

Strengths, Weaknesses, Blind Spots, and Next Actions

A 30-90 Day Practice Review for Recovery, Coaching, and Personal Growth

Review your past 30-90 days, not your whole life. Circle one practice level for each row.

This is not a judgment of your worth. Some patterns once helped us survive; notice whether they still help today.

A - Consistent Practice: strength practiced nearly every day.	B - Improving Practice: strength present or improving.
C - Mixed Pattern: weakness shows up more than I would like.	D - Needs Support: use skills, ask for support, choose a next action.

Weaknesses / Blind Spots	Circle One	Strengths / Growth
Honesty & Self-Awareness		
Dishonest / False	D C B A	Honest / True
Self-Deceived / In Denial	D C B A	Aware / Accepting
Closed-Minded / Rigid	D C B A	Open / Flexible
Blaming / Accusing	D C B A	Accountable
Excusing / Rationalizing	D C B A	Reality-Based / Honest
Exaggerating / Dramatic	D C B A	Accurate / Measured
Pride / Arrogance	D C B A	Humble / Teachable
Self-Righteous / Judging	D C B A	Fair-Minded / Humble
Pretending / Hiding	D C B A	Authentic / Open
Emotional Regulation		
Fear-Driven	D C B A	Courageous
Reactive / Explosive	D C B A	Calm / Steady
Impatient / Restless	D C B A	Patient / Tolerant
Resentful / Bitter	D C B A	Forgiving / Free
Self-Pitying	D C B A	Grateful / Hopeful
All-or-Nothing / Extreme	D C B A	Balanced / Moderate
Shame-Driven	D C B A	Self-Compassionate
Overwhelmed / Panicked	D C B A	Grounded / Centered
Anxious / Worried	D C B A	Trusting / Calm
Hopeless / Despairing	D C B A	Hopeful / Faithful
Catastrophizing	D C B A	Perspective-Taking / Realistic
Shut Down / Numb	D C B A	Present / Aware
Relationships & Communication		
Self-Centered	D C B A	Considerate / Caring
Controlling / Possessive	D C B A	Respectful / Trusting
Critical / Harsh	D C B A	Encouraging / Kind
Defensive / Arguing	D C B A	Teachable / Receptive
Passive-Aggressive	D C B A	Direct / Clear
Suspicious / Mistrustful	D C B A	Trust-Building
Unclear Needs	D C B A	Clear Requests
Manipulative	D C B A	Straightforward
Withdrawn / Distant	D C B A	Engaged / Connected
Gossiping / Slandering	D C B A	Respectful / Discreet
Boundaryless / Intrusive	D C B A	Respects Boundaries
People-Pleasing	D C B A	Honest / Boundaried
Demanding / Entitled	D C B A	Reasonable / Respectful

Weaknesses / Blind Spots	Circle One	Strengths / Growth
Responsibility & Follow-Through		
Irresponsible / Careless	D C B A	Responsible / Careful
Unreliable / Inconsistent	D C B A	Reliable / Consistent
Sloth / Lazy / Avoidant	D C B A	Diligent / Willing
Disorganized / Chaotic	D C B A	Organized / Orderly
Impulsive / Reckless	D C B A	Disciplined / Prudent
Procrastinating	D C B A	Action-Oriented
Drifting / Aimless	D C B A	Purposeful / Focused
Perfectionistic / Stuck	D C B A	Practical / Progressing
Quitting / Giving Up	D C B A	Persistent / Resilient
Distracted / Scattered	D C B A	Focused / Attentive
Inconsistent Follow-Through	D C B A	Dependable / Steady
Avoiding Responsibility	D C B A	Responsible / Engaged
Recovery & Support		
Isolated / Cut Off	D C B A	Connected / Supported
Resistant / Unwilling	D C B A	Willing / Open
Secretive / Hiding	D C B A	Transparent / Honest
Help-Rejecting	D C B A	Help-Seeking
Know-It-All	D C B A	Coachable / Teachable
Complacent / Asleep	D C B A	Active In Recovery
Craving-Driven	D C B A	Recovery-Minded
Avoiding Reflection	D C B A	Reflective / Honest
Refusing Repair	D C B A	Making Amends
Sponsor-Avoidant	D C B A	Sponsor-Connected
Meeting-Avoidant	D C B A	Meeting-Engaged
Self-Willed / Willful	D C B A	Guided / Willing
Health, Boundaries & Community		
Self-Neglecting	D C B A	Self-Caring / Healthy
Careless With Health	D C B A	Health-Conscious
Poor Sleep Routine	D C B A	Restful Routine
Sedentary / Inactive	D C B A	Active / Engaged
Withholding / Ungenerous	D C B A	Giving / Receiving
Neglecting Community	D C B A	Participating
Careless With Money	D C B A	Responsible With Money
Dirty / Disorderly	D C B A	Clean / Orderly

My Focus for This Month

Focus / Improve: What one pattern would help most if improved - and who could support me?

Next Action: What small action will I practice, when will I do it, and who will I tell?

Celebrate: What strength or improvement from the past 30-90 days deserves recognition?
