UNITY PATH
FAMILY SUPPORT

FAMILY Recovery Checklist

Small steps. One day at a time.

TODAY I WILL...

- [ ] Remember that I didn't cause their addiction.
- [ ] Focus on what I can control—not what I can't.
- [ ] Set at least one healthy boundary.
- [ ] Eat regular meals and stay hydrated.
- [ ] Get enough rest.
- [ ] Spend at least 15 minutes doing something that brings me peace.
- [ ] Pray, meditate, or take a few quiet moments to breathe.
- [ ] Reach out to someone I trust if I need support.
- [ ] Avoid arguing with someone who is under the influence.
- [ ] Let go of the need to fix or rescue someone today.
- [ ] Celebrate one small win, no matter how small.
- [ ] Remind myself that progress is not perfection.

MY INTENTION FOR TODAY

One thing I will focus on:

_____

One boundary I will honour:

_____

One act of self-care I will choose:

_____

GENTLE REMINDERS

- I can love someone without losing myself.
- My peace matters too.
- Boundaries are an act of love, not punishment.
- Recovery is a journey for everyone in the family.
- It's okay to ask for help.

REFLECTION

At the end of today, I am proud that I...

_____

_____

_____

You are not alone.

"I cannot control another person's choices, but I can choose how I care for myself today."

Created by Unity Path Family Support

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