

Stage Assessment

Which stage of recovery are you in right now?

Recovery moves through four sequential psychological stages. Identifying your current stage helps you select the correct tools and avoid the frustration that comes with unrealistic expectations. Genuine progress depends on aligning your current expectations with practical, real-world tools.

- 1 Choose a quiet time:** Secure a comfortable, distraction-free space to reflect and write with absolute honesty.
- 2 Answer objectively and honestly:** Remember this worksheet is a true mirror of your journey; its purpose is not for self-indictment or passing judgment, but for constructive understanding.
- 3 There are no wrong answers:** Every stage is a necessary and invaluable step along your unique path of growth.
- 4 Reassess monthly:** Reviewing your historical logs regularly gives you a cumulative vision of your emotional maturity and evolving awareness.

Recommendations for the printed version:

- Use a distinct colored pen for each session to simplify tracking your growth over time.
- Avoid erasing or crossing out previous entries; every assessment reflects your state of awareness at that exact moment and deserves to be honored.
- Write down the date clearly to document your timeline and continuous progress.
- Compare your current results with past assessments to see the gradual shifts in your thinking and patterns.

Before identifying your current stage, read the characteristics of each stage slowly and map them to your daily habits and awareness:

1 Awareness Stage (Awareness)

You recognize patterns and triggers. You begin noticing your behavior and catching urges early instead of acting on autopilot in a repetitive loop.

2 Understanding Stage (Understanding)

You learn how habits, emotions, and neural pathways interact. You discover safety vulnerabilities and mindfully map the behavior loop without self-blame.

3 Recovery Stage (Recovery)

You build practical systems that reduce friction with triggers and support better choices. You commit to your emergency plan and a permanent log.

4 Growth Stage (Growth)

You redirect your energy toward a meaningful life and a strong, authentic identity. Mindful reflection and psychological stability have become natural parts of your identity.

Which stage feels like it describes your current situation? Circle the number:

☐ 1 ☐ 2 ☐ 3 ☐ 4

What made you choose this stage? (Record details of your internal and external reality):

"Knowing your stage isn't a verdict... it's a roadmap showing you your next step."

Remember that each stage holds its own unique challenges and possesses tools designed specifically for it. Avoid comparing your current state to someone who is in a different stage of growth; arbitrary comparisons only scatter your attention and hinder the natural development of your awareness.

Respect your brain's pace in cognitive healing, and allow yourself the opportunity for safe, gradual building throughout the journey.

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

Access more self-assessment and stage-tracking tools:
tamkinly.com/recovery

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Return to who you already are