

# What is a Recovery Accountability Coach?

Recovery coaching focuses on providing accountability to help the client stay on track with the four major areas that are essential to a life in recovery: health, home, purpose and community. By honoring values and making principle-based decisions, creating a clear plan of action, and using current strengths to reach future goals.

1. **Pre-Contemplation**—this beginning stage, meaning you have not yet admitted to yourself that there is a problem. You may have some recognition regarding the issue, but not fully ready to admit it.
2. **Contemplation**—the problem has been recognized, has accepted that changes need to be made. However, you are still struggling to understand the root causes and don't know how to move forward.
3. **Preparation**—you have feelings of excitement becoming stronger and you want to make actual plans towards recovery and accomplish it. You are promising to remain abstinent or even going to rehab. This stage is all about preparing for recovery and making a plan to accomplish it.
4. **Action**—confidence begins to build as well as feelings of accomplishment. This builds a strong foundation for long-term sobriety.

The action stage typically takes the most effort, as it forces us to look inward, and be introspective, often for the first time in our lives. Once feelings of satisfaction are developed towards progress and overall recovery, you can move on to the next stage.

5. **Maintenance**—The journey of recovering is working on continuing to maintain your recovery. Addiction is a chronic disease that can never truly be cured, only treated. Continued healing must always be a priority because it can be very easy to slip back into the grasp of addiction.

## More Information

Marlene Webster

[Woundedsistersfoundation.org](http://Woundedsistersfoundation.org)

[woundedsistersfoundation@gmail.com](mailto:woundedsistersfoundation@gmail.com)

(708) 477-2375

RECOVERY  
ACCOUNTABILITY  
COACHING

DISCOVER

CONNECT

GET INSPIRED

DISCOVER

# What to do now!

**Addiction is a disease that affects you and those around you. Dealing with my own addiction recovery process there were steps I took to get my mental state ready for the journey that I know will help you too!**

## Regaining your self respect

These questions helped me to reconnect with the person I wanted to be. Complete the statements below:

**When I was young I wanted to grow up and be or do this...**

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**The last time I felt in control of my life was...**

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**Because...**

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**I was the happiest when...**

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## Taking Accountability

We all started using because of some reason. Having this information helps you to seek help and additional resources that will allow you to fix the broken pieces and heal. complete the statements below:

**I use the most when...**

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**I want to stop using when...**

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**I feel like my life will get back on track if...**

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## Do the Work

1. Rebuild your faith- Go to church- you can go online to listen and watch.
2. Find mentors
3. Practice self-care
4. Re-educate yourself
5. Start connecting

**DISCOVER.  
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