

Recovery Stop Light

Recovery is a journey, it's important to check in with yourself to ensure that you are in alignment with thoughts, behaviors and habits that you've identified as recovery oriented. What is "recovery oriented" will differ person to person and it's up to you to determine what that might look like for *you*. This also might look different at the start of your recovery journey then later on, so you should check back and update as needed



This worksheet is designed to help you identify your green, yellow and red lights.

Some items in your yellow and red light lists might overlap, distinctions about frequency or intention might be important to note.

Green Light- Activities, behaviors, tasks, appraisals, etc that you identify as important to your recovery journey. *(Examples might include taking meds as directed, prioritizing ADLs and self care activities, making and keeping doctors, therapist, and/or nutritionists appointments.)*

Yellow Light- These are behaviors, urges, patterns, thoughts, etc that, while on the surface might not be overtly indicative of a problem, are something that you might want to keep an eye on to avoid having them develop into more. *(Examples might include canceling appointments, struggling with flexibility, missing medications or meals, spending significant time alone or without engaging in hobbies or preferred activities, neglecting ADLs, etc.)*

Red Light- These are behaviors, urges, patterns, thoughts, etc that you identify as disordered, not recovery oriented, and are of concern. Red light behaviors indicate you need to take action to reach out for support. *(Examples might include actively engaging in symptom use, struggling with flexibility, isolating from supports, dishonesty or justification related to symptom use, etc.)*

Green Light

Lined writing area for 'Green Light'.

Yellow Light

Lined writing area for 'Yellow Light'.

Red Light

Lined writing area for 'Red Light'.