

Surrender in Recovery Worksheet

Name:

Date:

I. Reflection of Addiction

1. Substance(s) or behavior(s) of concern:

2. Previous attempts to overcome addiction:

II. Acknowledging the Impact

Consequences of My Addiction

1. On myself:

2. On loved ones:

3. On my life and future:

III. Embracing Surrender

1. What does surrender mean to me?

2. Fears and barriers to surrendering:

3. Benefits I anticipate from surrendering:

IV. Commitment to Recovery

1. Steps I am willing to take towards recovery:

2. Support systems and resources I can utilize:

3. Personal affirmations for my journey:

V. Reflections and Next Steps

1. What I hope to achieve through recovery:

2. Immediate next actions to begin my recovery journey:

Signature:

Date:

This worksheet is designed to guide you through the process of surrender, which is a crucial step in the journey of recovery from addiction. By honestly answering these prompts, you're taking significant strides towards understanding your addiction, its impacts, and the transformative power of surrender.