

YOUR STRENGTHS

GETTING STARTED
IN YOUR RECOVERY

This exercise is an opportunity to look at yourself and to get a sense of who you are and where you've come from.

Fill out each box with important things in your life, this might include:

The relationships that matter to you

Good and bad things you feel physically

Good and bad things you feel emotionally

The interests you have

The interests you used to have

Your current or previous job



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YOU TODAY

EMOTIONS

RELATIONSHIPS



YOU TODAY

HEALTH

INTERESTS

WORK

**Now let's take a look at your strengths, this time
you should think about all the things that are
positive in your life.**

Your strengths could include:

**People that
you're able to
draw upon in a
time of crisis,
this could be
friends, family,
or someone else**

**Groups, such as
AA, NA, SMART
recovery**

**Talents that you
possess, perhaps
you are good at
practical things,
or are seen by
others as honest
or as friendly**

**Positive
qualities that
you possess,
maybe you are
naturally
determined or
strong-willed or
generous**



EXAMPLES

Adventurous

Artistic

Athletic

Brave

Community
minded

Competitive

Cool-headed

Dedicated

Dependable

Determined

Enthusiastic

Expressive

Fair

Trustworthy

Flexible

Forgiving

Friendly

Funny

Generous

Good memory

Happy

Hard-working

Healthy

Honest

Imaginative

Kind

Likeable

Loving

Loyal

Open-minded

Organised

Patient

Polite

Practical

Problem-solver

Quick learner

Relaxed

Sense of humor

Smart

Sincere

Spiritual

Strong

True to self

Trusting



YOUR SKILLS

SOCIAL RELATIONSHIPS

HEALTH & PHYSICAL

PROBLEM SOLVING/COPING



YOUR SKILLS

EMOTIONS

WORK & SKILLS

VALUES & BELIEFS

Assessing your skills is crucial when on a recovery journey for several reasons:

**You gain a deeper
understanding of
your strengths and
weaknesses**

**It allows you to set
realistic and
achievable goals**

**You can prioritise
activities and
focus on areas
that are essential
for progress**

**It gives you a
benchmark to
track your
progress and
development over
time**



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