

# Weekly Recovery Zone Review

*Complete at home and bring to session or group therapy.*

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

Prompt	Reflection
What kept me in the zone?	
Where did I drift?	
What feeling preceded the drift?	
What middle-circle behaviors showed up?	
What needs to change this week?	

Use this worksheet to reflect on where recovery felt steady, where drift showed up, and what may need more structure or support this coming week.