

🔥 PHOENIX RISING 🔥

A Recovery Workbook of Rebirth and Transformation

Twelve Stages of Rising from the Ashes



Part I: The Myth of the Phoenix

The Phoenix is a legendary bird that lives for hundreds of years. When it feels the end of its life approaching, it builds a nest of aromatic wood and sets itself aflame. From the ashes, a new Phoenix is born—reborn in radiant fire. It is a symbol of resurrection, transformation, and the eternal cycle of renewal.

In recovery, we too rise from destruction. Our lives in addiction may burn down around us, but from the ashes, we emerge stronger, wiser, and more luminous than before.

Part 1: The Fire and the Ashes

- What part of my old life needed to burn away so something new could grow?

- When I look at the ashes of my past, what treasures can I find hidden there?

Part 2: Flight Lessons

- What fears still clip my wings as I try to rise?

- What small victories have already proven I am stronger than I realized?

Part 3: Sacred Scars

- What scar (emotional, physical, spiritual) am I learning to see as sacred rather than shameful?

- How has my pain shaped my empathy for others?

Part 4: The Nest and the New Beginning

- If I were building a nest for my new life, what would I weave into it? (habits, people, dreams, values)

- What needs to stay behind — what can't come with me as I rise?

Part 5: The Compass and the Flame

- Today, where is my 'true north' — the deepest desire guiding my recovery?

- How do I stay connected to it when the fires of old patterns call to me?

Part 6: Ashes Are Not the End

- When in my life did I believe I was finished — but somehow kept going?

- What would it mean if my lowest moments were actually the soil of my greatest becoming?

Part 7: The Phoenix in Me

- If I imagined myself as a Phoenix, what would my colors look like?

- What would my rebirth feel like?

- What would I leave behind in the ashes?

Part 8: Wings of Wisdom

- What wisdom have I earned that no one can take from me?

- How do I carry it with grace, not pride?

Part 9: The Mirror and the Flame

- When I look in the mirror, do I see the fire or the survivor?

- What am I learning to love about who I'm becoming?

Part 10: Embers in Community

- Who are the glowing embers in my circle who keep my fire alive?

- How do I offer warmth and light to others?

Part 11: The Watcher on the Wind

- What inner voice do I listen for now that silence isn't so frightening?

- What does it tell me when I am lost?

Part 12: Full Flight

- What does freedom in recovery mean to me today?

- How do I know that I am no longer in the fire but flying above it?
