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 11

RECOVERY

A personal recovery check-in.

Recovery is not just about what you stop doing.
It is also about who you are reconnecting with and the life you are building.

Use RECOVERY to come back to yourself and your next safe step.

R — Reconnect
What helps me feel connected to myself again?

E — Evaluate
What is helping my recovery, and what is making it harder?

C — Coping
What healthy coping strategy can support me today?

O — Open Up To Support
Do I need to talk, ask for help, or let someone in?

V — Visualise
What kind of life am I moving towards?

E — Explore
What am I learning about myself in recovery?

R — Rediscover
What parts of me are beginning to return?

Y — You
Who am I becoming in recovery?

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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