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| --- | --- | --- | --- | --- | --- | --- | --- |
| Recovery Tools | M | T | W | T | F | S | S |
| Attending AA/NA |   |   |   |   |   |   |   |
| Spending time at a recovery club or clubhouse |   |   |   |   |   |   |   |
| Talking with a sponsor or other member |   |   |   |   |   |   |   |
| Sharing substance-free social activities w/ friends |   |   |   |   |   |   |   |
| Avoiding high-risk people, places, or situations |   |   |   |   |   |   |   |
| Using group counseling sessions or individual |   |   |   |   |   |   |   |
| Using techniques learned to avoid cravings/thoughts |   |   |   |   |   |   |   |
| Using positive affirmations by reminding oneself of the benefits of sobriety and that all the time and effort put forth is worth it |   |   |   |   |   |   |   |
| Getting physical exercise |   |   |   |   |   |   |   |
| Attending religious services |   |   |   |   |   |   |   |
| Praying or using one’s higher power |   |   |   |   |   |   |   |
| Focusing on one of the 12 steps |   |   |   |   |   |   |   |
| Repeating and thinking about a recovery slogan |   |   |   |   |   |   |   |
| Reading specific recovery literature |   |   |   |   |   |   |   |
| Writing in a recovery journal or workbook |   |   |   |   |   |   |   |
| Participating in pleasant activities that don’t involve use |   |   |   |   |   |   |   |
| Doing something nice for someone else as a way of “giving back” |   |   |   |   |   |   |   |
| Reviewing one’s plan for recovery at the beginning of each day |   |   |   |   |   |   |   |
| Evaluating how the day went to review positive growth and identify problems needing attention |   |   |   |   |   |   |   |
| Regularly reviewing relapse warning signs to catch them early |   |   |   |   |   |   |   |