S.E.C.R.E.T. Tool: Values & Recovery Priority Check

A practical tool to help me reconnect with what matters, notice where I may be pulled off course, and choose one recovery priority to protect.

Name: _____ **Date:** _____

1 WHAT MATTERS TO ME RIGHT NOW

Think about the people, qualities, goals and parts of life you want to protect or build. There is no right order and no need to rank them.

A person, relationship or part of life I want to protect:

A value or quality I want to live by:

Something I want recovery to make possible:

2 NOTICE WHAT IS PULLING ME AWAY

What behaviour, urge, habit, pressure or situation has been taking me away from what matters?

What might be underneath this for me? Think about feelings, needs, stress, fear, tiredness, loneliness, avoidance, pressure, or something else.

3 CHECK THE IMPACT

If this keeps taking the lead, what could become harder, damaged or less present in my life?

Which part of what matters feels most affected right now?

4 CHOOSE MY RECOVERY PRIORITY

What do I want to move towards or protect this week?

Why does this matter to me now?

What would one small sign of moving in that direction look like?

5 TAKE ONE STEP

One small recovery-focused action I will take: _____

Who or what can support me? _____

When will I start? _____

My next safe step today is: _____

This worksheet is for reflection and recovery support. It is not a replacement for professional, medical, mental health, or emergency support.
© 2026 The Recovery Space. S.E.C.R.E.T. Recovery Framework. All rights reserved.
Personal reflection use only. Please do not edit, rebrand, sell, or redistribute as your own.