

ARE YOU READY FOR RECOVERY?



Reflect on these questions and write down your thoughts to gain self-perspective.

- 1) What could your life look like if you no longer relied on substances to cope?

- 2) What are the reasons you use and how to they compare to your reasons for quitting?

- 3) How is your current behavior impacting relationships with loved ones?

- 4) What concerns or fears do you harbor about entering treatment?

- 5) How might your health improve if you get help?

These self-reflections are not intended as medical advice. They are intended only to explore your innerthoughts about your relationship with drugs and alcohol. Please call Ingrained Recovery at 844.450.1700 when ready for a professional assessment!