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 Routine Reset Worksheet

A practical tool to help me notice when my routine is slipping, reconnect with basic stability, and choose one small step to reset my day.

Name: _____ | **Date:** _____

1 What has slipped recently?

What part of my routine, self-care, recovery, or wellbeing has been harder to keep up with?

2 What might be affecting my routine?

What feelings, thoughts, situations, stress, tiredness, urges, or changes may be making things harder?

3 What basic need needs attention first?

What do I need to focus on before everything else feels more manageable?

4 What small routine step can I restart?

What is one simple action I can take today to bring a little structure back?

5 My next 24-hour reset plan

One thing I will do for my body is:

One thing I will do for my mind or recovery is:

One thing I will do to reduce risk or stress 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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