



PiC Wellness™

Recovery Tools

A Practical Reflection Bundle



Eight compassionate, practical worksheets for awareness, coping, motivation, connection, and relapse prevention.

Create. Connect. Discover. Grow.

Educational resources. Source attribution appears on each worksheet.



Triggers & Warning Signs



Triggers are situations, thoughts, feelings, people, places, memories, or body states that may increase vulnerability. Warning signs are changes we notice in ourselves before a return to old patterns.

People / Places / Situations that raise my risk:

Thoughts or feelings I notice:

Changes in sleep, routines, connection, or self-care:

My early warning signs that tell me I need support:

When I notice these signs, my next helpful step is:

Coping Skills



A coping skill does not have to make a difficult feeling disappear. Its job may simply be to help us create enough space to choose what happens next.

Skills I can try:

Pause & Breathe

Slow the moment down. Name what is happening.

Move

Walk, stretch, exercise, shower, step outside.

Connect

Call, text, attend a meeting, sit with someone safe.

Distract Intentionally

Music, a task, a game, cleaning, creativity.

Ground

Notice five things you see, four you feel, three you hear.

Care for the Body

Eat, hydrate, sleep, take prescribed medication.

Change the Setting

Leave a risky place or move toward a safer one.

Delay

Give the urge time to rise and fall before making a decision.

Three coping skills that work best for me:

Urge Surfing



An urge can feel urgent without requiring immediate action. Urge surfing uses the image of a wave: notice it rise, crest, and fall while staying present rather than fighting it or automatically following it.

1. NOTICE

Where do I feel the urge in my body?

2. NAME

What am I noticing - pressure, heat, tension, thoughts, images?

3. BREATHE

Let the breath move through the experience without forcing it away.

4. RIDE

Imagine the urge as a wave. I do not have to become the wave.

5. CHOOSE

What action supports the life I am building?

What usually happens before one of my strongest urges?

What could help me ride this wave safely?

Playing the Tape Forward



When the mind focuses only on immediate relief, it can help to mentally continue the story past the first few minutes. Ask: If I make this choice, what is likely to happen next - and after that?

The choice I am considering:

What might I get in the first 10 minutes or hour?

What is likely later today or tonight?

What could tomorrow look or feel like?

What choice better protects what matters to me?

Cost-Benefit Analysis



Ambivalence is human. This exercise makes room for the whole picture - what a behavior gives us, what it costs us, and what may change if we choose differently. Mark items ST for short-term or LT for long-term when helpful.

Benefits of continuing the behavior

Costs of continuing the behavior

Benefits of changing / stopping

Costs or challenges of changing

What pattern do I notice when I compare short-term relief with long-term impact?

Values & Motivation



Motivation changes. Values can help us remember why change matters even on days when motivation feels quiet. Values are not goals to finish; they are directions we choose to move toward.

Circle or check what matters most right now:

- | | | |
|-------------------------------------|---|---------------------------------------|
| ☐ Family | ☐ Health | ☐ Honesty |
| ☐ Freedom | ☐ Faith / Spirituality | ☐ Connection |
| ☐ Purpose | ☐ Stability | ☐ Growth |
| ☐ Creativity | ☐ Service | ☐ Self-Respect |

My three most important values right now:

How does recovery or change help me live closer to these values?

One small values-aligned choice I can make today:

My Support Circle



Recovery does not have to happen in isolation. Support may include peers, family, friends, sponsors or mentors, counselors, healthcare professionals, faith communities, recovery groups, coworkers, or other safe people.

People I can call when I am struggling:

Recovery / peer supports:

Professional supports:

People who help me remember who I want to be:

A connection plan for a hard day:

First person I will contact: _____

Meeting / place I can go: _____

What I need to say out loud: _____

My Relapse Prevention Plan



A prevention plan is easier to use when it is written before the difficult moment. The goal is not perfection. The goal is recognizing vulnerability sooner and having choices ready.

My highest-risk situations:

My earliest warning signs:

What I will do when an urge begins:

People / meetings / supports I will reach for:

Places or situations I may need to leave or avoid:

What I want to remember about why recovery matters:

If I have a lapse or recurrence, my next compassionate recovery step is: