

Mastering Recovery



CONNECTION CHECKLIST

What Keeps You Connected?

Use this list to reflect, reconnect, and realign with the supports that keep your recovery alive.



People

- ☒ Trusted friend or sponsor I can call
- ☒ Recovery group I feel safe in
- ☒ Someone I listen to even if they don't "fix" it)
- ☒ Person who challenges me with care
- ☒ Younger or newer person I support



Practices

- ☒ A weekly rhythm that includes reflection or quiet
- ☒ Journaling, prayer, or meditation
- ☒ Moving my body in mindful ways (walking, stretching, etc.)
- ☒ Something creative that keeps me present



Places & Spaces

- ☒ My go-to safe space for grounding (meeting, park, workspace, etc.)
- ☒ A physical object or routine that reminds me I'm not alone
- ☒ Digital space that uplifts (not drains) me
- ☒ Recovery materials I return to (books, podcasts, etc.)

Mastery begins in relationship — not in control.