

# Finding Balance in Recovery

*A worksheet to help addicts  
create equilibrium in their life*



Sarah Allen Benton, MS, LMHC, LPC, AADC

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Alcoholics or addicts quickly learn that extremes of any nature—positive or negative—are not helpful for recovery. The below worksheet can help you or a loved one examine balance distribution in a variety of areas in life and identify what areas need more or less focus.

*For each bolded domain, record a percentage of how much energy and effort you are expending. If a category is not relevant you can write "N/A". The total should add up to 100%.*

<b>Relationships</b>	<b>%</b>
_____ Friendships	
_____ Family	
_____ Romantic relationship	
_____ Communication	

<b>Self-Care</b>	<b>%</b>
_____ Healthy and regular nutrition	
_____ Exercise	
_____ Sleep hygiene	
_____ Misc. (smoking cessation, personal hygiene, etc.)	

<b>Recovery</b>	<b>%</b>
_____ Mutual-help meetings (A.A., SMART Recovery, etc.)	
_____ Developing a sober network of relationships	
_____ Relapse prevention	

<b>Mental Health</b>	<b>%</b>
_____ Therapy	
_____ Medication adherence	
_____ Coping skill application	

<b>Vocational/Academics</b>	<b>%</b>
_____ Putting effort into job, volunteer, academic commitments	
_____ Adhering to routine/schedule (time management)	

<b>Spirituality</b>	<b>%</b>
_____ Religious and/or spiritual practice and exploration (meditation/prayer, etc.)	
_____ Application of religious/spiritual principles	

**Total: 100%**

## Sarah Allen Benton, MS, LMHC, LPC, AADC



Sarah Allen Benton is the author of the book *Understanding the High-Functioning Alcoholic* and has been featured frequently in the media, including the New York Times. She has appeared on "The Oprah Winfrey Show", "The Today Show", "The CBS Early Show", NPR, and is a blogger for [www.PsychologyToday.com](http://www.PsychologyToday.com).

A Licensed Mental Health Counselor and co-owner of Benton Behavioral Health Consulting, LLC, Sarah is a clinical consultant for Aware Recover Care and the former director of clinical services at Aware Recovery Care, a home-based addiction treatment in North Haven, CT. She is also a clinical consultant for The Strathmore House transitional sober living for men in Boston, MA. She worked previously as an outpatient therapist specializing in addiction treatment at Insight Counseling in Ridgefield, CT, Turnbridge young adult male addiction treatment in New Haven, CT and at McLean Hospital at McLean Brook transitional living program for dual diagnosis in Belmont, MA.

Sarah approaches addiction from the position of a counselor with lived experience, having been in long term recovery from alcoholism since February 2004.

**Learn more about Sarah Allen Benton  
and her products by visiting:**

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