RECOVERY LIFE RESOURCES · BONUS TOOL · PILLAR 1

Strengths I Built in Recovery

Recovery itself builds strengths. Name yours, and back each one up with a real moment.

Many people in recovery count only what went wrong. This page does the opposite: it asks what you have already built. Tick the strengths you recognize in yourself, then prove your top three with a real moment. Work on it with your coach, and revisit it as you grow. You can type in the boxes on screen, or print it and write by hand.

1 Strengths I recognize in myself

Tick every one that fits, even if it is only partly true today. Strengths grow with practice.

- ☐ **Persistence** — I keep going when it is hard
- ☐ **Honesty** — I tell the truth when it's hard
- ☐ **Asking for help** — I reach out, not go it alone
- ☐ **Accountability** — I own my choices and my part
- ☐ **Patience** — I let progress take its time
- ☐ **Courage** — I face what I used to avoid
- ☐ **Self-awareness** — I notice my triggers and patterns
- ☐ **Humility** — I can say I was wrong
- ☐ **Resilience** — I get back up after a setback
- ☐ **Discipline** — I keep routines that protect me
- ☐ **Emotional balance** — I can ride out urges and feelings
- ☐ **Boundaries** — I say no to risky people, places
- ☐ **Reliability** — I show up when I say I will
- ☐ **Rebuilding trust** — I repair relationships, day by day
- ☐ **Gratitude** — I notice what is going right
- ☐ **Compassion** — I understand others who struggle
- ☐ **Hope** — I believe my life can improve
- ☐ **Other:**

2 My proof: my top three

Pick the three strengths you are proudest of. For each, describe one real time you used it: what happened and what you did.

THE STRENGTH	A TIME I USED IT (WHAT HAPPENED, WHAT I DID)

3 Hard things I do now that I could not do before

Think of ordinary, real things: a hard conversation, a day without using, a meeting you went to, a boundary you set.

Carrying it forward

One strength I want to build on next:

Someone who has noticed a change in me:

One way I will use a strength this week:

Revisit and add one new strength at: **30 days** **60 days** **90 days**

A starting point for reflection, not a diagnosis or clinical assessment. Strengths grow and change over time. If feelings of shame or hopelessness feel heavy, talk with your coach or provider. In a crisis call or text 988. SAMHSA Helpline 1-800-662-4357.

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