consistently post recovery-supportive content:

35. If comfortable, how might you share your recovery journey on social media?

Sharing your story...

36. List two online recovery meetings or groups you could join:

a. / b.

PART 3 OF 6

Recognizing Negative Aspects

Part 3: Recognizing Negative Aspects

9. List three potential triggers you've encountered on social media:

10. Describe a time when social media led to unhealthy comparison:

Comparison experience...

11. Have you experienced cyberbullying or negative feedback related to your recovery?

If yes, describe...

12. Has social media use ever interfered with your recovery activities or responsibilities?

If yes, how?

PART 4 OF 6

Social Media's Impact on Recovery Goals

Part 5: Social Media's Impact on Recovery Goals

17. List three of your current recovery goals:

18. For each goal, identify social media content that supports it:

19. For each goal, identify social media content that may hinder it:

20. Rate how well your current social media use aligns with your recovery goals (1-10): 5

Explain your rating...

PART 5 OF 6

Developing a Healthy Social Media Strategy

Part 6: Developing a Healthy Social Media Strategy

21. List three boundaries you can set for healthier social media use:

22. Describe a plan to manage your social media time more effectively:

Time management plan...

23. List three steps you can take to curate more positive content on your feeds:

24. Describe a strategy for managing triggers encountered on social media:

Trigger management strategy...

Part 7: Balancing Online and Offline Support

25. List three offline recovery support resources you can utilize:

26. Describe how you can strengthen face-to-face recovery connections:

Face-to-face connections...

27. Plan a short digital detox. When and how long will you disconnect?

Digital detox plan...

28. List three activities you can do instead of using social media:

Part 8: Mindful Social Media Use

29. Before using social media, what intention can you set?

Intention setting...

30. Describe how you'll check in with your emotions before and after social media use:

Emotional check-in...

31. List three things you're grateful for that don't involve social media:

32. Describe your criteria for mindful, recovery-supportive posting:

Mindful posting criteria...

PART 6 OF 6

Monitoring and Adjusting

Part 10: Monitoring and Adjusting

37. Set a time for a weekly review of your social media use:

Day and time...

38. Who can help hold you accountable for healthy social media use?

Accountability partner...

39. List three red flags that would indicate unhealthy social media use:

40. Describe how you'll adjust your social media use if needed:

Adjustment plan...

Part 11: Reflection and Commitment

41. What are the three most important insights you've gained about social media and your recovery?

42. Write a commitment statement for healthy social media use in recovery:

I commit to...

43. How will managing your social media use enhance your overall recovery journey?

Final reflection...

Remember: Social media can be a powerful tool in recovery when used mindfully and intentionally. Stay aware of its impact on your emotions and behaviors, and don't hesitate to adjust your usage to best support your recovery journey.