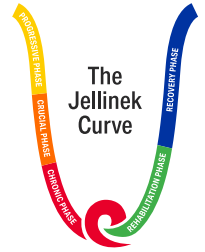




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## Activity 4: Identify My Progress in Recovery

Visit [R1LEARNING.COM](http://R1LEARNING.COM) to download printable Activity Worksheets.

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

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

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

- Rehabilitation Phase
- Recovery Phase

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. What resonated with you about this behavior?			
3. What is one action you can take to progress toward healthier behavior? By when?			
4. What will be the benefit for you and others?			
5. Who can you ask for help and support?			