





Checklist for Recovery Progress

Objective: Use this checklist to track your progress and ensure you're on the right path in your recovery journey.

Recovery Goals

1. Have you set clear, achievable goals for your recovery?

☐ Yes

☐ No

☐ In Progress

2. Are you regularly attending therapy sessions or support groups?

☐ Yes

☐ No

☐ Sometimes

Self-Care Practices

3. Are you engaging in self-care activities daily?

☐ Yes

☐ No

☐ Sometimes

4. Have you identified and avoided triggers that could lead to relapse?

☐ Yes

☐ No

☐ Sometimes

Support Network

5. Do you have a reliable support network in place?

☐ Yes

☐ No

☐ Building One

6. Are you communicating openly with your support network?

☐ Yes

☐ No

☐ Sometimes



Action Steps

Note any action steps you need to take based on this checklist:

