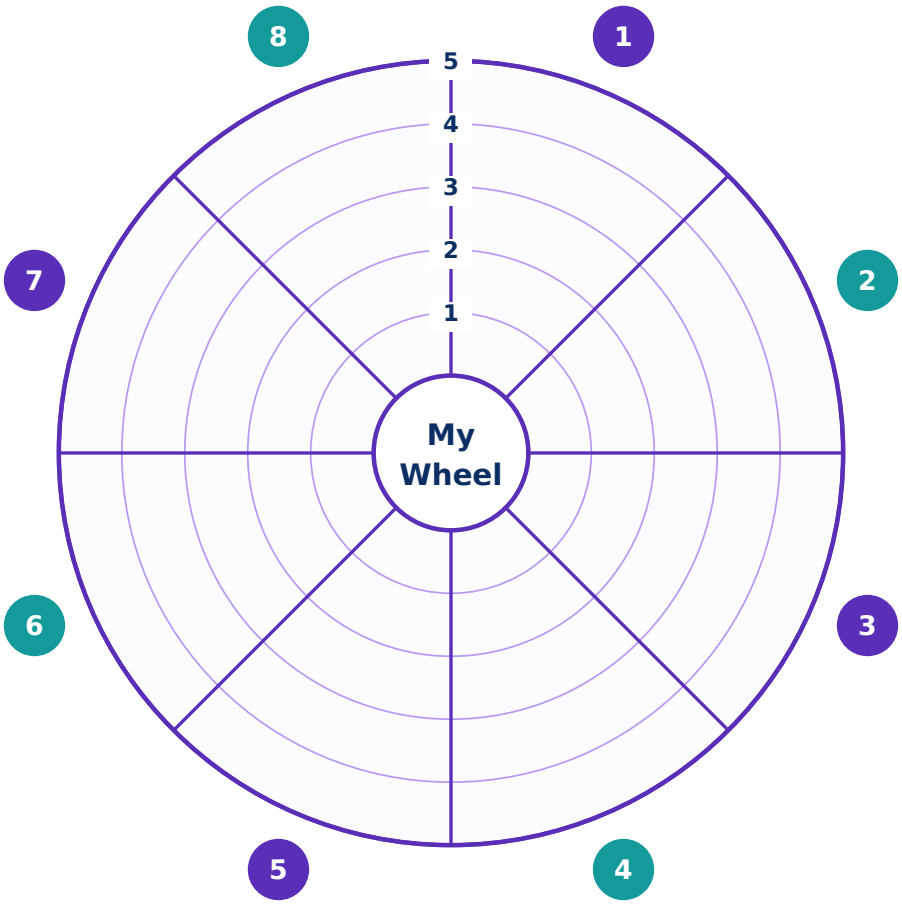
Recovery Bonus Tool

MY RECOVERY CHECK-IN WHEEL

A practical recovery reflection worksheet.

This practical tool helps you pause and notice which areas of recovery may need more support right now. Shade each section from the centre outwards to the level that best reflects how that area feels today.

1 = Needs support now | 2 = Needs attention | 3 = Mixed / in-between
4 = Mostly steady | 5 = Feels strong or steady



This is a snapshot, not a scorecard.

There are no right or wrong ratings. Use page 2 to match each area number with the recovery area.

RECOVERY AREAS

Use these prompts to think about what each section of the wheel means for you right now.

1 Emotional Wellbeing

How I am coping with my emotions and feelings.

2 Physical Wellbeing

How I am looking after my physical health and basic needs.

3 Sleep & Rest

Whether I am getting enough rest and recovery time.

4 Routine & Structure

How steady my routines, habits and daily structure feel.

5 Support & Connection

How connected I feel to people, groups or services that support me.

6 Managing Triggers & Urges

How able I feel to notice and manage triggers, cravings or urges.

7 Purpose & Motivation

How connected I feel to goals, meaning and reasons to keep moving forward.

8 Self-Care & Self-Compassion

How well I am looking after myself and responding without harsh self-judgement.

Small changes in one area can create a positive ripple effect across others.

The S.E.C.R.E.T. Framework

Stop • Explore • Challenge • Reconnect
Exchange • Take Action

THE RECOVERY SPACE

LOOKING AT MY WHEEL

Use these questions after shading your wheel. They are here to support reflection, not judgement.

What stands out to me?

Which area may need more support right now?

Which area feels strongest or steadiest at the moment?

What is one small step I can take this week?

Before you decide...

- What am I noticing?
- What do I need right now?
- What is one healthy step I can take next?

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.