Finding Your Way to Recovery Worksheet

• Use new ways of coping and healing.
  • What are some new ways you can cope and be more comfortable?

• Find meaning or more spirituality in your life.
  • Do you feel like there is meaning and purpose in your life?
  • How can you add more?

• Get the help you need to manage your symptoms
  • How can you be an active member of your health care team?
  • What barriers have kept you from getting help when you need it?

• Increase social support
  • How can your friends and family help you?
  • What are some ways you could improve your social life?

• Make healthy lifestyle changes.
  • What healthy habits for your mind or body do you want to start?
  • What is the first step to take?

• Learn and prepare for your recovery journey
  • How have you grown during this tough time?
  • What have you learned about yourself and your life experiences?