

## SUBSTANCE USER'S RECOVERY CHECKLIST AND WORKSHEET

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

Please answer each question with an "X" in the column to the right that best fits.  
If a question does not pertain to you, place "N/A" in the column headed "NEVER."

I. MANAGE/ELIMINATE SUBSTANCE USE <i>(If you continue to use substances [drugs/alcohol], start here.)</i>	NEVER	1	2	3	4	5	ALWAYS
1. Able to place a limit on my use and not exceed that limit							
2. Able to consistently reduce my use of substances							
3. Able to eliminate my use for specific time periods							
4. Able to avoid situations where I might abuse substances							
<i>(If you have decided to stop, start here.)</i>							
5. Able to avoid situations where I might be tempted to use substances again							
6. Accepted my substance-free lifestyle							
7. Able to enjoy life without substances							
8. Able to recognize my substance-related lifestyle							
9. Comfortable socializing where substances are available without using and/or							
10. Able to leave situations (to protect my recovery) where substances are being used.							
II. EMOTIONAL, PSYCHOLOGICAL, & PHYSICAL WELL-BEING	NEVER	1	2	3	4	5	ALWAYS
1. Able to practice personal hygiene skills							
2. Able to relax without using substances							
3. Able to attend to physical health problems							
4. Able to put past problems in a positive perspective							
5. Able to express my feelings appropriately							
6. Able to admit mistakes to myself and others							
7. Participate in regular exercise							
8. Able to cope with stress (without substance use)							
9. Able to experience a positive self-image							
III. SOCIAL & FAMILY WELL-BEING	NEVER	1	2	3	4	5	ALWAYS
1. Able to maintain interest in welfare of others							
2. Able to maintain interest in family members							
3. Able to engage in social/family activities without substances							
4. Able to help with household chores							
5. Able to participate in child-rearing chores							
6. Able to communicate with significant other							
7. Able to solve problems with people							
8. Able to seek the support of family/friends							

*continued*

**SUBSTANCE USER'S RECOVERY CHECKLIST AND WORKSHEET** *continued*

<b>IV. JOB AND FINANCIAL WELL-BEING</b>	<b>NEVER</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>ALWAYS</b>
1. Able to go to work							
2. Able to improve job performance							
3. Able to maintain a balanced household budget							
4. Able to budget time to accomplish tasks							
5. Able to use talents and abilities to better myself							
<b>V. SPIRITUAL WELL-BEING</b>	<b>NEVER</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>ALWAYS</b>
1. Able to have an interest in my own future							
2. Able to experience a sense of peacefulness							
3. Able to maintain a positive outlook on life							
4. Able to experience and express gratitude							

**GOAL WORKSHEET**

Four or fewer areas (from the above left) where a little improvement will make a big difference.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

How will improvement in these areas make a difference in your use of substances (drugs and alcohol)?

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