

# Telling Your Recovery Story Worksheet

Complete these sheets to share your story at your AA, NA, or SMART Recovery meeting.

**1) Briefly introduce yourself and your relationship with drugs/alcohol**

---

---

---

**2) Explain your rock bottom incident and how it made you feel.**

---

---

---

**3) How did you seek help? What did your path to recovery look like?**

---

---

---

**4) What challenges did you face? What support systems got you through?**

---

---

---

**#5) Share a recovery milestone - it will inspire others.**

---

---

---



**PURPOSE**  
HEALING CENTER

480.579.3319 | [purposehealingcenter.com](http://purposehealingcenter.com)

# Telling Your Recovery Story Worksheet

Complete these sheets to share your story at your AA, NA, or SMART Recovery meeting.

6) What tools have you used for overcoming relapses or setbacks (if any)?

---

---

---

7) Describe your self-growth and better relationship that have resulted.

---

---

---

8) Reveal any newfound purpose or opportunities identified.

---

---

---

9) Offer a word of advice to others.

---

---

---

## RECOVERY AFFIRMATION:

*I am ready and willing to share my recovery journey with others.*



**PURPOSE**  
HEALING CENTER

480.579.3319 | [purposehealingcenter.com](http://purposehealingcenter.com)