



UK

Addiction Treatment
Centres

Break Free from Addiction

YOUR RECOVERY WORKBOOK

Course Modules

- 01* **MODULE 1: IS IT TIME TO GET HELP?**
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Welcome

If you're reading this, you've already taken a powerful first step: you're reflecting, and you're open to change.

This workbook is here to help — not judge. It's a self-guided tool to support you in:

- Understanding your substance use
- Managing cravings and triggers
- Rebuilding identity and purpose
- Creating a life that feels worth staying in

Use it in your own time, at your own pace. You can work through it alone or with support. There's no “right way” — just your way.

How to use it:

- Take it one module at a time.
- Be honest — no one else needs to read it unless you choose to share.
- Write in the spaces provided. Reflect. Pause. Come back when you're ready.
- Expect ups and downs — that's normal.

Recovery isn't linear. Some days will feel easy. Others won't. That doesn't mean you're failing — it means you're healing.

Recovery isn't perfect. But it's possible. And it starts here.

You are not broken. You are beginning.

Let's get started.



01

Module 1

IS IT TIME TO GET HELP?

INTRODUCTION TO MODULE 1

The first step in recovery isn't detox, rehab, or even quitting — it's getting honest with yourself. This module helps you explore whether your substance use is affecting your life in ways you can no longer ignore.

It's not about labelling yourself or making huge decisions right away — it's about awareness. Because you can't change what you're not willing to look at.

What You'll Learn in This Module:

- Common signs that substance use may be a problem
- How addiction affects different areas of life
- The role of cravings, shame, and secrecy
- What recovery could look like — and why you might deserve it

What You Might Feel:

You might feel resistant, ashamed, or unsure. That's completely normal. This isn't about proving anything — it's about giving yourself permission to reflect.

If you're here, you're already more ready than you think.

WHERE AM I RIGHT NOW?

Before change comes awareness. This check-in helps you pause and reflect on your thoughts, feelings, and patterns right now — without judgment. It's not about perfection, just honesty.

Take a few minutes to answer the following honestly:

How do I feel today?

What has been taking up most of my thoughts lately?

What's one thing I wish someone understood about me?

Have I used drugs/alcohol in the past 24 hours? If yes, how do I feel about it?

Is there anything I'm avoiding or struggling to admit to myself?

ADDICTION: MYTHS AND REALITIES

Many of us grow up with harmful beliefs about addiction — that it only affects “certain types” of people, or that you have to hit rock bottom to deserve help. These ideas are outdated, unhelpful, and untrue.

This page invites you to challenge those beliefs and begin building a new story — one rooted in honesty, compassion, and possibility.

One myth I used to believe about addiction was:

One truth I’m beginning to see now is:

What I want to believe about recovery is:

Truths to Carry With You

- ✓ Addiction is not a moral failure — it’s a response to pain
- ✓ People don’t choose addiction, but they can choose recovery
- ✓ You don’t have to hit “rock bottom” to get better
- ✓ Getting help is a strength, not a weakness
- ✓ Recovery looks different for everyone — and that’s okay

DO I HAVE A PROBLEM?

Denial and confusion are common. This checklist helps you look honestly at how substances are affecting your life — even in small ways. It's not about diagnosis — it's about clarity.

Tick any that apply:

I often feel out of control when using substances

☐

I've hurt someone I care about recently

☐

I've tried to stop but couldn't

☐

My health is suffering

☐

I feel scared or hopeless often

☐

I avoid responsibilities

☐

I use substances to cope with stress or emotions

☐

Reflection:

What would change in your life if you didn't have to struggle alone?

Which of these signs stood out most to you?

THE IMPACT ON MY LIFE

Addiction doesn't just affect one area — it can impact health, relationships, work, and emotions.

Mapping this out can motivate change and show you what's at stake — and what's possible.

Write about how substances are affecting the following:

Physical Health:

Relationships:

Work/Study:

Mood:

CRAVINGS AND TRIGGERS

Cravings are a natural part of addiction — and of recovery. They don't mean you're weak, broken, or failing. They mean your brain has learned a pattern — one that can be unlearned.

Triggers are the events, feelings, or situations that set that pattern in motion. They spark cravings and often happen before you realise what's going on.

The goal of this page is to help you start noticing your personal triggers — so you can plan ahead, pause the spiral, and stay grounded in your recovery.

When do I usually feel the urge to use?

What tends to trigger me most?

What's my body or mood like just before a craving hits?

Triggers aren't always negative — even positive events can spark cravings if your brain links them to substance use.

A WORD ON SHAME

Shame tells you that you're broken. That you're the problem. That you're not worth saving.

But shame is not the truth — it's a survival response.

Many people caught in addiction carry deep shame. Some feel unworthy of recovery. Some believe they've hurt too many people. Some think they should be able to "fix it on their own." That shame can keep you silent, stuck, and suffering.

This page is about beginning to shift that story — by offering yourself the same compassion you'd offer someone you love.

A message I'd give to a friend in my shoes is:

One kind thing I can say to myself today is:

One thing I've survived that proves I'm strong:

MODULE REFLECTION

This page helps you summarise what you've learned about your substance use, what concerns you most, and whether you feel ready to keep exploring. It's okay to still be unsure — reflection creates momentum.

Use these prompts to summarise what you've learned and how it's shaped your thinking so far.

What did I learn about myself in this module?

Am I open to seeking more support? What would that look like?

Am I open to seeking more support?

☐ Yes ☐ Maybe ☐ Not right now

If yes or maybe — what would that support look like?

(e.g. talking to a friend, seeing a therapist, calling a helpline)

If not right now — what would need to change first?



Module 2

WHAT KEEPS ADDICTION GOING?

INTRODUCTION TO MODULE 2

Substance use may feel unpredictable, but it often follows a pattern — a cycle of discomfort, relief, and regret. This module helps you understand how that cycle works, so you can begin to interrupt it.

Understanding your behaviour isn't about blame — it's about clarity. When you know what keeps addiction going, you can begin to create real, lasting change.

What You'll Learn in This Module:

- The addiction cycle and how it plays out in your life
- Why short-term relief keeps long-term patterns going
- How avoidance feeds addiction
- What your own personal cycle looks like
- How to take back control through awareness

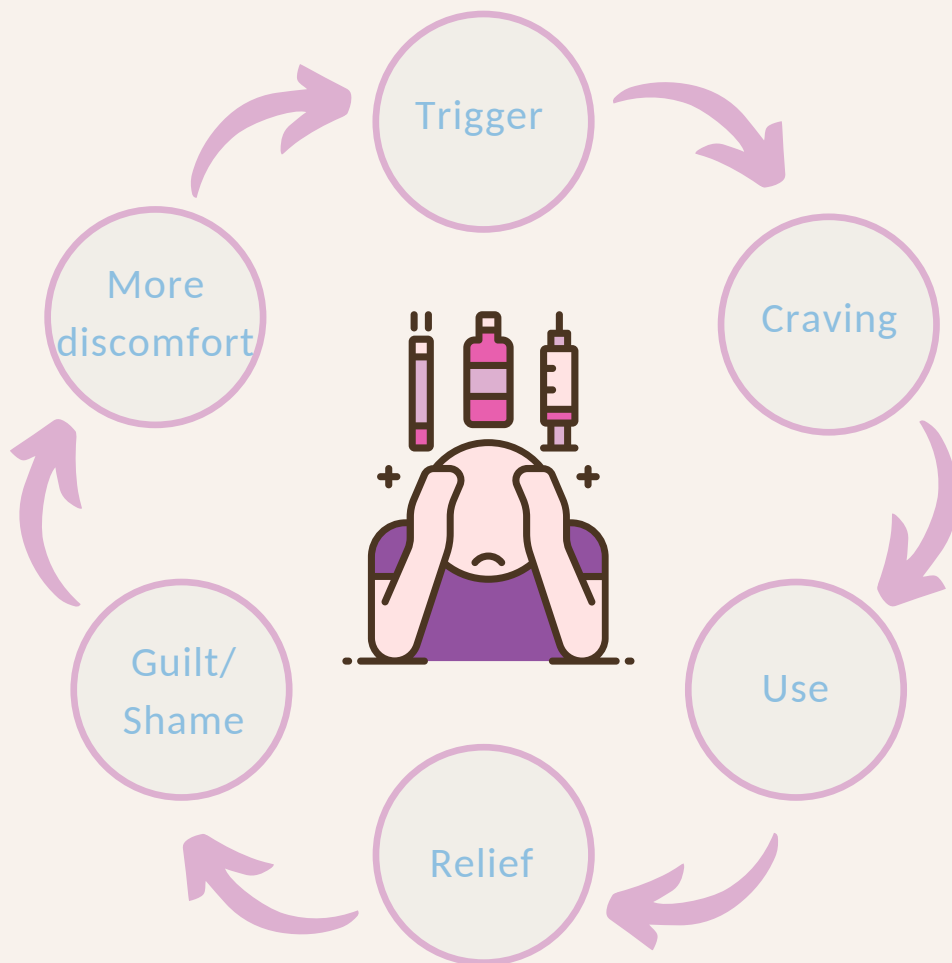
What You Might Feel:

You might recognise parts of your own experience in this module — and that can bring up sadness or relief. Both are okay. This isn't about judging your past — it's about learning from it.

The better you understand your patterns, the more power you have to change them.

UNDERSTANDING THE CYCLE OF ADDICTION

Addiction often follows a repeatable cycle — a trigger leads to use, use brings temporary relief, then guilt sets in, repeating the loop. This page helps you spot where your personal cycle starts and how it operates.



What usually starts my cycle? (A feeling, situation, person?)

What do I get from using — and what happens after?

THE SHORT-TERM RELIEF TRAP

Substances often provide short-term comfort or escape. This page helps you unpack what your substance use is really doing for you — and what alternatives could meet those needs longer-term.

Feeling	The substance promises...	What I Actually Need
Lonely	Comfort or connection	Real conversation, safe company
Tired	Escape or energy	Rest, food, stillness
Anxious	Numbness or control	Coping tools, breathing, grounding

One thing I’m using to avoid feeling is:

MAPPING MY OWN ADDICTION CYCLE

Use this worksheet to track your typical process from trigger to aftermath. When you can visualise the cycle clearly, you'll be better equipped to interrupt it in the future.

Trigger:

Craving:

Use:

Short term result:

Fallout:

What pattern do I notice?

THE ROLE OF AVOIDANCE

Substances often act like an escape hatch — giving you a way to temporarily avoid uncomfortable emotions, memories, or situations. That escape might have felt necessary at the time. In fact, avoidance is a survival strategy — but over time, it keeps us stuck.

This page helps you explore what you've been avoiding and consider what it might feel like to start facing it. Recovery isn't about running from pain — it's about learning how to hold it safely, in healthier ways.

One thing I've been avoiding is:

If I faced this instead of numbing it, I might feel...

What might help me begin to face it gently?

Reminder

Avoidance keeps pain buried — but it doesn't make it disappear.
Facing things doesn't have to mean doing it all at once.
Even recognising what you've been avoiding is a powerful first step.

A WORD ON CONTROL

This section challenges the idea that you're powerless. It reminds you that every moment of self-awareness is a form of control — and every small decision matters.

A small win I've had (even if I slipped later) is:

If I faced this instead of numbing it, I might feel...

MODULE REFLECTION

This reflection helps you connect the dots between your use and what drives it. The goal is to better understand your cycle and start identifying where change is possible.

What part of the cycle do I want to interrupt first?

What's one new response I'm willing to try?

A glowing lightbulb is positioned on the right side of the frame, casting a soft, circular glow. The background is a solid teal color. Overlaid on the left side of the lightbulb is the number '03' in a large, pink, cursive script font.

03

Module 3

UNDERSTANDING CRAVINGS AND URGES

INTRODUCTION TO MODULE 3

Cravings can feel intense — even overwhelming. But they're also temporary, and they don't control you.

This module helps you understand what cravings are, why they happen, and how to ride them out safely and calmly. When you learn to face cravings instead of fearing them, you start building real resilience.

What You'll Learn in This Module:

- What cravings are and how they affect your body and mind
- How to separate urges from actions
- A technique called urge surfing
- Your personal craving patterns and triggers
- Ways to delay, manage, and reduce urges

What You Might Feel:

You may feel anxious just thinking about cravings — that's normal. But by facing them here, in a safe and supported way, you take away some of their power.

You can't always stop a craving from coming, but you can choose what happens next.

CRAVINGS ARE NORMAL — AND SURVIVABLE

Cravings are intense urges to use a substance. They can feel physical, emotional, or both. They are a natural part of addiction — and of recovery.

They do not mean you've failed.

They do not mean you have to act on them.

They are temporary — and you can learn how to ride them out.

Common symptoms:

- Tight chest
- Restlessness
- Obsessive thinking
- “This won't pass unless I use”

Cravings are linked to dopamine — a brain chemical tied to reward. Over time, your brain may associate certain cues (people, places, emotions) with using.

This creates a learned habit loop.

But just as your brain learned to crave — it can unlearn. This is neuroplasticity — the brain's ability to rewire.

Every time you resist a craving, you weaken the habit loop and strengthen your recovery.

WHAT ARE CRAVINGS TO ME?

Cravings are intense but temporary urges to use. This page helps you understand how they feel, why they happen, and how they don't have to lead to action — a key skill in recovery.

What does a craving feel like in my body?

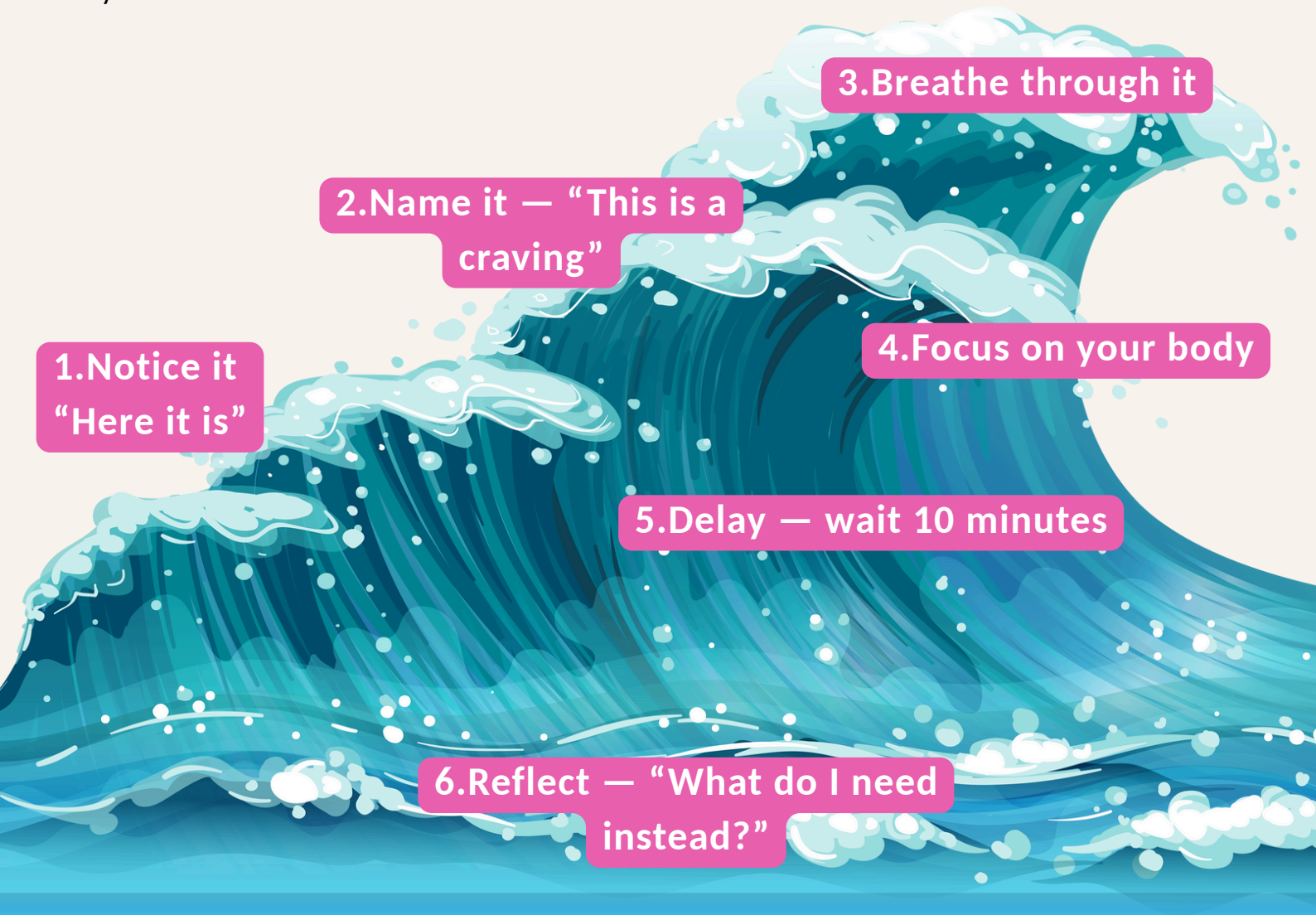
One thing I can tell myself during a craving is:

A craving I acted on recently — what was the outcome?

A craving I resisted — what helped me through it?

URGE SURFING: A STRATEGY THAT WORKS

Urge surfing is a technique that teaches you to “ride the wave” of a craving rather than give in. This page encourages you to practise the method before cravings hit — so you're ready.



Things I can do instead of using for 10 minutes:

MY CRAVING TRACKER

Tracking your cravings helps reveal patterns over time — what triggers them, how intense they are, and what helps. This page builds awareness that leads to smarter responses.

Use this to monitor your urges and understand them better:

Date	Time	Trigger	Intensity (1-10)	What I did instead	How I felt after

(Tip: Fill this out for at least 7 days. Patterns might show you your triggers and strengths.)

MY TRIGGERS

Triggers set off the craving cycle. Use this page to name your most common ones and begin planning how to reduce your exposure or respond differently in the future.

3 triggers I know often lead to cravings are:

MODULE REFLECTION

Summarise what you learned about how cravings work in your life, what tools helped you, and what you'll do when the next one shows up.

One thing I want to remember next time I feel a craving:

What tools am I willing to try moving forward?



Module 4

**TRIGGERS, HABITS, AND WHAT KEEPS
YOU STUCK**

INTRODUCTION TO MODULE 4

Substance use often becomes automatic — something we do without thinking, especially in response to certain people, places, or emotions.

This module helps you slow things down and see what's really happening behind the scenes.

By understanding your triggers and habit loops, you gain the power to respond instead of react.

What You'll Learn in This Module:

- What triggers are and how they start the cycle of use
- The difference between external triggers (like people or places) and internal ones (like emotions or thoughts)
- How the brain builds automatic habits — and how to change them
- Why thoughts like “just one won’t hurt” are so convincing — and so risky
- How to create new responses that support your recovery

What You Might Feel:

As you explore your triggers and routines, you might notice guilt or frustration.

That's okay. It just means you're becoming more aware. Awareness isn't weakness — it's a sign you're waking up to your patterns.

You may also start to feel more empowered, as you realise just how much of your recovery is within your reach.

UNDERSTANDING TRIGGERS

A trigger is anything that sparks the urge to use — a feeling, place, person, or even a memory. Triggers don't force you to use, but they activate the cycle. Knowing your triggers gives you a chance to plan ahead, pause, or change direction before cravings take over.

External Triggers: Places, people, objects

Internal Triggers: Emotions, thoughts, body sensations

Common Triggers:

- Feeling stressed, anxious or alone
- Seeing a place where you used to use
- Conflict or arguments
- Celebrations or feeling like you “deserve it”
- Being hungry, tired, or bored

My Top 3 Triggers Are:

1.

2.

3.

Next, we'll explore how to manage these triggers before they take control.

AVOIDANCE AND THE TRAP OF “JUST ONE”

Many lapses begin with the thought that “just one” won’t hurt. This page helps you recognise how these thoughts trick you into restarting the cycle and how to respond with clarity.

What’s a thought that usually tricks me into using?

What could I tell myself instead?

MY TRIGGER MAP

Use this space to explore how your triggers show up — and what you can do instead. Planning your responses in advance gives you tools to stay grounded in difficult moments.

Trigger	Old Reaction	New Reaction
<i>e.g. Argument with partner</i>	<i>Use alcohol to calm down</i>	<i>Go for a walk + call someone supportive</i>

You don't have to get it perfect — just keep practising. New habits are built one choice at a time.

MODULE REFLECTION

Reflect on the habits and triggers you explored, and how you'll begin responding differently. Even small shifts are powerful when they're repeated.

What's one trigger I'll prepare for this week?

What habit do I feel ready to change — even in a small way?



05

Module 5

**BUILDING A LIFE WITHOUT
SUBSTANCES**

INTRODUCTION TO MODULE 5

Long-term recovery isn't just about stopping something — it's about starting something new. This module is about building a life that feels good, fulfilling, and worth staying present for.

For many people, substances filled a gap — helped them feel something, or nothing, or like someone else. When you take that away, you need to find real alternatives: purpose, connection, joy, meaning.

What You'll Learn in This Module:

- What substances gave you — and what else could meet those needs
- What really matters to you (your values, passions, goals)
- How to rebuild identity, confidence and routine
- The difference between numbing and truly living

What You Might Feel:

You might feel uncertain or even a little empty — this is normal. Recovery can feel like a blank slate at first. But with reflection and practice, this part of your journey becomes about creation, not just control.

This module is your opportunity to start envisioning and creating the life you want.

Recovery is not just about freedom from something —
It's about freedom to become someone new.

Let's begin.

WHY SUBSTANCE USE FILLED THE GAPS

Substances often meet real emotional needs. Understanding what you were getting from them helps you find healthier alternatives. Ask yourself: What was I using substances to get, avoid, or feel?

Substance Gave Me...	Because I Didn't Have...	What Else Could Give Me That?
<i>Confidence in social settings</i>	<i>Self-belief</i>	<i>Practise speaking up in safe groups, CBT work, journalling</i>

PATTERNS OF CRAVINGS

Take a few moments to explore what's beneath your cravings and choices — this space is here to help you understand yourself with honesty and care.

What patterns do you notice?

What emotional or practical needs come up again and again?

Which “replacement strategies” feel realistic to try first?

What scares you about letting go of substances?

What excites you?

CHOOSE YOUR TOP 5 VALUES

Denial and confusion are common. This checklist helps you look honestly at how substances are affecting your life — even in small ways. It's not about diagnosis — it's about clarity.

Circle or highlight the words that stand out most to you:

- Honesty
- Connection
- Creativity
- Growth
- Freedom
- Peace
- Kindness
- Stability
- Adventure
- Faith
- Responsibility
- Health
- Joy
- Independence
- Family
- Justice
- Purpose
- Balance
- Achievement
- Self-respect

Value	What This Means to Me Personally	How I Could Live This Out
<i>e.g. Connection</i>	<i>Staying close to people who accept me</i>	<i>Call my sister once a week</i>

WHAT ACTUALLY MATTERS TO ME?

Use this space to reconnect with your personal values — the things that guide your decisions and help you build a meaningful life. Values help make recovery worth it.

Which values did I lose sight of during my addiction?

Which ones do I want to reconnect with first?

Do you have any new values you want to prioritise in your recovery?

REPLACING NUMBING WITH LIVING

Substances often served a purpose — to numb pain, avoid discomfort, or feel something different. This section helps you identify real, healthy ways to meet those needs.

What I Used Substances For — and What I Can Try Instead:

When I Felt...	I Used To...	Now I'll Try...
Anxious	Use weed to calm down	Grounding or paced breathing
Lonely	Drink and scroll online	Message a recovery group or friend
Angry	Shut down with pills	Write in my journal, take a walk

This isn't about replacing substances with perfection. It's about replacing numbing with living — one small choice at a time.

RECOVERY AFFIRMATIONS

Affirmations are simple, positive statements that help you stay focused, strong, and hopeful during recovery. Repeat them daily to build self-belief and remind yourself that change is possible.

Daily Affirmations:

- I am stronger than my cravings.
- I am worthy of a better life.
- Each day, I am healing.
- My past does not define me.
- I choose progress over perfection.
- I am proud of how far I've come.
- I have the power to change.

Write Your Own:

"Recovery is not a destination, but a journey of becoming who you were always meant to be."

SELF-CARE CHECKLIST

Self-care supports recovery by strengthening your wellbeing and reducing relapse risk, and a checklist helps you stay on track and meet your daily needs.

	M	T	W	T	F	S	S
Drink a glass of water in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise or move your body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook a healthy, nourishing meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice mindful meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Journal your thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan out your week in advance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend time with a loved one	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attend a workshop or class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take regular breaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watch a light-hearted movie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go for a long walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read for pleasure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice gratitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take a long bath or shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to your favorite music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No screen time before bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go to sleep before 10pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MODULE REFLECTION

Reflect on what matters most to you now, and how that's shifted since starting this workbook. This page helps you centre your recovery around what you want and value.

What part of my life do I want to rebuild most?

One small joy I'd like to make a habit of again:



Module 6

PLANNING FOR SUPPORT AND SETBACKS

INTRODUCTION TO MODULE 6

Recovery isn't always smooth — and that's okay. What matters is how you respond when things get tough. This module helps you prepare for the real-life challenges that come with recovery, including lapses, emotional dips, and times when cravings feel stronger.

By creating a support network and a recovery safety plan, you'll build confidence in your ability to keep going, even when things don't go perfectly.

What You'll Learn in This Module:

- Who and what can support you through recovery
- How to spot early warning signs that you're struggling
- The difference between a lapse and a relapse
- How to bounce back after a slip-up
- How to write a simple, personalised safety plan
- Planning for 72 hours after rehab

What You Might Feel:

You might feel nervous thinking about setbacks — that's normal. This module isn't about expecting failure. It's about being realistic and prepared, so you don't have to rely on willpower alone.

You're building resilience — and that makes you stronger than you think.

Recovery doesn't require perfection.

It requires planning, honesty, and support.

YOU'RE NOT MEANT TO DO THIS ALONE

Connection is one of the strongest protective factors in recovery. Identifying your support helps you build safety, accountability, and reassurance for hard moments.

When things get hard, having someone to reach out to can make the difference between relapse and resilience. Support is a strength — not a weakness.

Think about:

- Who has supported me in the past?
- What kind of support do I avoid, and why?
- What kind of support do I actually need?

Who makes me feel safe, heard, or understood?

One way I could start asking for help is:

TYPES OF SUPPORT THAT HELP

Different situations require different kinds of help — emotional, practical, professional, peer-based, or emergency. This section helps you think broadly about who and what you can rely on.

Use this table to explore where you can turn — emotionally, practically, and professionally.

TYPE OF SUPPORT	EXAMPLE	WHO/WHAT COULD HELP ME
Emotional	A friend who listens without judgment	
Practical	Help with transport, food, childcare	
Professional	GP, therapist, recovery worker	
Emergency	Crisis team, helpline, 999	

What kind of support do I avoid most — and why?

What support do I most need to add into my life now?

LAPSE VS. RELAPSE

A lapse doesn't have to become a full relapse. Understanding the difference empowers you to interrupt the cycle early and reinforces that you can recover from a setback. Let's break the shame cycle by understanding the difference.

LAPSE	RELAPSE
A one-time return to use	Full return to old patterns
A signal to re-engage recovery	Often requires additional support
Can be a learning moment	Can feel overwhelming — but recoverable

Warning signs I might be heading toward relapse:

How I'll act early to protect myself:

MY RECOVERY SAFETY NET

When you’re struggling, it’s hard to think clearly. Writing out your safety plan ahead of time gives you something solid to lean on in difficult moments — a plan you already trust.

Early Warning Signs I’m Struggling

What Helps Me Regain Control

People I Can Reach Out To

NAME	HOW THEY CAN HELP	CONTACT INFORMATION

My Emergency Action Plan

Call:


Go to:

Remind myself:

Message to Myself on a Tough Day

RECOVERY PROGRESS TRACKER

Tracking your progress helps you see how far you've come, celebrate small wins, and stay motivated on your recovery journey. Every step forward—no matter how small—counts.

 Weekly Check-In (Tick the boxes that apply each week)

Week	Stayed substance-free	Asked for support	Managed cravings	Practised self-care	Felt proud of myself
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

One thing I'm proud of:

One thing I've learned:

DAILY PLANNER

DAY 1

S M T W T F S

Date :

Today's schedule :

06.00

07.00

08.00

09.00

10.00

11.00

12.00

13.00

important

To-Do list :







things to remember



notes

DAILY PLANNER

S M T W T F S

DAY 2

Date :

Today's schedule :

06.00

07.00

08.00

09.00

10.00

11.00

12.00

13.00

important

To-Do list :







things to remember



notes

DAILY PLANNER

DAY 3

S M T W T F S

Date :

Today's schedule :

06.00

07.00

08.00

09.00

10.00

11.00

12.00

13.00

important

To-Do list :







things to remember



notes

MODULE REFLECTION


This section ties everything together, reminding you that being prepared is a sign of strength, not weakness. Support and structure are your anchors.

Who are the 3 people I trust to call when I'm struggling?

1. _____
2. _____
3. _____

What's one thing I'll do differently next time I feel overwhelmed?

How do I want to treat myself when I make mistakes?

 Recovery isn't about never falling — it's about knowing how to get back up.

This plan is your safety net. You don't have to do it alone.



Module 7

FINDING MEANING IN RECOVERY

INTRODUCTION TO MODULE 7

Recovery isn't just about saying no to substances — it's about saying yes to something bigger. This module helps you explore what your life can look like without addiction, and what really matters to you moving forward.

Purpose gives you direction. Identity gives you strength. This module is about who you are becoming.

What You'll Learn in This Module:

- What recovery means to you personally
- Who you are without substances
- Your hopes and goals for the next year
- A letter to your future self
- How to build a life that feels worth staying in

What You Might Feel:

You might feel uncertain — or even excited. That's good. Recovery is a journey of discovery. This is your opportunity to dream again, to define yourself by more than your past.

You're not just recovering — you're becoming.

RECOVERY IS MORE THAN ABSTINENCE

Recovery doesn't stop at "not using." It's about becoming someone new — someone who feels proud of the life they're building. This section invites you to imagine what your life could look and feel like beyond addiction.

When I picture myself in recovery, I want to feel:

Words I want to describe my life in 6 months:

WHO AM I WITHOUT SUBSTANCES?

Addiction can become part of your identity — but it's not who you are. You are a full person with values, dreams, and strength.

Before substances, I was someone who...

Now, I want to become someone who...

One part of me I want to reconnect with is...

RECONNECTING WITH IDENTITY AND PURPOSE

You are more than your past. This section helps you discover what lights you up, what drives you, and what kind of impact you want to have — even in small ways. You get to decide what matters to you now. Purpose doesn't have to be huge — it just has to feel real.

Things that give me energy or light me up:

Causes, communities, or ideas I care about:

How I'd like to help others one day (if/when I'm ready):

HOPES, GOALS, AND THE BIGGER PICTURE

Naming your hopes and goals gives you something to move toward. You don't need to have it all figured out — just start with what matters now. This is your chance to name what you're working toward — big or small, near or far. Dream gently, but dream boldly.

In 1 month, I hope to...

In 6 months, I hope to...

In 1 year, I hope to...

In 5 years, I want to be the kind of person who...

A LETTER TO MY FUTURE SELF

Write a letter to yourself for a time when you might feel lost, tired, or tempted. Be kind. Be honest. Remind yourself why you're doing this.

Dear.....

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

With Love,

A LETTER TO MY PAST SELF

Write a letter to your past self from a time when you were at your worst in addiction —when you felt lost, tired, or overwhelmed. Be kind and honest. Remind them why they deserve hope and why you're choosing recovery now.

Dear.....

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

With Love,

MODULE REFLECTION

Take a moment to reflect on how far you've come, and how far you want to go. Let these words anchor your progress and remind you that this journey is yours.

One part of my life I feel hopeful about now:

What I've learned about myself during recovery:

The person I'm becoming is...



You are not just recovering — you are becoming.

You're building a life you never thought you'd get to live — and you're doing it one honest day at a time.



NEXT
STEPS

Next Steps & How UKAT Can Help

YOU DON'T HAVE TO DO THIS ALONE

WHAT'S NEXT?

Completing this workbook is a huge step — but recovery doesn't stop here. Healing continues when you take what you've learned and build on it with the right support around you.

Here are some next steps you might consider:

- Reach out to UKAT for a free, confidential conversation
- Talk to your GP or health professional about what's next
- Share your workbook (or parts of it) with someone you trust
- Join a support group (in person or online)
- Revisit this workbook during difficult days — it's yours to keep
- Create a small daily habit that supports your recovery
- Ask for help when things get hard — it's not a weakness, it's a strategy

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.