

CRAFT Connect: WE RECOVER TOGETHER

“My Recovery Story, So Far” Worksheet (Rev 6.30.23)

1. Identify your underlying positive feelings about your family and other Concerned Significant Others (CSOs).

2. Describe the major problem areas – physical, emotional, social, spiritual, intellectual, occupational, financial – you have experienced as a result of a behavioral health disorder(s). Challenges that have diminished the overall quality of your life.

3. Express the frustrations, painful thoughts and feelings you have about these struggles – shame, guilt, anger, fear, anxiety, loss, grief, isolation, etc.

4. What have you done in the past to try and change or stop unwanted behaviors? Has it been effective?

5. Which major problem areas would you like to work on during your study?
