

Recovery Inventory



A workbook designed to map out your road
to successful recovery.



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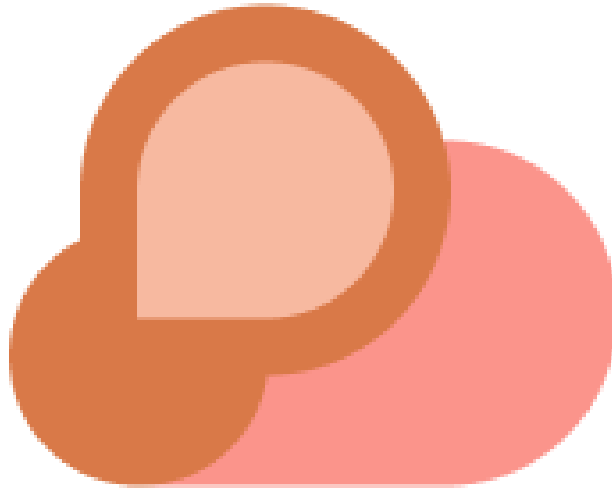
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Welcome!

This is your own personal workbook to visualise how you can outline your road map to success. You can either print it and fill it out or, you can use it to create your own in your new journal.

First of all, have you read our blog that accompanies this workbook? It is absolutely vital that you do, or it won't make much sense.

[Click this link, and it will take you straight to it.:](#)

The intention of this workbook is to put in front of you a tangible document where you can make an inventory of all the aspects of your life that are either holding you back, self-sabotaging, or fueling your relationship with alcohol.

I hope that this workbook helps you get clarity, feel empowered and ultimately be successful in finding your most authentic vibrant essence again.

In Strength and Love

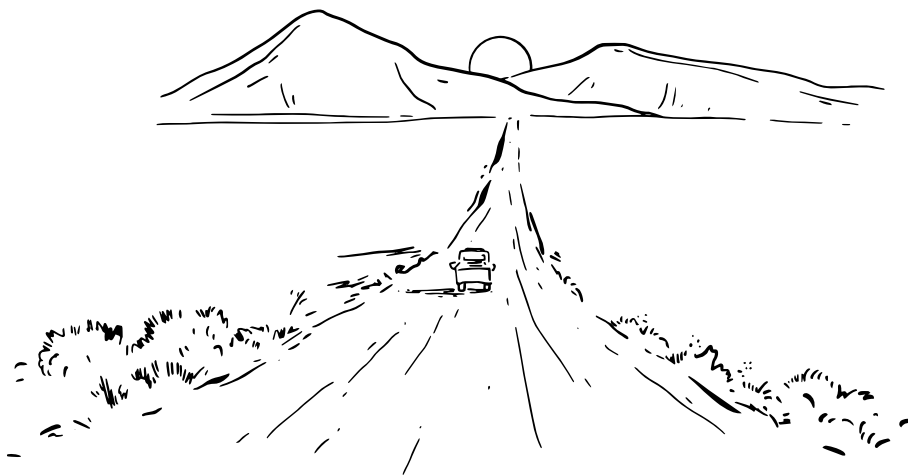
Mila xx

Understanding Your Road Map

Date: / /

I invite you to imagine your journey on a road map, at its core lie essential elements that pave the way to success. Self-awareness and reflection illuminate the starting point, offering a profound understand of your triggers and strengths. Coping mechanisms act as signposts, guiding you through challenging terrain with resilience. Support networks are reliable rest areas, where connections and understanding fuel your journey. Goal setting becomes the milestone, marking progress and offering a sense of achievement. Finally, emotional regulation acts as the compass, helping you navigate the inevitable highs and lows.

Incorporating these elements into your recovery journey ensures a well-charted path. Embrace these elements, and be as real with yourself as possible, remember, this is YOUR journey - and this will not be linear. Be kind to yourself, and be sure you've read the blog to really understand where we're going. You've got this!





Self-Awareness & Reflection

EMOTIONAL TRIGGER INVENTORY

This is the inventory of what your loudest emotions. Think over the last 2 weeks, and write down your top 3-5 loudest emotions and what triggered them. Give the what, when, where and who. Write down what the emotion feels like, and where you feel it. Once you've done this, give it a name, for instance, "Shame".

EMOTION ONE:

EMOTION TWO:

EMOTION THREE:

EMOTION FOUR:



COPING MECHANISMS

A LITTLE BIT, A LOT.

Write down 3 of your current coping mechanisms that aren't the best choice for where you want to go, write down why they don't work for you anymore.

Write down 3 *new* coping mechanisms that you think will best serve you, and will allow you to handle stress in a more constructive manner.



SUPPORT NETWORKS

WHO DO YOU TRUST?

Write down people that you truly trust, at your best and worst. Write why you trust them, and what you trust them with. Be sure to reminisce about times they really were there for you when you felt most ugly, and vulnerable.

Write down 2 or 3 external support options that you could actively seek and foster connection. This could be a friend, family member, therapist or hotline.



GOALS AND ACHIEVEMENTS

For each of the categories below, write down things you are doing well and where you need improvement. Take the time to reflect on these, and write a goal for each category.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			



Final Note

You can totally do this!

Once you have filled this in, go sit in the sun or somewhere beautiful for 10-20 minutes. Take a breather and be real with yourself. You have a beautiful life ahead of you, this inventory will just give you a map to get there.

This is the process of reconnecting with one's authentic and true self.

Remember, the journey of recovery is unique to each individual, and progress may not always follow a linear path. Celebrate the small victories, stay committed to the process, and be kind to yourself along the way.

In Strength and Love

Mila xx