Are You Ready to Recover Your Life?

When people are active in addiction, we are often painfully aware that something in our life is wrong.

We may see the damage addiction is causing. We may feel shame, regret, or frustration with themselves.

But knowing something is wrong does not automatically show a way forward.

There is often a gap between **recognizing a problem** and **being ready to recover**.

This quiz is designed to help you explore where you may be in that gap.

Instead of focusing only on what's going wrong, these questions invite you to reflect on something deeper: what you want your life to stand for and the kind of person you want to become.

As you answer them, you may begin to notice important parts of life that addiction often pushes aside — things like self-respect, trust, dignity, connection, forgiveness, and joy.

Recovery is not only about removing substances from your life.

It is about reclaiming these goods and learning how to belong to yourself again.

Answer each question honestly using **Yes or No**. There are no right or wrong answers.

Your responses will help reveal where you may be right now in your readiness for change.

The Ready to Recover Quiz

Part 1 — Have You Lost a Sense of Yourself?

1. Do you sometimes feel like you've lost sight of who you really are or what matters most to you?
2. Do you feel like parts of your life run on autopilot rather than conscious choice?
3. Has your world become smaller — fewer risks, fewer relationships, fewer possibilities?
4. Do you feel a quiet emptiness or hollowness that your substance use temporarily fills?
5. Do you sometimes look at your life and wonder, *How did I end up here?*

Part 2 — Are Certain Patterns Keeping You Stuck?

6. Do you find yourself blaming people, stress, or circumstances for why you use?
7. Do you sometimes minimize the impact your addiction has had on your life or relationships?
8. Do you believe that many things in your life are beyond your control?
9. Do you feel deep shame about yourself, not just about your behavior?
10. Do you sometimes try to make up for your addiction by being perfect in other areas of life?

Part 3 — Is Something in You Starting to Wake Up?

11. Do you sometimes feel a quiet desire to live differently than you are living now?
12. Do you find yourself wondering whether you could become someone you respect again?
13. Do you believe your life could hold more meaning or purpose than it does right now?
14. Do you feel tired of the patterns your addiction keeps you trapped in?
15. Do you sense that if you truly changed how you live, your life could become something better?

Understanding Your Results

Your answers don't label you.

They simply show where you may currently be in the process of change.

Many people move through these stages gradually as they begin to look more honestly at their life, their patterns, and the kind of person they want to become.

Recovery is not just about substances and addictive behaviors.

It is about reclaiming your life.

Below are three common readiness profiles people experience as they begin that process.

You may recognize yourself strongly in one of them, or you may see parts of yourself in more than one.

1. The Disconnected Self

Typical pattern:

- Many Yes answers in Part 1
- Fewer Yes answers in Part 3

What this means:

Addiction may have gradually pulled you away from yourself.

You may feel:

- numb
- disconnected
- unsure what you want anymore
- like life is running on autopilot

Many people in this stage are functioning on the outside but feel hollow or lost on the inside.

The most important realization here is simply this:

Something in your life may need attention.

Recovery often begins when someone starts asking deeper questions about their life and identity.

2. The Awakening Self

Typical pattern:

- Many Yes answers in Part 1 and Part 2
- Some Yes answers in Part 3

What this means:

You may already see more clearly how addiction has affected your life.

You may notice patterns like:

- blaming circumstances for using
- feeling shame about who you've become
- trying to compensate by being perfect in other areas

At the same time, something inside you may be starting to wake up.

You may find yourself wondering:

- *Is there a better way to live?*
- *Could I become someone I respect again?*

This stage is often the turning point in recovery.

It's when people begin to see that addiction is not just about substances, it's about reclaiming their life and character.

3. The Ready Self

Typical pattern:

- Many Yes answers in all three sections, especially Part 3

What this means:

You may already sense that you want something different from life.

You may feel:

- tired of repeating the same patterns
- ready to reclaim your life
- curious about who you could become without addiction

Many people in this stage are not just trying to stop using.

They want to rebuild their life in a deeper way.

Recovery is not simply about removing substances and addictive behaviors.

It is about rebuilding your character, your values, and your relationship with yourself.

In other words, recovery learning how to belong to yourself again.

The Road to Recovery

No matter which profile you saw yourself in, I want you to remember one important thing:

Recovery does not begin with perfection.

It begins with awareness.

When you begin asking deeper questions about your life…

Who am I becoming?

What kind of life do I actually want?

Real change becomes possible.