

Recovery Review

Recovery is not a straight line — it's a journey with twists and turns

When you are in the heat of the daily battle, it can be difficult to see real progress. This weekly review helps you step out of the immediate moment and look at the full picture as an observer. It is not a test you pass or fail, but an honest mirror reflecting your efforts and directing your awareness toward the right path.

- 1 Dedicate quiet time:** Give yourself at least 30 minutes of undisturbed reflection each week to write honestly and deeply.
- 2 Fill it out consistently:** Complete your review at the end of every week, or after facing a significant challenge to safely restore your balance.
- 3 Avoid judgment and observe with a neutral eye:** Treat your experiences as objective scientific data to learn and benefit from. Avoid self-criticism or self-blame.
- 4 Keep your previous reviews:** Comparing your past reviews over the weeks provides tangible evidence of your true growth and personal evolution.

Recommendations for the printed version:

- Use a different colored pen for each weekly review to clearly distinguish your ratings and observations over time.
- Do not erase or cross out stumbles; acknowledging and documenting them is the vital first step to overcoming them successfully.
- Write down the date clearly at the top of each page to accurately map your timeline.
- Share your thoughts and discovered patterns with a recovery partner or a trusted advisor, if available, to strengthen your commitment. Alternatively, you can send it to a version of yourself holding the title of "The Counselor". Before opening the email or message, embody this persona by taking deep breaths for one minute, then reply with the guidance you deem most appropriate for your state.

Week Assessment & Balance

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Before forming any judgment about your week, contemplate these five indicators objectively and circle or shade the corresponding number:

• 1. Intensity of sudden urges this week

1	2	3	4	5	6	7	8	9	10
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Very mild / negligible

Very severe / required major effort

• 2. My ability to apply the emergency plan and resist urges

1	2	3	4	5	6	7	8	9	10
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Beginning / needs practice and training

Strong and excellent / made conscious choices

• 3. Level of awareness and tracking of daily triggers

1	2	3	4	5	6	7	8	9	10
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Low / frequent mental distractions

Very high / mindful and alert throughout

• 4. Sleep quality and physical recovery level

1	2	3	4	5	6	7	8	9	10
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Exhausted / highly unstable

Deep and excellent / fully rested body

• 5. Overall emotional balance and psychological stability

1	2	3	4	5	6	7	8	9	10
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Low / constant anxiety and stress

High / balanced and accepting of emotions

A temporary stumble is not a barrier to your progress, nor should it be a reason to fall back, stop advancing, or abandon your recovery journey. Instead, it is a valuable piece of information that grants you deeper self-knowledge. Document the details of any stumble to turn it into an opportunity for learning:

Date	Preceding Trigger (What happened?)	What I learned from this	How will I act differently in the future?

✦ Deep Reflective Guidance

When we face a challenge, the most important question is never **"why did I stumble?"**, which often leads to self-blame, but rather the empowering question: **"what did I understand and learn about myself through this stumble?"**. Use these answers to upgrade and strengthen your preventative emergency plan.

Often, we focus all our attention on the moments of struggle and forget to observe and celebrate our victories of resistance and conscious presence. Document 5 wins here, no matter how small:

Inspirational examples to help you begin: "Successfully resisted a strong urge late at night" • "Contacted a supportive person instead of acting on a trigger" • "Committed to walking to ease emotional pressure" • "Shut down my device to avoid mindless browsing".

Win Number 1:

Win Number 2:

Win Number 3:

Win Number 4:

Win Number 5:

"A small victory repeated daily makes a deeper impact on the brain than a massive, sporadic one."

"Recovery is not measured by never falling... but by how quickly you return with new awareness."

Conducting this review regularly and systematically is a major victory in itself. You are not running away from your reality; instead, you are facing it with courage, honesty, and a healthy curiosity to understand and develop your potential.

Always remember throughout your recovery and self-empowerment journey:

Do not demand absolute perfection from yourself — focus your energy and devotion on consistency alone.

Access more self-assessment and recovery tools:

tamkinly.com/recovery

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Return to who you already are