

HOW DO I FEEL? CONNECTING TO RECOVERY

How do I feel TODAY?	At Who or What?	Why?	Was I tempted to use? (Y or N, Explain)	Recovery Response? (4th step? phone call? prayer? surrendered defect?)
Angry?			Yes ___ No ___	
Resentful?			Yes ___ No ___	
Hurt, Lonely, Abandoned			Yes ___ No ___	
Anxious or Afraid?			Yes ___ No ___	
Ashamed?			Yes ___ No ___	