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

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

THE RECOVERY SPACE

SUPPORT. COMPASSION. HOPE. TOGETHER.

MY BOUNDARIES OF CONTROL

A recovery reminder for separating what I cannot control from what I can work with.

WHAT I CANNOT CONTROL

- Other people's choices
- Other people's opinions
- How other people react
- The past
- Unexpected changes or delays
- What other people think
- World events
- Whether somebody understands me

WHAT I CAN WORK WITH

- My thoughts
- My actions
- My boundaries
- How I respond
- My recovery choices
- Whether I ask for support
- My self-care
- What I say yes or no to

> *"I cannot control everything around me, but I can choose where I place my attention, energy and next recovery step."*

Where will I put my energy?

1. What am I carrying right now that I cannot change or control?
2. What is actually mine to work with?
3. What boundary, support choice or recovery action could help?
4. What is my next safe step?

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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