

# MY RECOVERY TOOLBOX

Outcomes	Connect outside of myself	Connect with myself	Be in the present	Find a refuge / safe place	Have faith / hope	Be honest	Be humble	Find serenity / peace
<b>Reflection</b>								
Prayer	✓				✓		✓	✓
Meditation		✓		✓		✓		✓
Letter Writing	✓	✓				✓		
Journal Writing		✓	✓			✓		
Poetry Writing		✓				✓		✓
<b>Talk</b>								
Talk with Others	✓	✓	✓			✓		
Call a Friend	✓	✓	✓			✓		
Talk to a professional	✓	✓	✓		✓	✓		
<b>Listen</b>								
Listen to others	✓		✓				✓	
Listen to music				✓				✓
<b>Quick Fixes</b>								
Have a cup of tea				✓				✓
Do laundry		✓		✓				
Close eyes for a minute		✓	✓	✓				✓
Walk/Exercise		✓	✓	✓				
Sing/Dance					✓	✓		
<b>Reading</b>								
Read a 12 step book		✓			✓	✓	✓	✓
Read book/newspaper	✓		✓		✓			
Read The Bible		✓		✓	✓		✓	✓
Reread letters	✓		✓		✓			
<b>Other</b>								
Go to a 12 Step Meeting		✓	✓	✓		✓	✓	
Postive Self-Talk/Affirmations		✓		✓				✓

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