**The Stages of Recovery: A Roadmap to Healing**

**Purpose:**
Recovery is a journey, not a one-time decision. It unfolds in stages, each with its own challenges, opportunities, and milestones. Understanding these stages can help you navigate the process with greater clarity and confidence, allowing you to celebrate progress while addressing setbacks with resilience.

The stages of recovery are often framed within the **Stages of Change Model**: precontemplation, contemplation, preparation, action, and maintenance. These stages reflect the natural progression of change, emphasizing that recovery is not linear—it is a cycle of growth and learning. By understanding where you are in this process, you can make informed decisions about your next steps and approach each stage with patience and self-compassion.

This worksheet will help you reflect on your own recovery journey, identify where you are in the stages of change, and explore strategies for moving forward.

**1. The Stages of Recovery Explained**
The Stages of Change Model outlines the following phases:

* **Precontemplation:** At this stage, you may not yet recognize the need for change or feel resistant to the idea of recovery.
* **Contemplation:** Here, you begin to weigh the pros and cons of change, acknowledging the possibility of a different future.
* **Preparation:** This stage involves planning and committing to change, setting the foundation for action.
* **Action:** During this phase, you actively work toward recovery, implementing strategies and seeking support.
* **Maintenance:** This stage focuses on sustaining the progress you’ve made and preventing relapse.

Where do you see yourself in the recovery process right now?

What do you feel is the most challenging aspect of this stage?

**2. Reflecting on Precontemplation and Contemplation**
In the early stages of recovery, it’s common to feel ambivalent about change. This resistance often stems from fear of the unknown, attachment to familiar patterns, or doubt about whether change is possible.

Think back to a time when you resisted the idea of recovery. What thoughts or feelings held you back?

What shifted your perspective and allowed you to consider the possibility of change?

**3. Preparing for Change**
Preparation is about turning intention into action. This stage involves gathering resources, setting goals, and building a support system to strengthen your commitment.

What steps have you taken—or could you take—to prepare for recovery? (e.g., reaching out for help, setting boundaries, or exploring treatment options)

Who or what in your life supports your decision to move forward?

**4. Taking Action**
The action stage involves implementing strategies and making tangible changes in your behavior and environment. This phase can feel empowering but also overwhelming as you encounter challenges and temptations.

What are some specific actions you’ve taken (or plan to take) to support your recovery?

How do you handle setbacks or moments of doubt when they arise?

**5. Maintaining Progress**
Sustaining recovery requires ongoing effort and adaptation. The maintenance stage is about reinforcing positive habits, managing stress, and staying vigilant against triggers or relapse.

What strategies have helped you maintain your progress so far?

What new tools or habits could you develop to strengthen your recovery in the long term?

**6. Understanding Relapse**
Relapse is a natural part of the recovery process for many and does not mean failure. Instead, it can be viewed as an opportunity to learn and refine your strategies.

Have you experienced setbacks in your recovery? If so, what did they teach you about yourself or your triggers?

What changes can you make to reduce the risk of relapse moving forward?

**7. Reflection on Your Recovery Journey**
Recovery is a deeply personal and dynamic journey. It involves not only changing behaviors but also rethinking your relationship with yourself, others, and the world around you.

Looking back on your journey, what is one thing you are proud of accomplishing so far?

What does the next step in your recovery look like to you?

**Conclusion:**
The stages of recovery remind us that change is a process, not a destination. Each phase brings its own challenges and opportunities for growth, and progress is often marked by small, deliberate steps rather than dramatic transformations. Wherever you are in your journey, remember that recovery is possible—and that every step forward is a victory worth celebrating. By understanding the stages and honoring your progress, you are building a foundation for lasting healing and resilience.