



## Positive Recovery Behavior Tracker

### Understanding Positive Recovery Behaviors

Positive recovery behaviors are crucial for maintaining long-term recovery and promoting overall well-being. This checklist is designed to help individuals monitor and evaluate their engagement in positive recovery behaviors over the past week. By regularly tracking these behaviors, you can reinforce healthy habits and identify areas for further improvement. This self-assessment tool uses a 5-point Likert scale to capture how often you engage in specific positive recovery behaviors, ranging from "Never" to "Very Often." Please answer each item as accurately as possible to reflect your recent experiences.

### Instructions:

For each item, please circle the number that best describes how frequently you have engaged in the behavior over the past week.

*On a scale of 1-5, rate your answers to the following questions.*

1. I attend support group meetings (e.g., AA, NA).

- 1: Never
- 2: Rarely
- 3: Sometimes
- 4: Often
- 5: Very Often

2. I maintain regular contact with my sponsor or mentor.

- 1: Never
- 2: Rarely
- 3: Sometimes
- 4: Often
- 5: Very Often

# Behavior Recovery

**Edward H. Bloch, United States.  
National Aeronautics and Space  
Administration**

## **Behavior Recovery:**

## **Behavior Recovery** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Behavior Recovery**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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