The S.E.C.R.E.T. Recovery Framework
Stop • Explore • Challenge • Reconnect • Exchange • Take Action

THE RECOVERY SPACE
SUPPORT. COMPASSION. HOPE. TOGETHER.

S.E.C.R.E.T. Tool: Pause, Distract & Choose Worksheet

A practical tool to help me pause during an urge, create space, use a safer distraction, and choose my next recovery-focused step.

Name: _____ | **Date:** _____

1 What am I feeling pulled to do?

What urge, craving, impulse, or risky thought has shown up?

2 Pause: How long can I delay acting on this urge or thought?

☐ 5 minutes ☐ 10 minutes ☐ 15 minutes ☐ 20 minutes ☐ Other: _____

During this pause, I will move away from risk by:

3 Distract: What safe distraction or coping strategy can I use while the urge passes?

☐ Breathing or grounding
☐ Going for a walk
☐ Drinking water or eating something
☐ Shower or fresh air
☐ Music, TV, gaming, or reading
☐ Cleaning or doing a small task
☐ Messaging or calling someone
☐ Leaving the situation or place
☐ Writing down what I feel
☐ Other: _____

4 Check in after the pause

How strong was the urge before? _____ / 10 How strong is it now? _____ / 10

What do I notice now?

5 Choose my next safe step

What is the safest recovery-focused choice I can make now?

6 Who or what can support me if I still feel at risk?

This worksheet is for reflection and recovery support. It is not a replacement for professional, medical, mental health, or emergency support.
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