

Recovery Is a Long Game Toolkit

A gentle 5 minute weekly reset for staying grounded, setting boundaries, and moving forward.

Crisis vs Long Game Reset

When I'm in crisis mode I tend to...

- 1 Panic
- 2 Try to fix everything
- 3 Absorb other people's emotions
- 4 Freeze
- 5 Chase perfection
- 6 Other: _____

What helps me return to long game thinking?

- 1 Breathe & slow down
- 2 Talk to someone safe
- 3 Take one small action
- 4 Accept imperfect progress
- 5 Set a boundary
- 6 Other: _____

Weekly Recovery Check In

- 1 This week I showed progress when... _____
- 2 One boundary I honored was... _____
- 3 Something imperfect I allowed myself to finish... _____
- 4 One steady action I'll repeat next week... _____

Be the Light Reflection

- 1 Who might benefit from seeing me live well this week? _____
- 2 What example do I want to model? _____

This tool is for reflection and encouragement. It is not a substitute for professional mental health care.