

Continuing Recovery Lifestyle Worksheet

By Peggy L. Ferguson, Ph.D.

You have been working on the first steps and have looked at the damage in all major areas of your life. You have been clean and sober for awhile now. You feel better physically and emotionally. Your life is changing for the better. Use this worksheet to assess where your progress and areas needing work. This self-assessment will help you to identify your strengths and areas needing work for your continuing growth in recovery. Apply the following questions to each of the major life areas below. Use separate paper to assess yourself and write about how you are doing on each item.

Questions:

1. How is your recovery and abstinence from alcohol and other drugs affecting these areas in your life currently?
2. What changes have you noticed in these areas?
3. What changes have others noticed?
4. Which areas need focus and more work?
5. What kinds of changes do you want to make?

1. Partner/spouse relationship

- a. the level of emotionality you experience with your spouse/partner.
- b. how you deal with emotions and conflicts with your spouse/partner.
- c. the level of contribution that you make to the relationship or the family.
 - i. 1. chores
 - i. finances
 1. fun/entertainment/joy
- d. your ability to be supportive of your spouse/partner
- e. your ability to sometimes put others' needs ahead of yours
- f. your patience and tolerance over annoyances

g. romantic gestures/activities, dates, and showing of affection

2. Money and finances

- a. the level of responsibility or follow-through in financial goals
- b. being proactive in making decisions about how money is spent and planning ahead
- c. consulting with spouse/partner and working as a team financially
- d. making financial amends

3. Balancing recovery, home, work, and other priorities

- a. maintaining structure or a schedule that assists with prioritizing, stress management, and goals
- b. practicing assertiveness and being able to say "no" to requests that would lead to imbalance or more unmanaged stress.
- c. consulting with spouse/partner about conflicting demands and problem solving priorities together
- d. communicating your needs and being responsible for your recovery. Work responsibilities
- a. maintaining positive, healthy attitude about work
- b. managing stress as it occurs and replacing worry with pro-active problem solving

4. Job performance

- a. positive relationships with co-workers and boss.
- b. willingness to hear and consider feedback.
- c. dependability, punctuality, and focus

5. Friendships and other relationships

- a. willingness to spend time with in-laws and other relatives
- b. making amends to family members
- c. dealing with conflicts as they occur in a healthy manner
- d. communicating your needs.
- e. taking others' feelings into account.
- e. practicing patience and tolerance of others.

6. Spirituality

- a. maintaining a helpful connection to spiritual advisors
- b. maintaining helpful routines
- c. applying an attitude of gratitude to your life
- d. being of service to others.

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