The S.E.C.R.E.T. Recovery Framework
Stop • Explore • Challenge • Reconnect • Exchange • Take Action

THE RECOVERY SPACE
SUPPORT. COMPASSION. HOPE. TOGETHER.

S.E.C.R.E.T. Tool: My Recovery Strengths Worksheet

A practical tool to help me recognise the strengths, qualities, skills, and support that can help protect my recovery.

Name: _____ **Date:** _____

1 What strengths have helped me get this far?

What qualities, choices, or actions have helped me survive, cope, change, or keep going?

2 What have I learned about myself in recovery?

What have difficult times, progress, setbacks, or support taught me about myself?

3 What skills or coping tools do I already use?

What helps me manage urges, emotions, stress, thoughts, conflict, or difficult moments?

4 Who or what strengthens my recovery?

What people, places, routines, values, groups, services, activities, or beliefs help me stay connected to recovery?

5 What strengths can I remind myself of when things get tough?

What personal qualities, progress, or coping abilities do I need to remember during hard moments?

6 How can I use my strengths this week?

One strength I want to use more is:

One small recovery-focused step I can take with this strength is:

This worksheet is for reflection and recovery support. It is not a replacement for professional, medical, mental health, or emergency support.
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