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

Stop • Explore • Challenge • Reconnect • Exchange • Take Action

THE RECOVERY SPACE

SUPPORT. COMPASSION. HOPE. TOGETHER.

Recovery Reminder 10

THINK

A simple recovery check-in.

When thoughts feel convincing, THINK can help you slow down and question them before acting.

Not every thought needs to be believed, followed, or fought.

T — Thought
What thought is driving this urge or reaction?

H — Helpful Or Harmful?
Is this supporting me or pulling me toward risk?

I — Is It True?
What evidence do I have for and against it?

N — New Perspective
What would I say to someone I cared about?

K — Keep Recovery First
What choice protects my recovery right now?

Before you decide...

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



This Recovery Reminder is designed to support reflection and recovery. It is not a replacement for professional, medical, mental health, or emergency support.

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