

# PAWS

## Worksheet

This PAWS Worksheet, provided by Ingrained Recovery, is crafted to help you track your progress during the post-acute withdrawal period. Track your results and record information regarding triggers to navigate this late stage of recovery.

### Symptoms

What symptoms are you experiencing and how often do they occur? Measure the intensity using a scale from 1 to 10.

### Triggers

Do you recognize your triggers during PAWS? What manifests your side effects and how often do they occur?

### Coping

What are your most effective coping mechanisms? How effective are they and when are they best utilized?

### Tracking

Return to your worksheets weekly to track your progress. Record your victories and make adjustments as needed to help navigate the recovery journey.