

# DAILY/WEEKLY CHECK-IN OF AA/CA/NA RECOVERY STATUS

DATE: \_\_\_\_\_

This model demonstrates you are either actively engaged in the process of recovery, or actively engaged in the process of relapse; there's no neutral state. On a daily or weekly basis, circle/fill-in your primary feelings & behaviors to see how you're trending. Share this with your sponsor or recovery peer.

FEELINGS

BEHAVIORS

serene – lack of inner conflict	loving & loved	actively avoiding triggers	healthy & healed relationships
happy	generous	practicing recovery – reading, meetings, fellowship	life plan and making progress
grateful	useful	daily prayer & meditation	
peaceful		actively working the steps	
accepting		healthy eating & exercise (body, mind, spirit)	
calm		daily maintenance – 10 <sup>th</sup> step	
angry	restless, irritable, discontent	allowing resentments & anger to creep in	feeling entitled
resentful	discouraged	not working with others – not being available	focusing on the problem instead of the solution
fearful - afraid	frustrated	skipping meetings – not having regular meetings	allowing negative thinking to dominate
stressed – with no outlet	H.A.L.T.	not staying connected to accountability partners	not dealing quickly with triggers
vengeful – spiteful		letting confidence drift into arrogance - pride	
self-pitying - victim			
bitterness	hopeless - helpless	choosing toxic relationships	
self-loathing		hanging around wet places	
despair / anguish		consuming your harmful substance	
hatred			
resignation			
victim			



THIRIVING

SLIPPING

Sobriety Losing Its Priority

ACTING OUT

# DAILY/WEEKLY CHECK-IN OF SA/SAA RECOVERY STATUS

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FEELINGS

BEHAVIORS

serene – lack of inner conflict	loving & loved	actively avoiding triggers	healthy & healed relationships
happy	generous	practicing recovery – reading, meetings, fellowship	life plan and making progress
grateful	useful	daily prayer & meditation	
peaceful		actively working the steps	
accepting		eating for health	
calm		daily exercise (body, mind, spirit)	
angry	restless, irritable, discontent	flirting – inappropriate relationship	letting your eyes linger after an unintentional glimpse
resentful	discouraged	public body watching – like a soft-porn movie	watching sensual movies, TV, media
fearful - afraid	frustrated	fantasizing – creating scenarios	skipping meetings – not having regular meetings
stressed – with no outlet	H.A.L.T.	intentionally viewing explicit media	not staying connected to accountability partners
vengeful – spiteful		getting cocky or arrogant - prideful	not working with others – not being available
self-pitying - victim			allowing resentments & anger to creep in
bitterness	hopeless - helpless	viewing pornography	trolling hookup sites online
self-loathing		secret masturbation	explicit imagery – letting your eyes linger
despair / anguish		visiting massage parlors	
hatred		escorts / driving around looking for a hookup	
resignation		fantasizing about hookups or sexual scenarios	
victim		viewing explicit imagery in media	



THROWING

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↑  
FEELINGS  
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		THRIVING	
		SLIPPING <u>S</u> obriety <u>L</u> osing <u>I</u> ts <u>P</u> riority	
		ACTING OUT	

↑  
BEHAVIORS  
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