

**SUBSTANCE USER'S RECOVERY CHECKLIST AND WORKSHEET**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

*Please answer each question with an "X" in the column to the right that best fits.  
If a question does not pertain to you, place "N/A" in the column headed "NEVER"*

<b>I MANAGE/ELIMINATE SUBSTANCE USE</b> <i>(If you continue to use substances [drugs/alcohol] start here)</i>	<b>NEVER</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>ALWAYS</b>
1. Able to place a limit on my use and not exceed that limit							
2. Able to consistently reduce my use of substances							
3. Able to eliminate my use for specific time periods							
4. Able to avoid situations where I might abuse substances							
<i>(If you have decided to stop, start here)</i>							
5. Able to avoid situations where I might be tempted to use substances again							
6. Accepted my substance-free lifestyle							
7. Able to enjoy life without substances							
8. Able to recognise my substance-related lifestyle							
9. Comfortable socialising where substances are available without using and /or							
10. Able to leave situations (to protect my recovery) where substances are being used							
<b>II EMOTIONAL, PSYCHOLOGICAL &amp; PHYSICAL WELL-BEING</b>	<b>NEVER</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>ALWAYS</b>
1. Able to practice personal hygiene skills							
2. Able to relax without using substances							
3. Able to attend to physical health problems							
4. Able to put past problems in a positive perspective							
5. Able to express my feelings appropriately							
6. Able to admit mistakes to myself and others							
7. Participate in regular exercise							
8. Able to cope with stress (without substance use)							
9. Able to experience a positive self-image							
<b>III SOCIAL AND FAMILY WELL-BEING</b>	<b>NEVER</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>ALWAYS</b>
1. Able to maintain interest in welfare of others							
2. Able to maintain interest in family matters							
3. Able to engage in social/family activities without substances							
4. Able to help with household chores							
5. Able to participate in child-rearing chores							
6. Able to communicate with significant other							
7. Able to solve problems with people							
8. Able to seek the support of family/friends							

*Continued*