



### Activity 4: Progressing Toward Recovery

Visit [R1RECOVERYFIRST.COM](http://R1RECOVERYFIRST.COM) to download printable Activity Worksheets.

1. What Phase of Addiction are you currently in (or do you think you're in)? Check one.

2. Which Phase of Addiction do you want to focus on at this point in your recovery? Check one.

- Progressive Phase
- Crucial Phase
- Chronic Phase
- Rehabilitation Phase
- Recovery Phase

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Find the Sorting Cards for the Rehabilitation or Recovery Phases (whichever you checked above).

Pick up to 3 Sorting Cards that you would like to work toward to support your recovery.

Questions to Explore	Discovery Card 1	Discovery Card 2	Discovery Card 3
1. Which Sorting Cards did you pick?			
2. Why did you pick each card?			
3. What actions will you take to advance toward or reach this state of thinking or behavior?			
4. What's your goal timeline?			
5. Who can you ask for help and support?			