

## Recovery Check List

Recovery isn't all about looking back at the past, much of it is looking forward and becoming a new you. Review the list provided below. Place an "x" next to any of them you currently practice, a "y" next to any of them you are currently working on and a "z" next to those you need to work on.

- maintaining an appropriate daily routine
- setting and achieving daily and long-term goals
- personal care
- setting and sticking to limits with children and others
- constructive planning
- appropriate decision-making and problem-solving efforts
- choosing behaviors
- well-rested
- resentment-free
- accepting reality (versus denying)
- not controlling others nor feeling controlled by them
- open to appropriate criticism and feedback
- free of excessive criticism or self and others
- gratitude versus self-pity and deprivation
- responsible financial decisions (not over or underspending)
- appropriate nutrition (not over-or under-eating)
- self-responsibility (versus scapegoating and blaming)
- valuing wants and needs
- free of victim self-image
- free of fear and anxiety
- free of guilt and shame
- free of worry and obsession
- not feeling excessively responsible for others
- faith in a higher power
- trusting and valuing self
- making appropriate decisions about trusting others
- maintaining recovery routine (attending support groups)
- mind clear and peaceful; logical thinking; free of confusion
- feeling and dealing appropriately with feelings, including anger
- appropriately disclosing
- reasonable expectations of self and others
- needing people versus NEEDING them
- feeling secure with self; self-affirming
- communicating clearly, directly, and honestly
- balanced mood
- maintaining contact with friends
- feeling connected and close to people versus lonely and isolated
- healthy perspective; life looks worth living
- not using alcohol, sex, drugs and/or medication to cope
- having fun, relaxing during leisure activities, enjoying routine
- giving appropriate positive feedback to self and others
- getting--and allowing self to believe--positive feedback