

BREAKING FREE SUBSTANCE RECOVERY WORKSHEETS

*20 Printable Tools for
Recovery, Safety, and Hope*

REMEMBER:



Recovery is
possible.

You are stronger
than you think.

Keep choosing
you.

One day at a time.

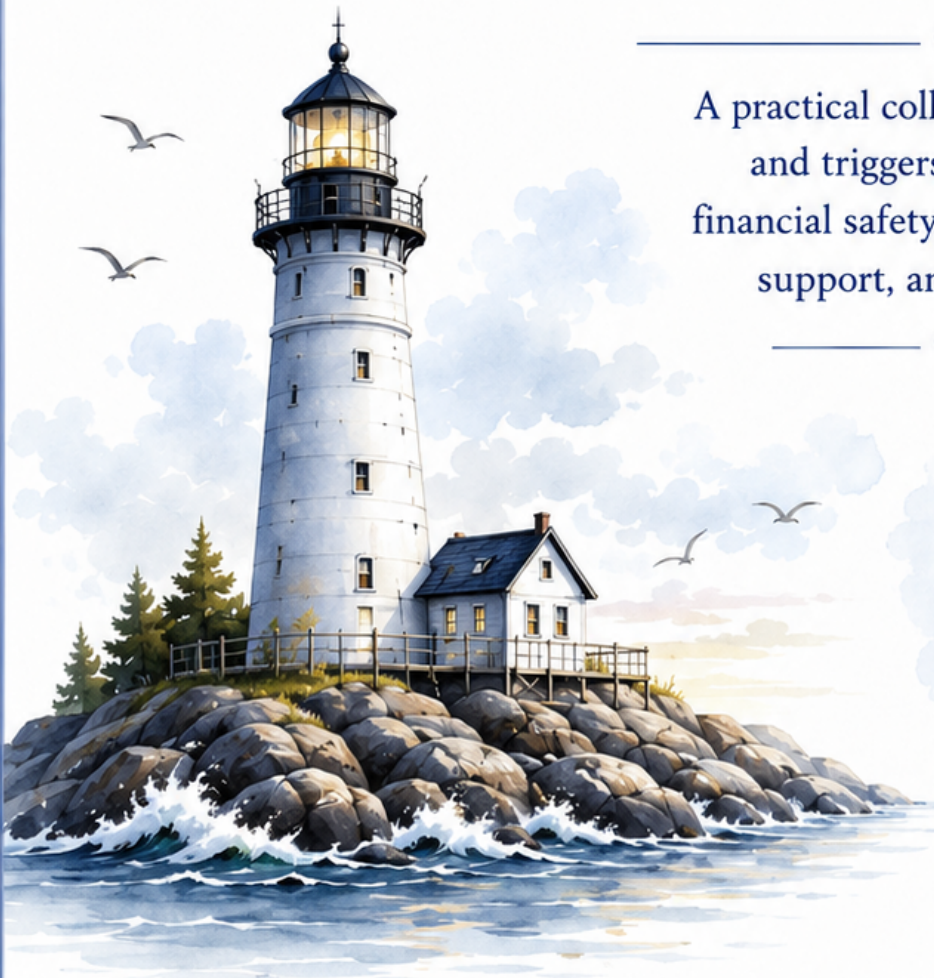


A practical collection for cravings
and triggers, daily recovery,
financial safety, relapse prevention,
support, and relationships.



ONE DECISION
CAN CHANGE
YOUR LIFE.

*Make today
Day One.*



Created by R. Miller

Educational support — not medical
or mental-health treatment





WORKSHEET CONTENTS

AWARENESS



brings choice.

Choice creates

change.

One honest

moment at a time.



*Tools for awareness. Steps for change.
Hope for freedom.*



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URGES & TRIGGERS

TRIGGER TRACKER

Notice the people, places, emotions, times, and situations connected to cravings or urges to use.

AWARENESS

♥
brings choice.
Choice creates
change.
One honest
moment at a time.



1. What happened right before the craving or urge?



2. Where were you and who was present?



3. What thoughts or feelings showed up?



4. How strong was the urge from 0–10?

0 1 2 3 4 5 6 7 8 9 10
No urge Moderate Strongest urge

My urge level:



5. What did I do next?



6. What could help next time?





URGES & TRIGGERS

DAILY CRAVING LOG

*Record craving strength, what happened,
what helped, and what you learned.*

AWARENESS

♥
brings choice.
Choice creates
change.
One honest
moment at a time.



Date and time _____



Craving level from 0–10 0 1 2 3 4 5 6 7 8 9 10

No craving

Strongest craving



Trigger or situation _____



Thoughts and feelings _____



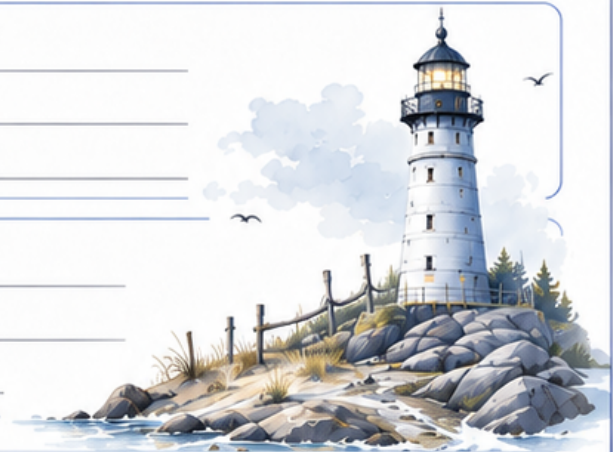
Coping action used _____



What helped most? _____



What did I learn? _____





URGES & TRIGGERS

CRAVING EMERGENCY ACTION PLAN

Create a step-by-step plan to use during a strong craving or urge to use.

AWARENESS



Brings choice.
Choice creates
change.

One honest
moment at a time.



1. My early warning signs



2. Three people I can contact



3. Places I can go where I feel safer



4. Ways I will block access to substances, money, or high-risk situations



5. Actions I will take during the first 20 minutes



6. Emergency or crisis contacts





URGES & TRIGGERS

URGE SURFING PRACTICE

Practice allowing a craving or urge to rise and fall without acting on it.

AWARENESS



Brings choice.

Choice creates change.

One honest moment at a time.



1. What triggered the urge?



2. Where did I feel it in my body?



3. What thoughts came with it?



4. Urge level at the beginning

0 1 2 3 4 5 7 8 9 10
No urge Moderate Strongest urge

My urge level:



5. What breathing or grounding practice did I use?



6. Urge level after 10–20 minutes

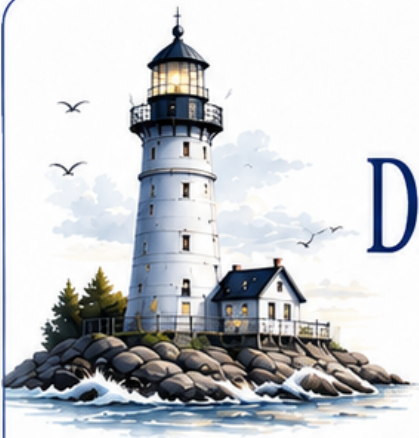
0 1 2 3 4 5 6 7 8 9 10
No urge Moderate Strongest urge

My urge level:



7. What did I notice about the urge changing?





DAILY RECOVERY

DAILY RECOVERY PLANNER

*Plan supports, healthy activities, responsibilities,
and a safe evening.*

INTENTION:



Small steps
create stability.
Stability creates
freedom.
I choose today.



1. Today's top three priorities

- _____
- _____
- _____



2. People or supports I will connect with



3. Healthy activities I will use



4. Possible triggers today



5. My plan for the highest-risk time of day



6. One thing I will do for myself tonight





DAILY RECOVERY

WEEKLY RECOVERY REVIEW

Reflect on wins, setbacks, triggers, and priorities for the coming week.

AWARENESS

Notice.
Reflect.
Adjust.

Progress is built
one week
at a time.



1. My biggest win this week



2. A difficult moment and how I responded



3. Triggers I noticed



4. What helped me stay on track



5. What needs more attention



6. My main goal for next week





DAILY RECOVERY

MONTHLY RECOVERY REVIEW

*Track longer-term patterns and
recognize meaningful progress.*

AWARENESS



Awareness
brings clarity.

Clarity
creates choice.

Choice
creates change.



Progress I am proud of this month



Patterns I noticed in cravings, moods, or substance use



Relationships or responsibilities that improved



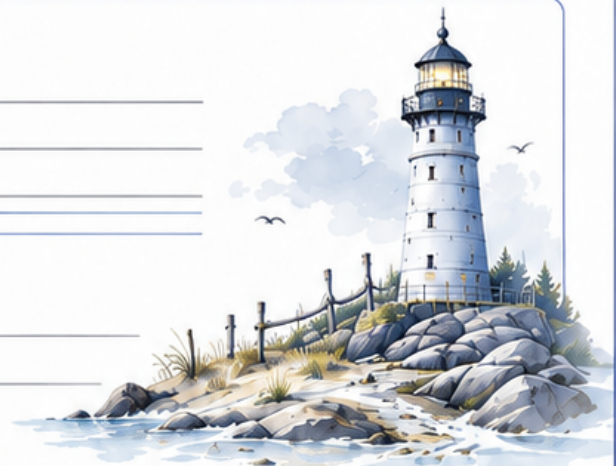
What was hardest this month?



Support I need next month



My next-month focus





DAILY RECOVERY

RECOVERY
MILESTONE REFLECTION

*Honor important milestones with
honest reflection and renewed commitment.*

AWARENESS

♥
Honoring
progress fuels
purpose.
Reflection
strengthens
recovery.



Milestone reached and date _____



What has changed since I began?



What helped me reach this point?



What am I most proud of?



What risks still need attention?



How will I celebrate safely?



My commitment for the next milestone

