



## Christians in Recovery® Daily Recovery Checklist

Today I have:

- Carefully read Scripture and meditated on how it applies to my:
  - \* Life
  - \* Current Circumstances
  - \* Recovery
  - \* Feelings

Bible Studies for recovery: <http://christians-in-recovery.org/BibleStudies/Index>  
Recovery Devotionals: <http://recoverybooks.com/daily.html>  
Bibles for Recovery: <http://recoverybooks.com/bibles.html>
  
- Sent time in prayer, quiet time with God (listening to Him)
  
- Made entries into my journal  
See: [http://christians-in-recovery.org/Tools\\_Journal](http://christians-in-recovery.org/Tools_Journal)
  
- Worked one of the 12 Steps  
See: [http://christians-in-recovery.org/Tools\\_12Steps\\_Info](http://christians-in-recovery.org/Tools_12Steps_Info)
  
- Attended a meeting either face to face or online  
CIR chat schedule: [http://christians-in-recovery.org/Members\\_Chat\\_Schedule](http://christians-in-recovery.org/Members_Chat_Schedule)
  
- Taken an inventory of my stress levels and stressors  
Worksheets available: [http://christians-in-recovery.org/Tools\\_Worksheets](http://christians-in-recovery.org/Tools_Worksheets)
  
- Checked in with my accountability partner/sponsor and spoken to them about
  - \* the Step I am working on
  - \* how I am *really* doing (temptations, stressors)
  - \* what I am unhappy about
  - \* what my shortfalls are
  - \* what I can do to change

See: [http://christians-in-recovery.org/Tools\\_Sponsors\\_HelpfulStuff](http://christians-in-recovery.org/Tools_Sponsors_HelpfulStuff)
  
- Talked with my family about what is going on in my life
  
- Honestly shared with my CIR friends and family
  - \* What CIR meetings did I participate in today?
  - \* Did I read and post to the CIR Message Boards?
  - \* Did I talk privately with a fellow believer in recovery?
  - \* Did I read my Bible and pray today?
  
- Done something to strengthen myself against future temptations?  
(e.g., thought about the true sources of my temptation, what I can do to eliminate it from my day and life, how I can avoid temptation in the future, etc.)  
See: <http://christians-in-recovery.org/resources/helpfulstuff/keys.html>