



# **Reclaiming Your Roots: A Recovery Toolkit**

Uproot Triggers &  
Plant New Habits

A Therapist-Designed Resource  
for Pornography Recovery

# Uprooting Triggers



Identify and Remove What Holds You Back

Triggers are like weeds in your recovery garden—they can pull you back into old patterns. Let's uproot them by identifying what sparks your urges and creating a plan to address them.

## Identify Your Triggers

List the situations, emotions, or environments that lead to pornography use (e.g., stress, loneliness, boredom, late-night scrolling).

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## Understand the Root Cause

For each trigger, reflect on why it affects you. What need or emotion is it tied to? (e.g., seeking comfort, avoiding pain).

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## Plan to Uproot

For each trigger, write one action you can take to address it (e.g., call a friend when lonely, use a website blocker at night).

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**Uprooting triggers takes time—be patient with yourself as you clear the way for new growth.**

# Planting New Habits



Sow Seeds for a Healthier You

Recovery is about growth—planting new habits helps you replace old patterns with positive ones. Let's sow seeds for a healthier, more fulfilling life.

## Choose Your New Habits

List 3-5 healthy habits to replace pornography use (e.g., journaling, exercising, connecting with a friend, pursuing a hobby).

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## Set a Plan to Nurture Them

For each habit, write how you'll make it part of your routine (e.g., journal for 10 minutes after dinner, go for a walk at 7 PM).

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## Reflect on Growth

How will these habits help you grow? How do they align with your values and goals?

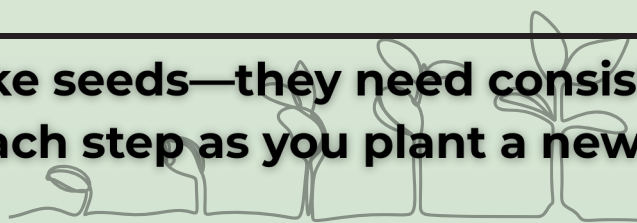
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**New habits are like seeds—they need consistent care to grow. Celebrate each step as you plant a new foundation.**



# Growth Tracker



Watch Your Recovery Bloom!

Each day you stay pornography-free, color a leaf on your sprouting plant.  
Watch your recovery bloom over 30 days!



**If you have a setback, don't uproot your progress—reflect, reset, and keep growing. You're stronger than you think!**

# 30-Day Progress Log



## Track Your Recovery Journey

Each day, mark whether you stayed pornography-free and add any notes or reflections.

Use this log to track your progress and identify patterns.

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**Recovery is a journey—celebrate your successes and learn from your challenges. You're growing every day.**



# How to Use Your Reclaiming Your Roots Recovery Toolkit



Thank you for purchasing the 'Reclaiming Your Roots' Recovery Toolkit from Let Growth Bloom! Here's how to get started:

## **Step 1: Print Your Toolkit**

Print the worksheets, tracker, log, and supporting pages on 8.5x11 paper at 100% scale. Use a color printer for the best experience, or print in black and white if needed. Cardstock or matte photo paper is recommended for durability.

## **Step 2: Uproot Your Triggers**

Use the 'Uprooting Triggers' worksheet to identify what sparks your urges and create a plan to address them.

## **Step 3: Plant New Habits**

Use the 'Planting New Habits' worksheet to replace old patterns with healthy alternatives, setting a plan to nurture them.

## **Step 4: Track Your Growth**

Use the 'Growth Tracker' to color a leaf for each pornography-free day, or the 'Progress Log' for a minimalist tracking option.

## **Printing Tips**

Use a color printer for the best experience, or print in black and white if needed. If you don't have a printer, you can use a local print shop or the library.

## **Need Help?**

If you have any questions, message me on Etsy – I'm here to help!