

Addiction Recovery and Renewal Workbook

For adults

Name: _____ Date: _____

Trusted person or clinician: _____

Recovery can include treatment, peer connection, practical support, medications when appropriate, and safer choices. Use these pages to identify your next step with a qualified support team.

For suspected overdose, unresponsiveness, slow or stopped breathing, seizure, or immediate danger, call 911. If opioid overdose is suspected and naloxone is available, use it and call 911. In the United States, call or text 988 for a mental-health or suicide crisis. Talk with a clinician before abruptly stopping alcohol or sedatives because withdrawal can be dangerous.

This workbook is educational and does not replace medical care, treatment, or a personalized safety plan.



People who can help

Person or service	How they can help	How I can reach them
Primary care or addiction clinician		
Counselor or therapist		
Recovery or peer support		
Trusted friend or family member		

Words I can use to ask for help



Feelings and warning signs

Early warning signs

Emotions or situations that raise risk

A value I want to protect

A step I can take before a crisis



A plan for a difficult moment

An urge can feel urgent without being a command. Decide on a short delay and reconnect with support. Seek medical advice about withdrawal or overdose risk rather than managing it alone.

My trigger or need right now

A safer place or activity for the next ten minutes

A person or service to contact

The treatment step I can take next



My coping choices

Use a safe coping skill that fits the setting. Coping can mean grounding, reaching out, changing location, or meeting a practical need.

A skill I can use alone

A person I can contact

A safe place I can go

One practical need I can address



My trigger to choice map

Situation	What I notice	Recovery-supporting response

The first response I will practice



Returning to support

If substance use returns or the situation gets harder, respond with safety and support rather than blame. Overdose risk can increase after a period of not using; ask a clinician about prevention and care.

My first safety step

Who I will contact

A treatment or recovery service I can reconnect with

One thing I can learn without blaming myself



Optional writing and drawing prompts

Days 1 to 3. Use in any order and skip what is not useful.

Day 1 What does recovery, safer use, or healing mean to you?

Day 2 What values do you want to guide your next steps?

Day 3 What has addiction or substance use taken from your life?



Optional writing and drawing prompts

Days 4 to 6. Use in any order and skip what is not useful.

Day 4 What do you hope to regain?

Day 5 What is an early sign that you are becoming overwhelmed?

Day 6 What situation increases your risk most?



Optional writing and drawing prompts

Days 7 to 9. Use in any order and skip what is not useful.

Day 7 What is one recovery-supporting response to that situation?

Day 8 What emotions are hardest for you to tolerate?

Day 9 What coping skill can help you make room for that emotion?



Optional writing and drawing prompts

Days 10 to 12. Use in any order and skip what is not useful.

Day 10 Who can you contact before a crisis develops?

Day 11 What makes reaching out difficult?

Day 12 What would make support easier to accept?



Optional writing and drawing prompts

Days 13 to 15. Use in any order and skip what is not useful.

Day 13 What does a safer environment look like for you?

Day 14 What role do sleep, food, health, or pain play in your recovery?

Day 15 What relationship supports your healing?



Optional writing and drawing prompts

Days 16 to 18. Use in any order and skip what is not useful.

Day 16 What boundary could protect your recovery?

Day 17 What does self-compassion sound like after a difficult day?

Day 18 What would you say to someone you care about who was struggling with addiction?



Optional writing and drawing prompts

Days 19 to 21. Use in any order and skip what is not useful.

Day 19 Write those words to yourself.

Day 20 What professional support would be useful now?

Day 21 What practical problem needs attention?



Optional writing and drawing prompts

Days 22 to 24. Use in any order and skip what is not useful.

Day 22 What is one small action you can take toward solving it?

Day 23 What activity helps you feel alive, connected, or capable?

Day 24 What does recovery community mean to you?



Optional writing and drawing prompts

Days 25 to 27. Use in any order and skip what is not useful.

Day 25 What is one change you have noticed in yourself?

Day 26 What can you learn from a setback without blaming yourself?

Day 27 What support will you use during your next high-risk moment?



Optional writing and drawing prompts

Days 28 to 30. Use in any order and skip what is not useful.

Day 28 What is one thing you are grateful for today?

Day 29 What recovery-supporting practice helped most this month?

Day 30 Finish this sentence: "I am building a life with more _____."



30 day support tracker

Use this for feelings, coping, connection, and support. Blank days are okay. It is not a substance-use quantity log.

Day	Mood	Urge or stress low medium high	Coping or safety step	Support or recovery win
1				
2				
3				
4				
5				
6				

What support could help next?



30 day support tracker continued

Day	Mood	Urge or stress low medium high	Coping or safety step	Support or recovery win
7				
8				
9				
10				
11				
12				

What support could help next?



30 day support tracker continued

Day	Mood	Urge or stress low medium high	Coping or safety step	Support or recovery win
13				
14				
15				
16				
17				
18				

What support could help next?



30 day support tracker continued

Day	Mood	Urge or stress low medium high	Coping or safety step	Support or recovery win
19				
20				
21				
22				
23				
24				

What support could help next?



30 day support tracker continued

Day	Mood	Urge or stress low medium high	Coping or safety step	Support or recovery win
25				
26				
27				
28				
29				
30				

What support could help next?



Looking ahead

What helped this month

A person or service I can reach

A step to try next

A kind reminder to myself

Adapted from Addiction and Recovery Support Workbooks. General support and safety language checked against SAMHSA and NIDA resources. In the United States, SAMHSA's National Helpline for treatment referrals is 1-800-662-HELP (4357).

