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 Reset Worksheet

A practical tool to help me pause, understand what is happening, reconnect with recovery, and choose my next safe step.

S **STOP -** What do I need to pause, stop, or step away from right now?

E **EXPLORE -** What am I feeling, thinking, craving, needing, or avoiding?

C **CHALLENGE -** What risky thought, excuse, urge, or belief do I need to question?

R **RECONNECT -** What matters to me right now, and who or what can I reconnect with?

E **EXCHANGE -** What old pattern can I swap for a safer coping strategy?

T **TAKE ACTION -** What is one small recovery-focused step I can take now?

The next safe step I will take 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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