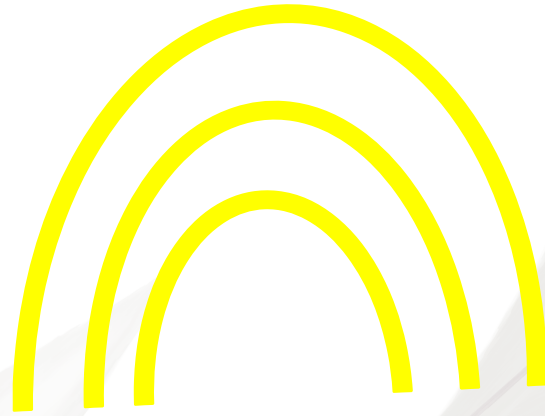




Strengths in Recovery

Think of a time when you overcame a challenge in your life, describe how you overcame that challenge:

Reflecting On Your Strengths

In recovery you can look to assets inside of yourself that will help you to push forward (internal coping, problem-solving) and assets outside of yourself such as positive relationships with others and community connections.

For this worksheet you will reflect on specific strengths that will greatly serve you in your recovery as you navigate overcoming impulses, life stressors and challenges and managing cravings. **Put a * next to the ones that you want to focus on strengthening.**

Review the list on the following page and reflect on your internal strengths

I am strongly rooted in the reasons why I want to abstain from substances (internally motivated).

Your Thoughts:

When I am having a really bad day I know how to self-soothe or who to reach out for help (see resource on back - what is self-soothing)

Your Thoughts:

When I am facing a major challenge I know how to break it down into smaller tasks so I don't get overwhelmed

Your Thoughts:

I regularly engage in self-care activities & sober fun to protect myself from burnout and heightened stress

Your Thoughts:

When I have an impulse I think the consequence all the way through to the end

Your Thoughts:

I am not perfect but I am willing to try and when I have set
backs I get back on my feet.

Your Thoughts:

RESOURCE - SELF SOOTHING

Think about the last time you soothed a child or friend or family member with genuine love and compassion, simply looking at this person as needing you in this moment because they are in distress.

Think of the kind words you are able to offer them in those moments.

Now think of how you can apply “soothing” to yourself when you are feeling overwhelmed, ashamed, angry, afraid, etc. Self-soothing looks like viewing yourself through a compassionate lens and reaching out to the parts of yourself that are hurting. It looks like telling yourself, “I am so sorry you are going through this, this is so hard - I am here for you, we will get through this together.” It looks like telling yourself, “it is ok to feel this way, you make mistakes but I love you no matter what.”

If you have a loved one near you that can help to soothe you, reach out to them. However, there are times when self-soothing is needed if you are by yourself and others are not available.

Think of three statements you can say to yourself to
practice self-soothing: