

# GOALS AND VALUES

## WORKSHEET FOR SURVIVORS

### Instructions

1. Keeping your recovery in mind, write 2-3 bullet pointed items in each of the four boxes below and then answer the reflection questions.

<u>BENEFITS OF RECOVERY</u>	<u>COSTS OF RECOVERY</u>
<u>BENEFITS OF NOT RECOVERING</u>	<u>COSTS OF NOT RECOVERING</u>

### Reflection Questions

1. How confident are you that you could grow in your recovery if you wanted to?

NOT AT ALL ← 1 2 3 4 5 6 7 8 9 10 → VERY

a. What makes you that confident?

b. What would it take to raise your score?

2. How important is growing in your recovery to you?

NOT AT ALL ← 1 2 3 4 5 6 7 8 9 10 → VERY

a. What makes your recovery that important?