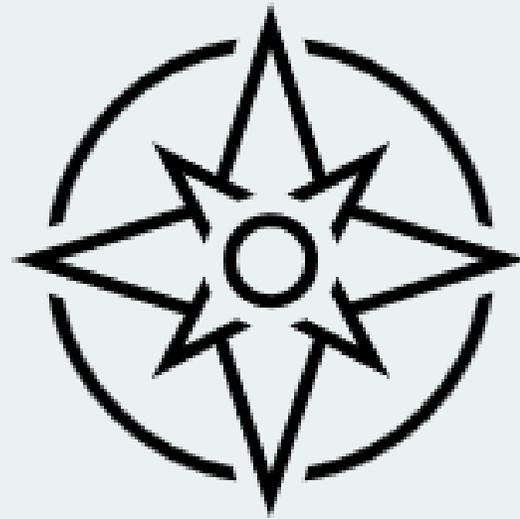


Recovery Compass

Profile Assessment



Recovery Compass

- The Recovery Compass isn't a test – it's your checkpoint on the recovery map.
- Think of this as your GPS for recovery: 'You are here.'
- The questions will help you see where you really are right now.
- The Compass asks you questions in 4 key areas: *Awareness, Honesty, Coping, and Readiness.*
- Your answers will place you in one of 8 profiles: the **Denier, Hider, Rationalizer, Survivor, Tester, Seeker, Builder, or Climber.**
- Each profile comes with summarized results: *Where You Are, Why It Matters, and Your Next Moves.*



Profiles are snapshots, not labels. They're meant to describe a dominant pattern right now, not to define you permanently.

Recovery Compass

Profile Results

Overlap is natural. If you see yourself across multiple profiles, it reinforces the fact that recovery is a spectrum, not a straight line.

<i>The Denier</i>		<i>The Hider</i>		<i>The Rationalizer</i>		<i>The Drifter</i>	
Awareness	< 7	Awareness	7-10	Awareness	≥ 8	Awareness	6-9
Honesty	< 7	Honesty	< 7	Honesty	7-10	Honesty	6-9
Coping	< 7	Coping	< 8	Coping	7-10	Coping	6-9
Readiness	< 7	Readiness	< 7	Readiness	< 7	Readiness	6-9
<p>The Denier is at the very start of the cycle. They don't believe they have a problem, or they refuse to admit it. Excuses and minimalization are their main defense, and risk feels invisible. From their perspective, everything is "fine" – but the foundation is already cracking.</p> <p>Denial is the shield that keeps the problem alive.</p> <p>Excuses hide the damage, but don't erase it.</p> <p>Nothing changes until one truth is spoken.</p>		<p>The Hider knows more than they let on. They've crossed from casual use into patterns that cause issues, but the instinct is still to lie, cover up, and keep two separate lives running. Shame is the fuel here - pretending keeps them stuck and silently drowning.</p> <p>Shame grows stronger the longer you hide.</p> <p>Living a double life always cracks.</p> <p>One real truth said out loud breaks the cycle.</p>		<p>The Rationalizer sees the problem but convinces themselves it's "not the right time" or "not that bad." They're intelligent, often high-functioning, but their brilliance is turned into excuses. They know they're slipping, but they still believe they can outthink addiction.</p> <p>Excuses feel smart, but they're killing you.</p> <p>"Not yet" is the most dangerous lie.</p> <p>Every delay makes the next step harder.</p>		<p>The Drifter is stuck in limbo. They experiment with cutting back or quitting but never commit long enough for real change. They dip a toe in recovery, then retreat. They're curious enough to try but not willing enough to follow through - so they spin in circles.</p> <p>Half-in, half-out keeps you stuck in neutral.</p> <p>Testing recovery isn't the same as living it.</p> <p>One real commitment beats a dozen trials.</p>	
<i>The Survivor (Hopeless)</i>		<i>The Survivor (Willing)</i>		<i>The Seeker</i>		<i>The Climber</i>	
Awareness	≥ 10	Awareness	≥ 10	Awareness	≥ 10	Awareness	≥ 12
Honesty	≥ 10	Honesty	≥ 10	Honesty	≥ 10	Honesty	≥ 12
Coping	< 7	Coping	7-10	Coping	7-10	Coping	≥ 12
Readiness	< 7	Readiness	≥ 8	Readiness	≥ 10	Readiness	≥ 12
<p>The Hopeless Survivor sees the truth clearly. They admit the problem, but they're exhausted, ashamed, and out of tools. They've tried and failed so many times that hope feels like a cruel joke. This stage is dangerous because clarity without action leads to despair.</p> <p>You see it, but you don't believe you can beat it.</p> <p>Awareness without tools becomes pain.</p> <p>Asking for help once can restart everything.</p>		<p>The Willing Survivor is painfully honest and fully aware of their problem, but instead of despair, they're desperate to change. They want out - but they don't know how. This desperation is fragile, with no tools, it risks burning out, but it's also the spark that can ignite real recovery.</p> <p>Your honesty is now your weapon.</p> <p>Desperation can turn into action.</p> <p>One new tool can flip the script.</p>		<p>The Seeker is motivated and ready to fight for change. They've admitted the truth; they want recovery and are starting to pick up tools. But their footing is shaky. Relapse is still near, and momentum is fragile. This is the building stage - it's where things can either take root or collapse.</p> <p>Wanting isn't enough - structure matters.</p> <p>Every small win is proof you can do this.</p> <p>Consistency beats intensity every time.</p>		<p>The Climber is actively doing the work. They've stacked honesty, tools, and readiness into real momentum. Relapses may still be a risk, but they're learning to manage them. This stage isn't about survival - it's about growth, service, and climbing higher.</p> <p>Momentum is your new lifeline.</p> <p>Service strengthens your recovery.</p> <p>Don't get complacent - keep climbing.</p>	

Find your profile across the top, scan down the column, and notice what matches your reality. You may overlap more than one - that's normal. The goal is clarity, not perfection.

Recovery Compass



Profile x Timeline Matrix

<i>The Denier</i> 1	<i>The Hider</i> 2
<i>The Rationalizer</i> 3	<i>The Drifter</i> 4
<i>The Survivor (H)</i> 5	<i>The Survivor (W)</i> 6
<i>The Seeker</i> 7	<i>The Climber</i> 8

<i>Usage Frequency & Escalation</i>	First Experimental Use	Weekend / Occasional Use	Weekday Use	Daily use	Multiple Times Per Day	Waking Up & Using	Taper or Substitute Use	Early Sobriety Attempts
<i>Key Life & Health Events</i>	First Knod Out or Memory Gap	First Major Lie	First Missed Work or School Event	First Relationship Crack	First OD Scare	Arrest or Job Loss	Broken Family Structure	Repairing Consequences
<i>Relapse & Loop Moments</i>	"Just One More Time"	First attempt at Abstinence	White-Knuckle Abstinence	First Relapse	Shame → Use → Shame Loop	Repeated Trying & Failing	Shorter Relapses, Longer Gaps	Breaking the Loop & Managing Risk
<i>Turning Points</i>	First Genuine Admission to Self	Writing or Journaling the Truth	Telling One Safe Person	First Attempt at Help	First Small Success	First Glimpse of Hope	Building Consistency	Sustained Forward Momentum
<i>Risk & Survival Factors</i>	Using Socially	Using Alone	Mixing Substances	No Narcan	Crossing "never" lines	Loved Ones Intervene	Beginning Safer Practices	Narcan-Ready, Avoiding High Risk Situations
<i>Time-Based Milestones</i>	Days of Active Use	Weeks of Active Use	Months of Growing Pattern	Years in Cycle	First Failed Quit Attempt	Long Cycle of Repeated Failures	Longer Gaps between Relapses	Sustained Time Period of Sobriety

Now that you know your profile, here are the first steps that match where you are. Start small, stay consistent, and let these actions move you forward.

Recovery Compass

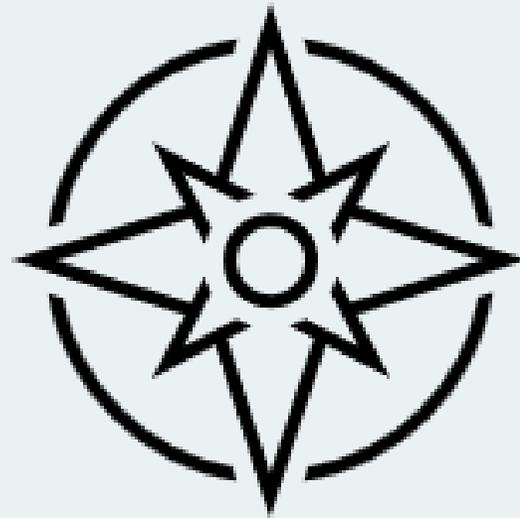
Profile Actions – Module 1

<i>The Denier</i>	<i>The Hider</i>	<i>The Rationalizer</i>	<i>The Drifter</i>
Admit one truth out loud - even if it's just in the mirror. Saying the words breaks the silence that denial feeds on.	Try a 24-hour "zero-lies" challenge. For one full day, don't minimize, sugarcoat, or cover up your use. Notice how hard it feels.	Write down your "not yet" excuses. (I'll stop after the holidays... when work slows down... once I fix XYZ.") Cross off one. Excuses lose power when they're challenged.	Pick one recovery experiment this week. That could be attending a meeting, calling a counselor, or telling one person the truth. Keep it small and doable.
Write down your top 3 excuses for why "this isn't a problem." Look at them on paper, then rip or burn the page. Make it harder to hide behind them.	Make two lists: "What people think is happening in my life" vs "What's actually happening." Compare them. The gap between the two is where the hiding lives.	Do a cost-of-waiting exercise. Write what another month of use would cost you (physically, emotionally, financially). Put a number to it.	Track one day of use. Write down when, why, and what triggered it. The point isn't judgement - it's pattern-spotting.
Track every "I'm fine." Keep a tally in your phone or notebook for a week. IT will show you how often you're lying to yourself and others.	Tell one safe person one real thing. Doesn't have to be the whole story - but share on truth that you've never said out loud.	Test a 24-hour experiment. Go one day without your substance or behavior. Track the cravings, emotions, and thoughts that come up. That's data, not failure.	Write one "pro" and "con" about your use. Don't write 10 - just one each. Sometimes the single con outweighs all the rationalizations.

<i>The Survivor (Hopeless)</i>	<i>The Survivor (Willing)</i>	<i>The Seeker</i>	<i>The Climber</i>
Draw a trigger map. Write down your top 3 stressors and what usually happens after them (Ex: fight > shame > drink/use). See the loop on paper.	Swap one coping move. The next time you're triggered, replace your go-to behavior with something neutral (walk, cold shower, music, call someone).	Create a "safe list". Write down 3 people/resources you can call when urges hit. Keep it in your wallet or phone.	Lock in your routine. Morning plan + evening reflection. Write it down, make it habit. Structure keeps momentum alive.
Write a "before and after" of your last relapse. What were you feeling before, what did you do, how did you feel after? This helps you see the pattern more clearly.	Carry a pause card. Write "WAIT 5 MINUTES" on an index card. Pull it out every time you want to use. That space often changes the outcome.	Practice one coping tool daily. Pick something small (journaling, breathing, quick prayer, meditation). Consistency beats intensity here.	Call one new resource today. Doesn't matter if it's a peer, a counselor, or a support meeting. Keep building your network.
Ask for help once this week. Doesn't have to be big - text someone you trust, or just say "I'm struggling" to one person. Break isolation.	Start a 2-minute AM/PM routine. Morning: write one word about how you feel. Night: write one word about how the day went. It builds awareness and honesty.	Write your "why." One sentence about why you want recovery (not what others want for you). Put it somewhere you'll see every day.	Shift into service. Share your story with one person, offer support to someone else, or volunteer. Helping others strengthens your own climb.

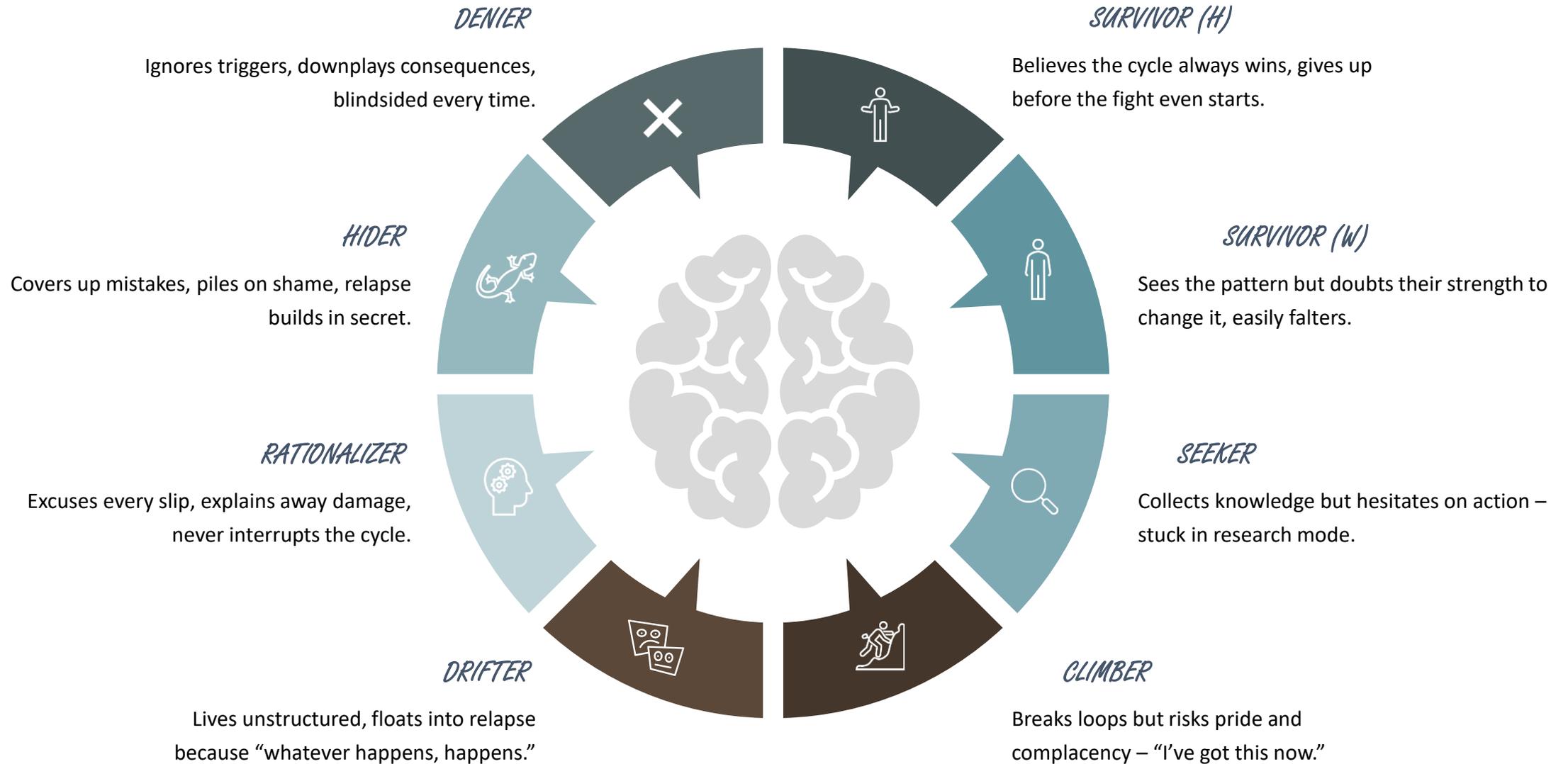
Recovery Compass

Profile Patterns



PATTERN TRAPS

BY PROFILE



INTERRUPTION MOVES

How to Break YOUR Loop



DENIER

Write down your 3 excuses on paper. When you hear one in your head, rip it up.

HIDER

Tell one secret to someone you trust. Expose it before it festers and gets discovered.

RATIONALIZER

When you hear yourself explain a slip, ask: "Would anyone else believe this?"

DRIFTER

Anchor your day with one morning routine and one afternoon commitment.

Write down 3 times you survived what should've broken you. Proof you're not done.

SURVIVOR (H)

Pick one small win this week (call, boundary, journal) and prove you can act.

SURVIVOR (W)

Stop searching, commit to using two tools on alternate days of the week.

SEEKER

Write your last slip in detail. Pride hides patterns – humility breaks them.

CLIMBER

You already know your profile, now it's time to interrupt the exact loops that keep you stuck. Breaking patterns means breaking habits that have owned you for too long.

Recovery Compass

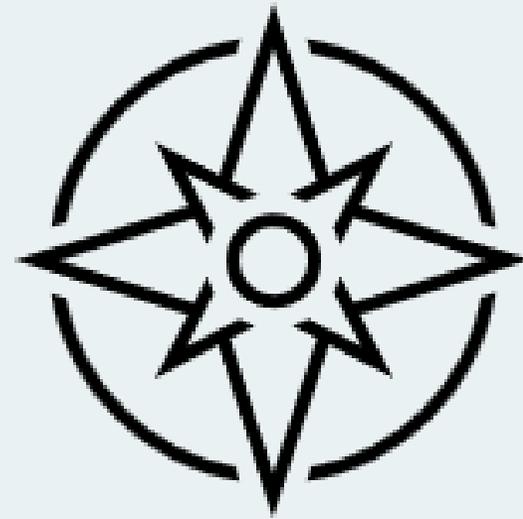
Profile Actions – Module 2

<i>The Denier</i>	<i>The Hider</i>	<i>The Rationalizer</i>	<i>The Drifter</i>
Track your last three relapses on paper. See the same loop you've been pretending doesn't exist.	Expose one secret before it festers. Break the silence that fuels the loop.	Write down your next excuse before you use. Watch how weak it looks on paper.	Set one non-negotiable daily anchor. A call, a walk, a journal — something that stops the slide into “whatever.”
Call out the “not that bad” lie when it shows up. That phrase is the ignition switch to your cycle.	Tell someone where you're most likely to relapse. Secrets grow in the dark, patterns break in the light.	Say “this is a relapse” instead of “just a slip.” Naming it strips away the spin.	Plan tomorrow before you go to bed. Drifting happens when you let the day decide for you.
Say one consequence out loud. Remind yourself of what this pattern already cost you.	Stop cleaning up one mess. Let the fallout happen instead of hiding the evidence.	Replace one excuse with the truth. Catch yourself mid-pattern and rewrite the script.	Interrupt one lazy “I’ll deal with it later” moment. Do something now — even tiny — to break the float.

<i>The Survivor (Hopeless)</i>	<i>The Survivor (Willing)</i>	<i>The Seeker</i>	<i>The Climber</i>
List three patterns you've already lived through. Proof you're stronger than the cycle tells you.	Pick one pattern you know by heart — and block it once. Break the sequence, even if you can't stop the whole loop.	Stop searching, test one tool today. Don't add more theory — put something into practice.	Write down your last relapse in detail. Pride makes you forget the slip — humility forces you to learn from it.
Reach out once this week before the spiral hits. Don't wait until you're already convinced it's hopeless.	Tell someone what part of the cycle destroys you most. Naming it gives you leverage.	Document the results tomorrow. Did it help or not? Either way, you learned by doing.	Tell someone how you almost relapsed this week. Sharing the “almost” breaks complacency.
Take one micro-win seriously. Even delaying a relapse by an hour is evidence the pattern can be cracked.	Stack one small win. Prove you can interrupt the loop, even if it's messy.	Ask one brutal question about your pattern. Example: “What lie do I tell myself right before I relapse?”	Reinforce one boundary you've already built. Keep the wall strong instead of adding new weak ones.

Recovery Compass

Recovery Timeline Strategy



Timeline Strategy



Every profile follows the same milestones – 30 days, 6 months, 1 year – but the work within those stages looks different for everyone. This chart helps you see what to focus on at each stage, based on your Recovery Compass profile. Use it as a roadmap, not a race. Circle the milestones that resonate most and begin there.

Instructions

- Find your profile row on the chart.
- Read across the columns (30 Days → 6 Months → 1 Year).
- Identify one action per stage you can start immediately.
- Keep this roadmap visible – progress happens when you track it.



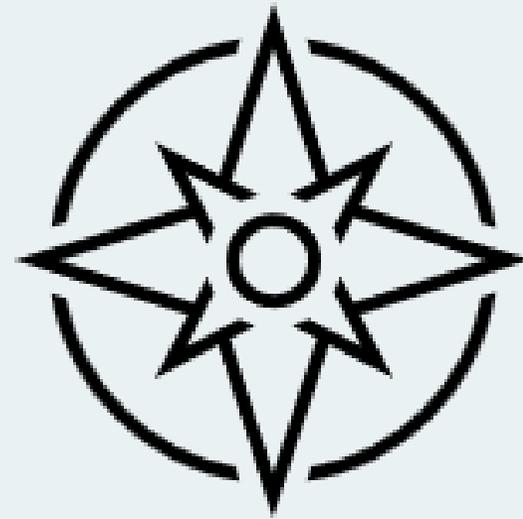
TIMELINE STRATEGY

BY PROFILE

	30 Days — Stabilize & Prove It	6 Months — Consolidate & Repair	1 Year — Purpose & Sustain
<i>Denier</i>	<ul style="list-style-type: none"> Daily truth inventory (3 facts you'd rather downplay). Share one uncomfortable truth weekly with a sponsor/coach. Track triggers & consequences; match every urge to a cost you've paid. Schedule a humility check: ask 2 people, "What am I still not seeing?" 	<ul style="list-style-type: none"> Keep a data log (sleep, meetings, urges, slips); review monthly. Replace "I'm fine" with measurable proof (attendance, labs, finances). Practice pre-commitments for risk windows (payday, weekends). Begin amends prep: list harms, verify facts with a mentor. 	<ul style="list-style-type: none"> Annual relapse narrative: write how denial nearly took you down; share it. Maintain feedback loops (quarterly 360 from family/peers). Mentor a newcomer specifically on facing reality early. Embed humility rituals (Ex: service work) to prevent overconfidence.
<i>Hider</i>	<ul style="list-style-type: none"> No-secrets rule with one safe person (daily check-in: "anything I'm hiding?"). Do a stash/contacts sweep (delete numbers, dump paraphernalia). Set financial transparency (shared budget/app). Practice honest micro-reports after high-risk days. 	<ul style="list-style-type: none"> Weekly transparency meeting with partner/family (money, time, urges). Build a lying abstinence streak; track and reset immediately if broken. Start structured amends (no promises—only actions). Therapy/skills for shame resilience (name it → tell it → shrink it). 	<ul style="list-style-type: none"> Make radical honesty part of identity (teach it; model it). Keep open calendars and shared logistics for trust continuity. Sponsor others who hide; run "truth drills" in groups. Annual integrity audit (digital, financial, relational).
<i>Rationalizer</i>	<ul style="list-style-type: none"> Keep an Excuse Journal; translate each excuse into the blunt truth daily. Use a decision red-team: run risky choices by sponsor before acting. Pre-write boundary statements to replace spin in the moment. Log outcomes, not intentions (what happened, not what you meant). 	<ul style="list-style-type: none"> Practice thought records for "I deserve it/It's not that bad." Install friction before slippery choices (24-hr rule, cash freeze, rides only). Monthly results review with metrics (urges, attendance, slip-free days). Expand accountability circle (two voices minimum). 	<ul style="list-style-type: none"> Become fact-first: publish your personal KPIs; review publicly in group. Teach a "kill the spin" workshop to newcomers. Annual values audit: align calendar and money with stated priorities. Keep a personal board that can veto risky decisions.
<i>Drifter</i>	<ul style="list-style-type: none"> Build a minimal daily routine (wake, move, meet – 3 anchors). Plan tomorrow tonight (15-minute prep; time-block first 3 hours). Replace idle windows with pre-planned alternatives (walk, gym, journal). Environment reset: declutter, change routes to avoid cues. 	<ul style="list-style-type: none"> Adopt a weekly planning cadence (review goals, schedule anchors, reflect). Secure a day anchor (job, class, volunteer shift) ≥ 15 hrs/week. Track habit adherence; target 80% across 5 key habits. Add structure buddies (coworking, workout partner, meeting ride). 	<ul style="list-style-type: none"> Define a mission lane (education/career/service). Pick one lane and commit. Quarterly goal sprints (12-week cycles with deliverables). Teach structure skills to others (you keep what you give). Guard against drift with annual retreats and recalibration.
<i>Hopeless Survivor</i>	<ul style="list-style-type: none"> Build a safety plan (people/places/skills) and post it visibly. Log micro-wins daily (delay, refuse, call, rest). Schedule non-negotiable self-care (sleep, movement) before decisions. One lifeline contact every single day, even when you "don't deserve it." 	<ul style="list-style-type: none"> Treat depression/trauma directly (therapy, meds evaluation, groups). Create a resilience routine (morning light, breath, gratitude). Expand connection (two meetings/week + one service act/week). Ritualize win-tracking to counter hopeless narratives. 	<ul style="list-style-type: none"> Shift from survival → growth: choose a role that needs you (Ex: volunteer). Keep a relapse emergency script and rehearse it quarterly. Annual hope inventory (evidence you changed). Share publicly to anchor. Build joy practices (play, art, nature) – proof life is worth keeping.
<i>Willing Survivor</i>	<ul style="list-style-type: none"> Pick one program/path and commit for 30 days (no hopping). Daily check-ins with accountability (text/call, same time). Set one boundary and hold it once under pressure (prove you can). Begin one relationship repair with a concrete action. 	<ul style="list-style-type: none"> Write a growth plan (health, work, relationships); review monthly. Add responsibilities (work hours, family duties) intentionally; track capacity. Maintain consistency streaks (meetings, sleep, savings). Quarterly stretch challenge (sober travel, new certification). 	<ul style="list-style-type: none"> Become a steady example (sponsor/mentor one person for 6+ months). Lead a group/project; practice regulated leadership (no burnout). Build a legacy habit (teach, create, serve). Audit complacency: where are you coasting? Add a growth edge.
<i>Seeker</i>	<ul style="list-style-type: none"> Stop collecting; choose ONE tool (program/coach/plan) and deploy it daily. Keep an experiment log (what I tried, what happened, what I'll change). Set a learn:do ratio (20% learn, 80% do). Schedule review slots; adjust weekly based on results. 	<ul style="list-style-type: none"> Build a skill stack (emotional regulation, communication, finance). Start a structured curriculum (course/cert) tied to your mission lane. Join/lead a practice group to anchor doing, not reading. Publish monthly lessons learned (blog/post) to force synthesis. 	<ul style="list-style-type: none"> Create your own curriculum and teach it to newcomers. Take on a capstone project (degree, business, nonprofit role). Maintain the 80/20 do-bias via public commitments. Annual mastery map: what's next, and why it matters.
<i>Climber</i>	<ul style="list-style-type: none"> Do a pride audit: list near-misses and what blinded you. Keep beginner's mind (attend newcomer meetings; share last struggle). Reinforce existing boundaries instead of adding new shiny ones. Schedule humility reps (service tasks nobody sees). 	<ul style="list-style-type: none"> Quarterly slip/near-slip autopsy; share learnings openly. Diversify supports (don't rely on one strength or one person). Co-lead recovery spaces; invite correction publicly. Install complacency alarms (travel, success, relationships = review season). 	<ul style="list-style-type: none"> Anchor success in service (sponsees, community roles). Build a continuous improvement plan (annual targets with mentors). Set legacy goals beyond sobriety (family, craft, contribution). Guard against the "graduate trap" with annual recommitment.

Recovery Compass

Profile Compatibility



Compatibility Matrix



Recovery doesn't happen in isolation. Your patterns connect – or clash – with the people closest to you. This grid shows how your Recovery Compass profile interacts with your loved one's. Recognizing the dynamic is the first step to breaking old cycles and building healthier ones.

Instructions

- Locate your profile down the left side.
- Find your loved one's profile across the top.
- Read the cell where they meet – that's your current pattern.
- Reflect: Does this describe your reality? What needs to change?
- Note your color:
 - **High Risk:** Focus on boundaries
 - **Neutral:** Open Dialogue
 - **Healthy:** Reinforce Progress



COMPATABILITY MATRIX

BY PROFILE

X-Axis (Supporter) Y-Axis (Addict)	<i>Protector</i>	<i>Denier</i>	<i>Fixer</i>	<i>Rationalizer</i>	<i>Survivor (B)</i>	<i>Survivor (F)</i>	<i>Seeker</i>	<i>Builder</i>
<i>Denier</i>	● Protector shields truth → denial loop deepens.	● Mutual blindness; both defend illusion of control.	● Fixer chases, Denier deflects → exhaustion.	☐ Rationalizer normalizes behavior → co-justification.	☐ Burned-Out withdraws, Denier feels abandoned.	☐ Still-Fighter confronts lies, cracks denial.	☐ Seeker introduces perspective → awakening chance.	☐ Builder enforces structure; Denier forced to face reality.
<i>Hider</i>	● Protector's rescue reinforces secrecy.	● Denier accepts facade → deception cycle.	● Fixer hunts truth, creating paranoia.	☐ Rationalizer excuses silence → emotional distance.	☐ Burned-Out stops asking → false peace.	☐ Still-Fighter demands transparency → progress.	☐ Seeker provides safety for honesty.	☐ Builder sets accountability without shame.
<i>Rationalizer</i>	● Protector believes excuses → relapse risk.	● Denier echoes rationalizations.	● Fixer bargains endlessly → circular conflict.	● Rationalizer duet: logic over truth.	☐ Burned-Out stops arguing → cold tolerance.	☐ Still-Fighter calls BS → clarity returns.	☐ Seeker introduces empathy + facts.	☐ Builder replaces excuses with systems.
<i>Drifter</i>	● Protector overfunctions → codependency.	☐ Denier normalizes stagnation → drift continues.	● Fixer manages their life → resentment.	☐ Rationalizer reframes aimlessness as "freedom."	☐ Burned-Out detaches entirely.	☐ Still-Fighter insists on plan and routine.	☐ Seeker offers gentle direction + hope.	☐ Builder builds structure → stability grows.
<i>Survivor (H)</i>	● Protector sacrifices self → mutual burnout.	☐ Denier underestimates danger → false reassurance.	● Fixer can't "save" → despair escalates.	☐ Rationalizer minimizes pain → delayed help.	● Burned-Out mirrors despair → shutdown.	☐ Still-Fighter models resilience → slow inspiration.	☐ Seeker re-ignites belief in possibility.	☐ Builder anchors them in consistent safety.
<i>Survivor (W)</i>	☐ Protector's help feels safe but controlling.	☐ Denier celebrates small wins prematurely.	☐ Fixer collaborates but risks takeover.	☐ Rationalizer debates "best way" instead of acting.	☐ Burned-Out learns hope through their effort.	☐ Still-Fighter builds mutual accountability.	☐ Seeker becomes partner in growth.	☐ Builder mentors them into independence.
<i>Seeker</i>	☐ Protector nurtures curiosity yet fears risk.	☐ Denier feels threatened by growth.	☐ Fixer overshadows with solutions.	☐ Rationalizer intellectualizes recovery.	☐ Burned-Out regains faith seeing their effort.	☐ Still-Fighter becomes ally in learning.	☐ Seeker-Seeker = synergy of insight.	☐ Builder channels ideas into systems.
<i>Climber</i>	☐ Protector admires success → over-trusts.	● Denier praises ego → blindsided later.	☐ Fixer rides coattails → resentment.	☐ Rationalizer normalizes pride → danger zone.	☐ Burned-Out gains strength seeing leadership.	☐ Still-Fighter challenges overconfidence constructively.	☐ Seeker learns discipline from example.	☐ Builder co-creates stability and shared mission.

Prescription Matrix



Once you know the dynamic, you need direction. This Prescription Matrix offers practical actions for you and your loved one to take – specific to your profile pairing. It's not theory; it's the “how” behind your recovery relationship. Use it to your advantage, especially when you sense a lack of connection or progress.

Instructions

- Use your same profile pairing from the previous grid.
- Read your cell for direct steps and boundaries to apply now.
- Don't overthink – pick one prescription and practice it for 7 days.
- Revisit every month as your relationship and recovery evolve.



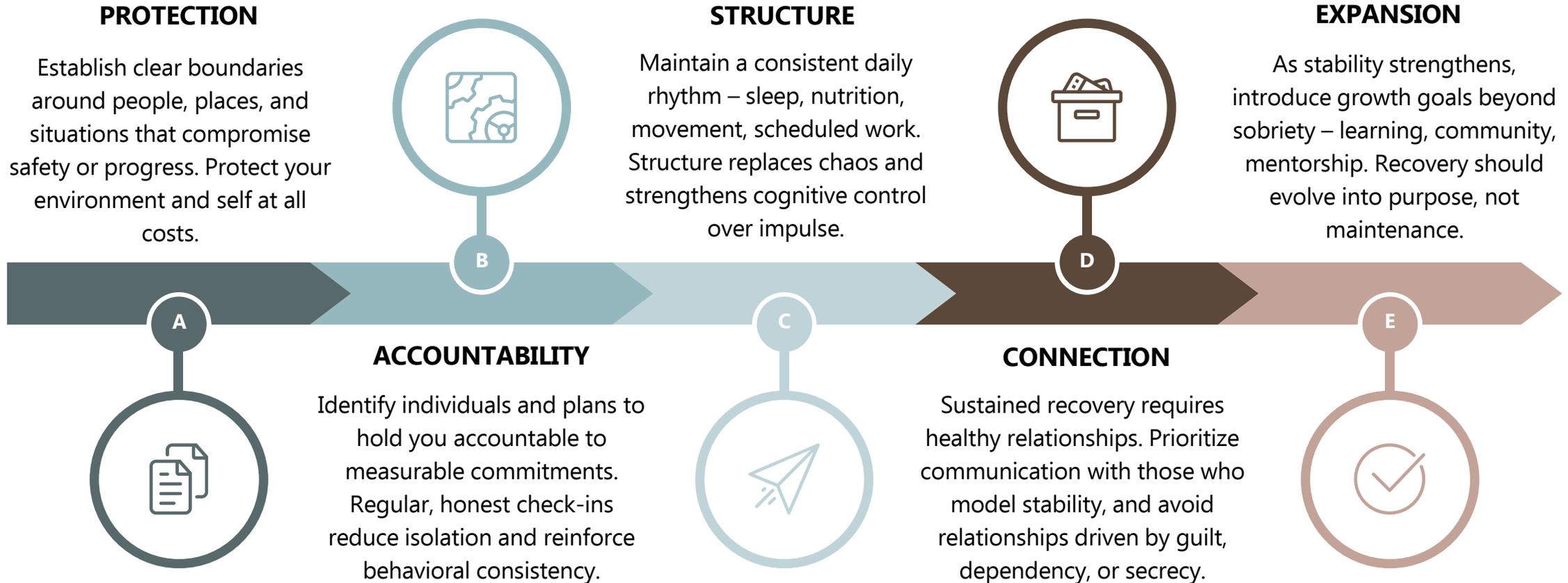
PRESCRIPTION MATRIX

BY PROFILE

X-Axis (Supporter) Y-Axis (Addict)	<i>Protector</i>	<i>Denier</i>	<i>Fixer</i>	<i>Rationalizer</i>	<i>Survivor (B)</i>	<i>Survivor (F)</i>	<i>Seeker</i>	<i>Builder</i>
<i>Denier</i>	Pull back all rescue moves. Let real consequences surface. Use honesty contracts; only help after truth.	Schedule truth checks. Both name one avoided reality each week. Use journaling as mirror.	Stop debating. Require verified actions before support. Enlist neutral mediator if cycles repeat.	Write shared facts. Replace circular logic with data (labs, finances). Review monthly.	Reset contact boundaries. Communicate only about recovery milestones until consistency proven.	Pair for truth drills. Still-Fighter leads reality checks; Denier logs one insight daily.	Seeker guides insight. Read/watch content together weekly; discuss—not argue—truth.	Builder enforces structure. Weekly goal reviews; no emotional bargaining; evidence-based check-ins.
<i>Hider</i>	Detach lovingly. Don't cover up secrets. Allow discovery without rescue.	Confront the silence. Ask direct questions; tolerate discomfort.	Replace interrogations with schedules. Agree on disclosure times; end spying cycle.	Track honesty moments. Reward transparency; confront evasion immediately.	Short calls, high honesty. Quality over frequency; protect energy.	Truth partnership. Daily "no-lie" pledge together.	Create safe space. Begin talks with empathy before accountability.	Builder creates openness. Shared tracking tool or calendar transparency policy.
<i>Rationalizer</i>	Stop validating excuses. Repeat: "Show me change, not reasons."	Use neutral third-party metrics. Data ends debate.	No more negotiating. Replace talk with written recovery plan.	Time-limit debates. Ten-minute cap; end when looping.	Withdraw from logic games. Only interact post-action, not pre-excuse.	Call distortion early. Still-Fighter names pattern; Rationalizer must restate truth.	Seeker reframes. Transform "why it's okay" into "what it costs."	Builder implements guardrails. Replace verbal plans with system automation (alarms, locks, budgets).
<i>Drifter</i>	Cease over-structuring. Let failure teach rhythm.	Audit time usage. Identify 3-hour black holes weekly.	Shift from doing-for to doing-with. Shared checklist, no micromanagement.	Install daily anchors. Rationalizer logs commitments, not feelings.	Maintain low-contact support. Text check-ins, not rescue missions.	Set weekly agenda. Still-Fighter drives consistency.	Seeker offers direction. Suggest small missions; hold accountable gently.	Builder supplies framework. Shared planner; reward completion, not perfection.
<i>Hopeless Survivor</i>	Stop martyrdom. Set self-care alarms; no emotional 911 unless life-threatening.	Refuse false comfort. Validate pain, not denial.	Switch from saving to listening. Use empathy scripts: "I hear you, and I believe you can."	Bring facts into hope. Track improvements; prove change exists.	Emergency plan. Shared safety contacts; 24-hr no-use rule post-crisis.	Model resilience. Still-Fighter demonstrates bounce-back routines.	Seeker cultivates faith. Introduce purpose practices; small hope rituals daily.	Builder anchors life systems. Fixed appointments, health plans, progress dashboards.
<i>Willing Survivor</i>	Avoid over-guiding. Celebrate independence milestones.	Discourage premature victory laps. Keep goals visible.	Share workload. Fixer lets them lead; only assist when asked.	Channel debate into design. Rationalizer organizes next-step plan.	Nurture optimism. Burned-Out observes wins; mirrors belief.	Create partnership pact. Shared accountability board.	Exchange learning. Rotate who teaches new coping tool weekly.	Builder coaches upward. Set leadership tasks; step back gradually.
<i>Seeker</i>	Balance curiosity with caution. Approve experiments only with safety plan.	Confront avoidance. Demand implementation proof for ideas discussed.	Switch from advice to co-learning. Study topics together.	Debate for discovery, not dominance. Write conclusions jointly.	Reignite engagement. Burned-Out attends one exploration activity monthly.	Pair for growth. Still-Fighter sets practice challenges.	Mirror learning. Two Seekers alternate teacher/student roles weekly.	Codify knowledge. Builder translates insights into repeatable systems.
<i>Climber</i>	Set humility triggers. Remind them progress ≠ immunity.	Reality audits. Quarterly review by neutral party.	Share spotlight. Fixer acknowledges strengths but demands reciprocity.	Track ego drift. Rationalizer logs pride-based decisions.	Ground success. Burned-Out gains hope seeing sustainable balance.	Challenge plateau. Still-Fighter calls out stagnation respectfully.	Mentor exchange. Seeker learns discipline; Climber learns vulnerability.	Co-lead initiatives. Builder + Climber create structured service projects; mutual review.

Your Road Ahead

Guardrails that keep you steady as you Grow Forward.



Recovery isn't about who you were before—it's about who you choose to be consistently from here on out.

Thank You

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