|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |  |  |  |