



Recovery Worksheets

A free recovery resource from Stepwise Recovery

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STEPWISE RECOVERY

Recovery Worksheets

Practical Tools for Daily Recovery, Step Work, and Self-Reflection

Print. Reflect. Grow.

Six worksheets designed to deepen your understanding and strengthen your programme.

How to Use These Worksheets

These worksheets are designed to be printed and completed by hand. There is something about the act of writing, rather than typing, that connects us more deeply to our thoughts and feelings. Take your time with each one.

You can use these worksheets independently, with a sponsor, or in a group setting. There are no right or wrong answers. The only requirement is honesty.

What Is Inside

- **Worksheet 1:** Daily Recovery Review — A structured end-of-day reflection using the traffic-light system.
- **Worksheet 2:** Six-Lens Step Reflection — Explore any Step through all six lenses of the Stepwise Framework.
- **Worksheet 3:** Gratitude and Progress Journal — Track what is going well and where you are growing.
- **Worksheet 4:** Amends Planning — A structured approach to preparing for Steps Eight and Nine.
- **Worksheet 5:** Triggers and Coping Strategies — Identify your personal triggers and plan your responses.
- **Worksheet 6:** Sponsor Meeting Preparation — Get the most from your time with your sponsor.

Print as many copies as you need. These worksheets are yours to use throughout your recovery journey.

Worksheet 1: Daily Recovery Review

Complete this at the end of each day. Be honest with yourself. Circle or mark the traffic-light colour that best reflects your day in each area.

Date: _____ Days in recovery: _____

Area of Recovery	Green	Amber	Orange	Red
Honesty with myself and others				
Willingness to ask for help				
Connection with others in recovery				
Managing cravings or urges				
Self-care (sleep, food, exercise)				
Emotional regulation				
Spiritual practice (however you define it)				
Service to others				

What went well today?

What was difficult today?

What will I do differently tomorrow?

Worksheet 2: Six-Lens Step Reflection

Choose any Step you are working on. Write the Step below, then explore it through each of the six lenses. There are no wrong answers — write whatever comes to mind.

Step number: _____ Date: _____

Write the Step in your own words:

Lens 1: Identification and Denial

Where do I see myself in this Step? What patterns or behaviours does it describe that I recognise in my own life?

Lens 2: Powerlessness

How does this Step reveal my powerlessness? Where have I tried to control the uncontrollable?

Lens 3: Turning Point / Surrender

What shift is this Step asking me to make? What would surrender look like here?

Lens 4: Spiritual Experience

What spiritual principle is at work in this Step? How might grace or transformation show up here?

Lens 5: Passing It On

How will working this Step help me help others? What could I share from this experience?

Lens 6: Spiritual Resistance and Ego Defence

Where am I resisting this Step? What part of me wants to argue, avoid, or shut down? What am I afraid of?

Overall reflection: What stands out to me after looking through all six lenses?

Worksheet 3: Gratitude and Progress Journal

Use this weekly to notice what is going well in your recovery. Gratitude is not about ignoring difficulty — it is about noticing the good alongside the hard.

Week beginning: _____

Three things I am grateful for this week:

One way my recovery has grown or deepened recently:

Something kind someone did for me, or I did for someone else:

A moment this week when I felt connected (to others, to a higher power, or to myself):

What am I looking forward to next week?

Worksheet 4: Amends Planning

Use this worksheet when preparing for Steps Eight and Nine. Work through this with your sponsor before making any amends. Be thorough but remember: the goal is freedom, not perfection.

Date: _____

Person I harmed:

What I did (be specific and honest):

How my actions affected this person:

My part in what happened (setting aside what they did):

What I want to say (practise writing it out):

Could making this amend harm the other person or anyone else? If so, how?

Pre-Amends Checklist

Discuss each of these with your sponsor before proceeding.

- I have discussed this amend with my sponsor.
- I am making this amend for the right reasons (to clean my side of the street, not to get a specific response).
- Making this amend will not cause further harm to the other person.
- Making this amend will not cause harm to any third party.
- I am prepared for any response, including no response.
- I have no expectation of forgiveness or reconciliation.
- I am not using this amend to justify or explain my behaviour.

Notes from my sponsor about this amend:

Worksheet 5: Triggers and Coping Strategies

Understanding your personal triggers is essential for protecting your recovery. Use this worksheet to identify what puts you at risk and plan your responses in advance — before you are in the moment.

Date: _____

My Personal Triggers

Trigger	My Planned Response

My Emergency Contacts

Write down the people you will call before you use. Keep this list somewhere you can always find it.

Name	Telephone Number

UK Helplines

Samaritans: 116 123 (free, 24 hours) | FRANK: 0300 123 6600

NA Helpline UK: 0300 999 1212 | SHOUT Crisis Text Line: text SHOUT to 85258

Worksheet 6: Sponsor Meeting Preparation

Complete this before meeting with your sponsor. It helps you make the most of your time together and ensures you cover what matters most.

Date of meeting: _____

What Step or area of recovery am I currently working on?

What has gone well since our last meeting?

What has been difficult or confusing?

Is there anything I have been avoiding or putting off? (Be honest.)

Specific questions I want to ask my sponsor:

Is there anything I need to be honest about that feels uncomfortable?

Honesty with your sponsor is honesty with yourself.

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Need help right now?

Samaritans: 116 123 (free, 24 hours) · FRANK: 0300 123 6600

Narcotics Anonymous UK: 0300 999 1212 · SHOUT: text 85258

Childline (under 19s): 0800 1111 · Nacoda: 0800 358 3456