



BREAKING FREE BEHAVIORAL ADDICTION RECOVERY WORKSHEETS

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

A practical collection for cravings
and triggers, daily recovery,
behavior awareness, relapse
prevention, support, and healing.

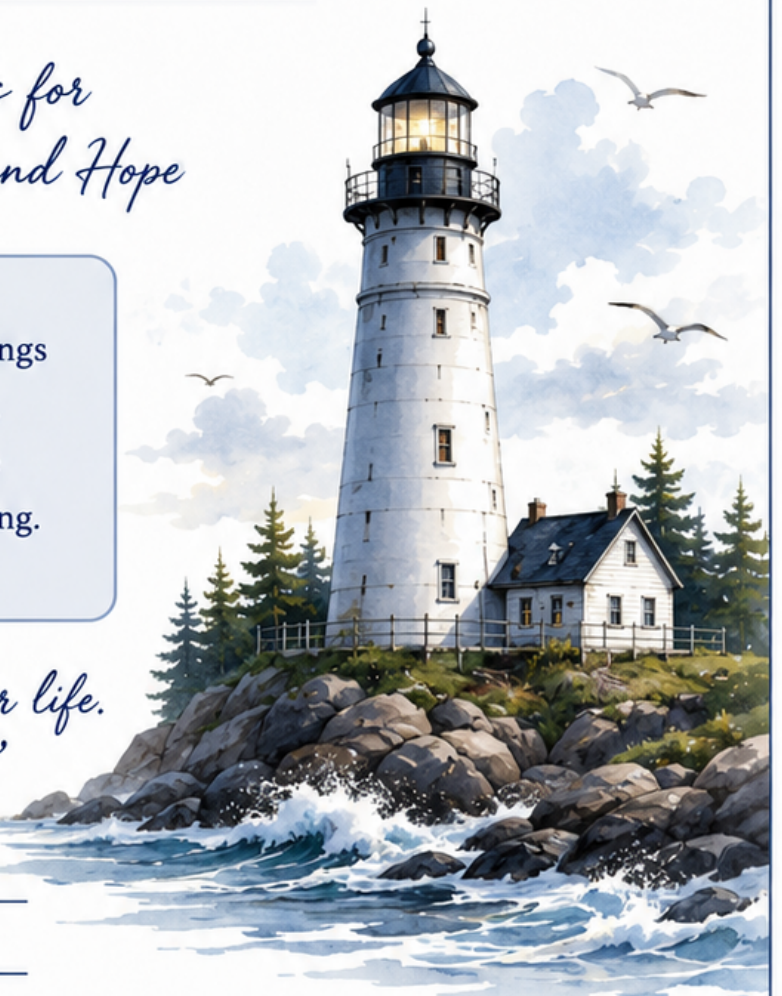
*"One decision can change your life.
Make today Day One."*

CREATED BY R. MILLER

REMEMBER:



You didn't get
into this
overnight,
and you won't
get out
overnight.
Keep showing up
for your future.



EDUCATIONAL SUPPORT — NOT MEDICAL OR MENTAL-HEALTH TREATMENT



WORKSHEET CONTENTS



*Tools for awareness. Steps for healing.
Hope for recovery.*

REMEMBER:



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1. URGES & TRIGGERS	3
Trigger Tracker	3
Daily Craving Log	4
Craving Emergency Action Plan	5
Urge Surfing Practice	6
2. DAILY RECOVERY	7
Daily Recovery Planner	7
Weekly Recovery Review	8
Monthly Recovery Review	9
Recovery Milestone Reflection	10
3. BEHAVIORAL AWARENESS & SELF-CONTROL	11
Behavior Pattern Tracker	11
Healthy Replacement Activities Plan	12
Consequences & Cost Reflection	13
What Behavioral Addiction Has Cost Me	14
4. RELAPSE PREVENTION	15
Relapse Prevention Plan	15
Personal Warning Sign Checklist	16
High-Risk Situation Planner	17
Recovery Contract	18
5. SUPPORT & RELATIONSHIPS	19
Support Team Contacts	19
Counselor Discussion Guide	20
Family Boundary Planner	21
Rebuilding Trust Reflection	22





TRIGGER TRACKER

URGES & TRIGGERS

Notice the people, places, emotions, times,
and situations connected to urges around behaviors.

REMEMBER:



Awareness is
the first step
to change.

You can't change
what you don't
notice.



1. What happened right before the 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?

My urge level: _____



5. What did I do next?

6. What could help next time?





DAILY CRAVING LOG

URGES & TRIGGERS

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

REMEMBER:

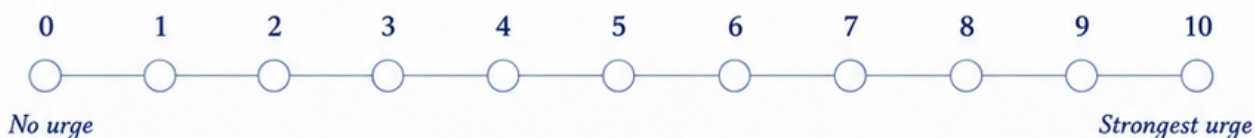


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DATE AND TIME: _____

CRAVING LEVEL FROM 0-10:



♥ TRIGGER OR SITUATION:



♥ THOUGHTS AND FEELINGS:

♥ COPING ACTION USED:

♥ WHAT HELPED MOST?

♥ WHAT DID I LEARN?





CRAVING EMERGENCY ACTION PLAN

URGES & TRIGGERS

Create a step-by-step plan for moments when behavioral urges feel overwhelming.

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1. MY EARLY WARNING SIGNS



I notice these signs when urges are building:



2. THREE PEOPLE I CAN CONTACT



I can reach out for support:

1. _____
Phone: _____
2. _____
Phone: _____
3. _____
Phone: _____



3. PLACES I CAN GO WHERE I FEEL SAFER



Safe places I can go right away:

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____



4. WAYS I WILL REDUCE ACCESS TO TRIGGERS, APPS, MONEY, OR HIGH-RISK SITUATIONS



My strategies to create distance
and stay protected:



5. ACTIONS I WILL TAKE DURING THE FIRST 20 MINUTES



Step-by-step plan to ride out the urge:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



6. EMERGENCY OR CRISIS CONTACTS



If I need immediate help:

Crisis Hotline: _____
Phone: _____

Local Emergency: _____
Phone: _____

Trusted Contact: _____
Phone: _____

Other: _____
Phone: _____



MY SAFETY STATEMENT



I choose safety. I choose freedom. I choose a better life.

*I am stronger
than any urge.*





URGE SURFING PRACTICE

Practice allowing an urge to rise and fall without acting on it.

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URGES & TRIGGERS

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

My urge level: _____



5. What breathing or grounding practice did I use?

6. Urge level after 10–20 minutes

My urge level: _____



7. What did I notice about the urge changing?



Urges are like waves. They rise, they peak, and they fall. You can ride them without letting them take you over.





DAILY RECOVERY PLANNER



*Plan support, healthy routines,
responsibilities, and a safe evening.*

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1. TODAY'S TOP THREE PRIORITIES



1. _____
2. _____
3. _____

2. HEALTHY ACTIVITIES I WILL DO TODAY



1. _____
2. _____
3. _____

3. PEOPLE OR SUPPORTS I WILL CONNECT WITH



1. _____
2. _____
3. _____

4. POSSIBLE TRIGGERS TODAY



1. _____
2. _____
3. _____

5. MY PLAN FOR THE HIGHEST-RISK TIME OF DAY



6. ONE THING I WILL DO FOR MYSELF TONIGHT







WEEKLY RECOVERY

DAILY RECOVERY

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

REMEMBER:



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DAILY RECOVERY

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:





MONTHLY RECOVERY REVIEW



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

REMEMBER:



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into recovery
overnight and you
won't grow through
it overnight.
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DAILY RECOVERY

1. Progress I am proud of this month

2. Patterns I noticed in cravings, moods, or behavior

3. Relationships or responsibilities that improved

4. What was hardest this month?

5. Support I need next month

6. My next-month focus



Consistent reflection leads to lasting change.
Keep showing up for your future.





RECOVERY MILESTONE REFLECTION

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

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DAILY RECOVERY

1

MILESTONE REACHED AND DATE

Milestone: _____ Date: _____

2

WHAT HAS CHANGED SINCE I BEGAN?

3

WHAT HELPED ME REACH THIS POINT?

4

WHAT AM I MOST PROUD OF?

5

WHAT RISKS STILL NEED ATTENTION?

6

HOW WILL I CELEBRATE SAFELY?

7

MY COMMITMENT FOR THE NEXT MILESTONE

