



Recovery Temperature Check

How are you doing today? 

Recovery isn't all-or-nothing. Just like your body temperature changes throughout the day, your recovery can too. Check in with yourself and notice where you are right now.



COLD

"I'm disconnected."

- ☐ Feeling numb or emotionally shut down
- ☐ Isolating from others
- ☐ Little motivation
- ☐ Skipping self-care
- ☐ Avoiding recovery work

RIGHT NOW I NEED:



COOL

"I'm hanging in there."

- ☐ Managing okay
- ☐ Stress feels manageable
- ☐ Using some coping skills
- ☐ Staying connected
- ☐ Completing basic responsibilities

ONE THING HELPING ME TODAY:



WARM

"I'm starting to struggle."

- ☐ Increased stress
- ☐ Irritable or anxious
- ☐ Cravings are increasing
- ☐ Racing thoughts
- ☐ Avoiding difficult conversations
- ☐ Sleep or appetite changes

MY WARNING SIGNS ARE:



HOT

"I'm overwhelmed."

- ☐ Strong cravings
- ☐ Emotional flooding
- ☐ Thinking about giving up
- ☐ Conflict with others
- ☐ Urges to isolate
- ☐ Feeling out of control

HEALTHY ACTION I CAN TAKE IN THE NEXT HOUR:



TURN DOWN THE HEAT

Circle at least THREE.

- | | | | |
|---|---|--|---|
| ☐ Drink water | ☐ Journal | ☐ Take a walk | ☐ Practice gratitude |
| ☐ Eat something nourishing | ☐ Pray or meditate | ☐ Listen to calming music | ☐ Ask for help |
| ☐ Take medications | ☐ Deep breathing | ☐ Shower | ☐ Other: _____ |
| ☐ Call someone | ☐ Grounding exercise | ☐ Rest | _____ |
| ☐ Attend a meeting | ☐ Go outside | ☐ Stretch | |



REFLECTION



What temperature am I hoping to be by the end of today? _____



One small step that can help me get there: _____





RECOVERY REMINDER

"I don't have to feel perfect to make a healthy choice." 

