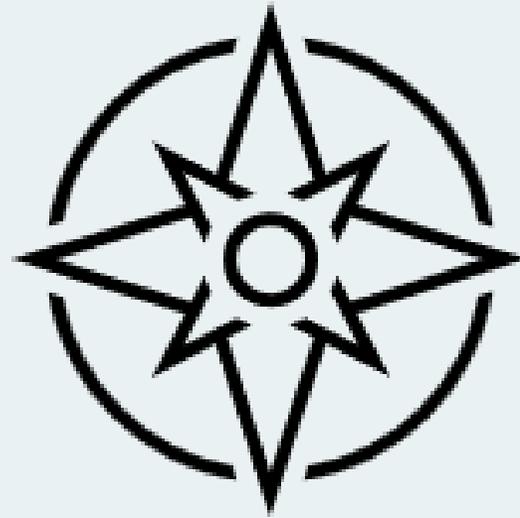


Recovery Compass

Profile Assessment



Recovery Compass

- The Recovery Compass isn't a test – think of it as your GPS for supporting their recovery: 'You are here'.
- Just like the addict has a cycle, you have your own patterns in this fight.
- 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 **Protector, Denier, Fixer, Rationalizer, Survivor (Burned Out), Survivor (Still Fighting), Seeker, and Builder.**
- 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 Protector</i>		<i>The Denier</i>		<i>The Fixer</i>		<i>The Rationalizer</i>	
Awareness	< 7	Awareness	< 7	Awareness	11+	Awareness	7-10
Honesty	< 7	Honesty	< 7	Honesty	7-10	Honesty	< 7
Coping	7-10	Coping	> 10	Coping	< 7	Coping	7-10
Readiness	< 7	Readiness	< 7	Readiness	7-10	Readiness	< 7
<p>The Protector is all heart and no armor. They cover, rescue, and absorb the damage to keep the addict afloat, often at their own expense. They believe love and sacrifice will eventually turn the tide, but in reality they're feeding the cycle. This stage is dangerous because exhaustion and collapse are inevitable.</p> <p>Your love is strong – but covering the truth keeps them sick.</p> <p>Every time you protect them, you lose a piece of yourself.</p> <p>Real protection is boundaries, not rescue.</p>		<p>The Denier downplays the problem and avoids confrontation, convincing themselves things "aren't that bad." They may ignore red flags or rationalize behavior to protect their sense of normalcy. Denial shields them from pain, but it also keeps the family stuck in crisis. This profile often delays action until consequences force it.</p> <p>Pretending it's not bad enough doesn't make it safer.</p> <p>Denial buys time for addiction, not for healing.</p> <p>Facing reality hurts less than waiting for disaster.</p>		<p>The Fixer tries to control everything – appointments, money, access, even emotions – believing they can outwork the addiction. But addiction doesn't bend to willpower, and this control breeds frustration, resentment, and burnout. Fixers mean well, but they end up draining themselves while the cycle continues.</p> <p>You can't outwork an addiction that isn't yours.</p> <p>Control feels like progress, but it only breaks you.</p> <p>Let go of their work – do yours.</p>		<p>The Rationalizer makes excuses: "It's only weed," "They're just stressed," "At least it's not heroin." They soften the edges of reality because facing the whole truth is too heavy. Rationalizing buys temporary comfort, but it delays the actions that save lives. A sense of urgency is critical for this type of individual.</p> <p>Excuses don't soften the damage – they sharpen it.</p> <p>Every explanation is another brick in addiction's wall.</p> <p>Stop explaining. Start acting.</p>	

<i>The Survivor (Burned Out)</i>		<i>The Survivor (Still Fighting)</i>		<i>The Seeker</i>		<i>The Builder</i>	
Awareness	11+	Awareness	11+	Awareness	11+	Awareness	11+
Honesty	11+	Honesty	11+	Honesty	11+	Honesty	11+
Coping	< 7	Coping	7-10	Coping	7-10	Coping	11+
Readiness	< 7	Readiness	≥ 8	Readiness	11+	Readiness	11+
<p>The Burned-Out Survivor is out of gas. They see the truth clearly, they admit it honestly, but they're emotionally drained and feel hopeless. They've tried and failed so many times that action feels pointless. This profile risks collapsing under despair unless they reclaim strength for themselves.</p> <p>You've carried this too long – and it's killing you.</p> <p>Hopelessness is the disease lying to you.</p> <p>Recovery is still possible – but you need fuel, not more fights.</p>		<p>The Fighting Survivor knows the truth and still has some fight left. They're exhausted but desperate for change, ready to try again if they can just find the right tools. Their strength is honesty; their risk is burning out without support. With the right guidance, this is where real breakthroughs begin.</p> <p>Your honesty is the spark – don't let it die out.</p> <p>You can't fight this alone forever.</p> <p>Use your fight to get help, not to grind yourself down.</p>		<p>The Seeker is hungry for answers. They're actively looking for support groups, resources, and new tools to handle the chaos. They may still slip into old habits, but they're leaning into education and change. This is the growth zone – shaky but moving forward.</p> <p>Your curiosity is your lifeline – keep pulling the thread.</p> <p>Every new tool you grab gives you more leverage.</p> <p>Stay hungry, stay honest, keep moving.</p>		<p>The Builder has shifted from survival to progress. They've set boundaries, protected their own well-being, and are learning to live their life even while addiction rages around them. They aren't "done," but they're climbing – building a new way of living that doesn't collapse under addiction's weight.</p> <p>Boundaries are your bricks – keep stacking them.</p> <p>You can love them without losing you.</p> <p>Keep climbing. Don't look back.</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 Protector</i> 1	<i>The Denier</i> 2
<i>The Fixer</i> 3	<i>The Rationalizer</i> 4
<i>The Survivor (B)</i> 5	<i>The Survivor (F)</i> 6
<i>The Seeker</i> 7	<i>The Builder</i> 8

<i>Awareness of the Problem</i>	No Real Concern	First Uneasy Gut Feeling	Ignored Red Flags	Friends & Family Raising Concerns	Admitting In Privacy	Collecting Evidence	Telling Others the Truth	Full Awareness
<i>Honesty with Self & Others</i>	Believing the Excuses	Minimizing Reality	Making Excuses on Their Behalf	Lying to Cover the Situation	Confessing Doubts to Another	Admitting Openly to Family/Friends	Full Damage Transparency	Living Fully in Truth
<i>Coping & Survival</i>	Ignoring & Hoping it Passes	Quietly Cleaning Up the Mess	Monitoring Constantly	Arguing, Compromising, & Pleading	Cyclical (Panic > Calm > Panic)	Tired, Sleep Loss, Declining Health	Seeking Healthier Outlets	Prioritizing Your Well-Being
<i>Emotional Journey</i>	Confusion	Anger & Confrontation	Fear of What Comes Next	Guilt	Shame	Hopeless	Flicker of Hope	Acceptance
<i>Boundaries & Control</i>	No Boundaries	Rescuing	Over-Controlling	Empty Threats	Broken Boundaries	Held Boundaries	Enforcing Limits	Support without Enabling
<i>Readiness for Action</i>	Waiting to Resolve Itself	Hopeful Time & Love will Fix	Learning in Privacy	Researching Treatment w/o Action	Seeking Advice w/o Action	Exploring Professional Resources	Making Real Plans	Acting Decisively

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

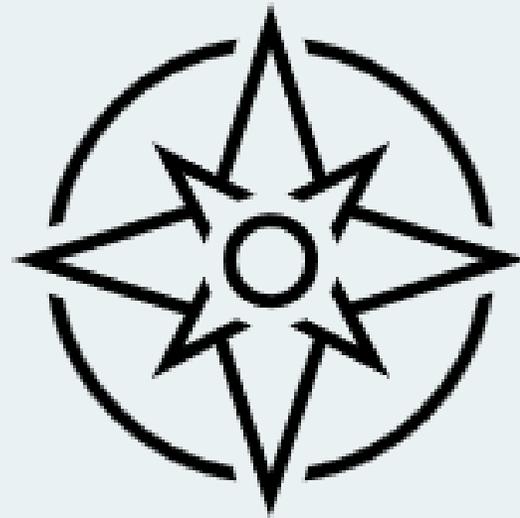
Profile Actions – Module 1

<i>The Protector</i>	<i>The Denier</i>	<i>The Fixer</i>	<i>The Rationalizer</i>
Tell one trusted person the truth you've been hiding. Stop covering up for them in silence - saying it out loud breaks the illusion that you're alone in this.	Make a private list of every red flag you've ignored. Be specific - missed work, lies, money gone. Seeing it all in black and white changes perspective.	Let go of one thing you've been controlling. Whether it's checking their phone, or tracking their whereabouts, step back and see what happens.	Write down three excuses you've used recently. Then rewrite each one as the raw truth. Compare the differences between each, side by side.
Stop rescuing one behavior this week. When they stumble, resist the urge to clean up the mess. Notice how hard it is, and how much energy it saves you.	Say the words out loud: "This is addiction." Even if you whisper it to yourself, naming it strips away the illusion.	Write down how many hours you spent managing their addiction this week. When you see it on paper, you'll realize how much of your life is disappearing.	Ask yourself if you'd believe this story if it came from a friend. If not, stop believing it when it comes from your loved one.
Write down what protecting them has cost you. Put numbers or details to the time, money, and health you've lost by shielding them. It's a wake-up call.	Read one piece of addiction science this week. Learn how it rewires the brain so you stop believing it's "just choices."	Tell someone what you're truly afraid of. Name the worst-case scenario that drives your control. Getting out frees you from carrying it alone.	Tell one person the real version, not the softened one. Sharing the unfiltered truth breaks your own rationalizing cycle.

<i>The Survivor (Burned Out)</i>	<i>The Survivor (Still Fighting)</i>	<i>The Seeker</i>	<i>The Builder</i>
Take one action this week just for you. Sleep, journal, walk, yoga, eat well - survival starts with your body and mind.	Write down the three hardest things you've already survived. Let this remind you how much strength you already carry.	Choose one resource and start it this week. Don't just collect tools - put one into action right now.	Write down the top three boundaries you're holding. Recommit to them and remind yourself why each one matters.
Say out loud: "I'm exhausted, and I need help." Naming it isn't weakness - it's the first step back from hopelessness.	Reach out for one new tool this week. A group, a counselor, a coach - fresh input prevents burnout.	Ask one hard question you've been avoiding. Whether to yourself or your loved one, the answer may sting but it moves you forward.	Share your story with someone in denial. Being their light strengthens your own foundation.
Pick one person and tell them you can't do this alone anymore. Asking for support is how you refill the tank.	Commit to one boundary this month. Write it down, say it out loud, and prepare yourself to hold it when it's tested.	Write down where you'll be in a year if nothing changes. Stare at it - then decide if that's acceptable.	Plan one act of self-care this week. Something that has nothing to do with the addict - proof that your life is yours again.

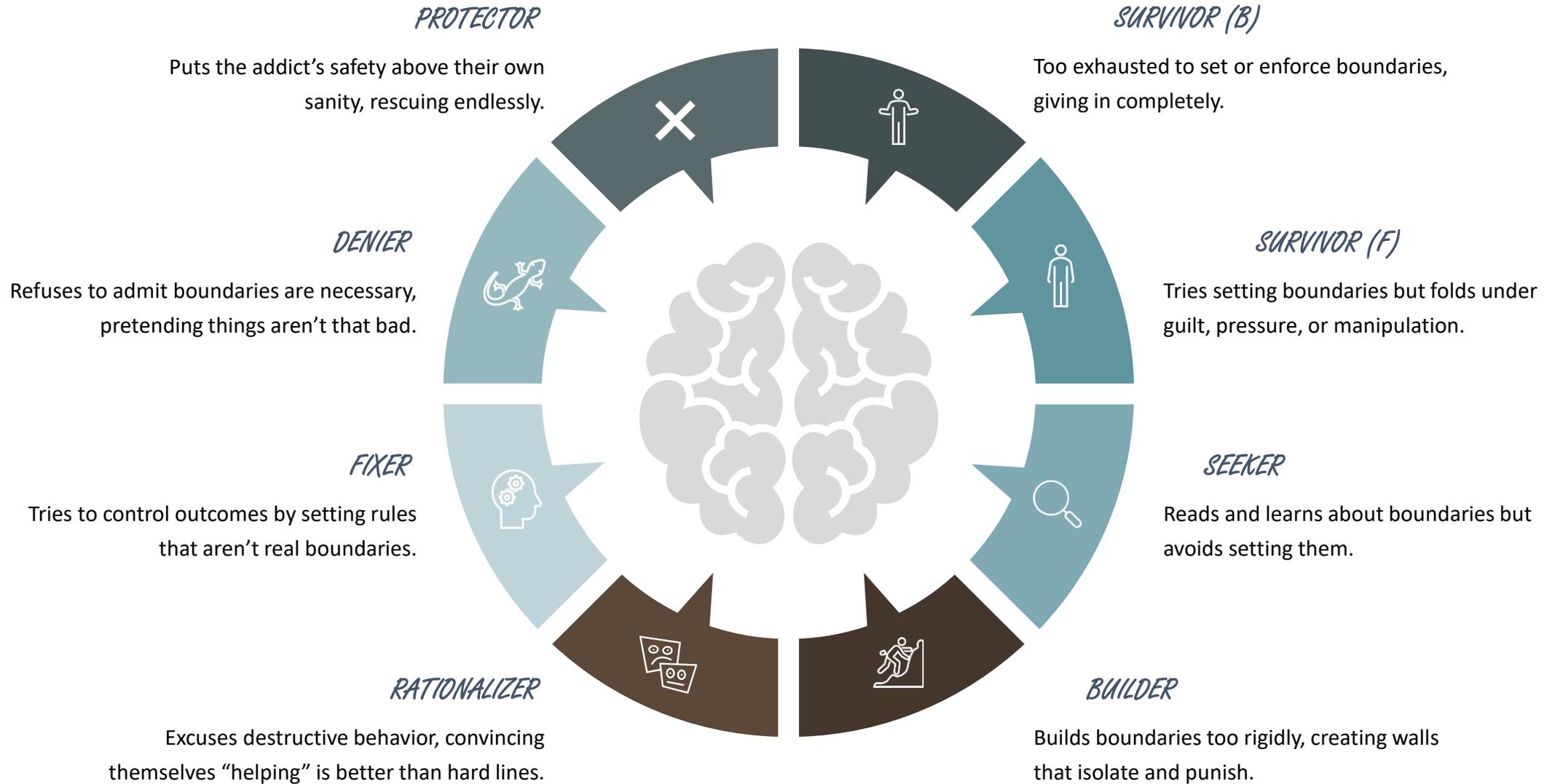
Recovery Compass

Profile Patterns



PATTERN TRAPS

BY PROFILE



INTERRUPTION MOVES

How to Break YOUR Loop

PROTECTOR

Stop rescuing one time this week. Let consequences land instead of shielding them.

DENIER

Say aloud: "This is addiction, and it needs boundaries." Truth weakens denial.

FIXER

Rewrite one "rule" into a boundary about your behavior, not theirs.

RATIONALIZER

Replace one excuse with a clear boundary statement. Excuses protect addiction.



Take time to rest, then set one small boundary you can actually hold.

SURVIVOR (B)

Choose one boundary and practice holding it, even under feelings of guilt.

SURVIVOR (F)

Test one boundary concept in real life this week. Action proves progress.

SEEKER

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

BUILDER

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

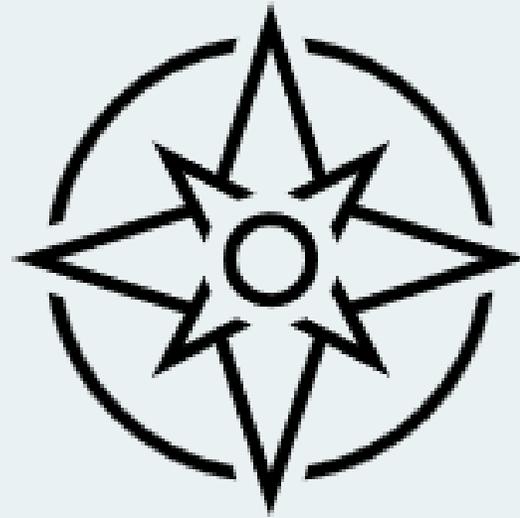
Profile Actions – Module 2

<i>The Protector</i>	<i>The Denier</i>	<i>The Fixer</i>	<i>The Rationalizer</i>
Say no once this week. Love means refusing to protect the addiction, even if it feels harsh.	Say the words: “This is addiction.” Naming it is the first real step toward boundaries.	Turn one “rule” into a boundary. Stop writing ultimatums you can’t enforce — set limits on your behavior instead.	Write down your last excuse. Then rewrite it as a boundary — truth instead of rationalization.
Stop cleaning up one mess. Let the fallout happen so they feel the weight of their choices.	Admit one boundary you’ve avoided. Denial hides the lines you know you should set.	Stop micromanaging one situation. Controlling everything exhausts you and shields them from reality.	Say one hard line aloud. Excuses evaporate when you replace them with clear commitments.
List the cost of rescuing. Write down what it’s stolen from you — time, money, health.	Tell one trusted person the truth. Breaking silence shatters denial’s strongest weapon.	Practice stepping back. Let them feel consequences without you orchestrating the outcome.	Call yourself out once this week. When you catch yourself rationalizing, stop mid-sentence and set the line instead.

<i>The Survivor (Burned Out)</i>	<i>The Survivor (Still Fighting)</i>	<i>The Seeker</i>	<i>The Builder</i>
Set one small, doable boundary. Consistency beats exhaustion — one step you can actually hold matters more than ten promises.	Pick one boundary you already know you need. Write it down, short and clear.	Test one boundary this week. Don’t just read about it — try it in real life.	Review one rigid boundary. Ask: does this protect, or punish? Adjust if needed.
Protect your energy first. Rest before responding so you have the strength to enforce your limit.	Practice holding it under pressure. Guilt will test you, but staying firm breaks the cycle.	Reflect on what happened. Did it work? Did you fold? Either way, you’re learning.	Add compassion to one line. Strength without warmth risks building walls that isolate.
Ask for help enforcing. Boundaries held with support stick longer than ones you carry alone.	Celebrate holding the line once. Prove to yourself you can stand strong without caving.	Act before researching more. Boundaries don’t live in theory — they live in practice.	Stay open to feedback. Healthy boundaries protect without cutting off connection completely.

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

The Loved One's Path Forward

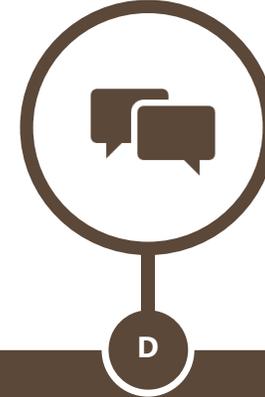
STABILITY

Keep your environment calm and consistent. When things feel uncertain, return to basics. Stability isn't perfection, it's consistency that outlasts chaos.



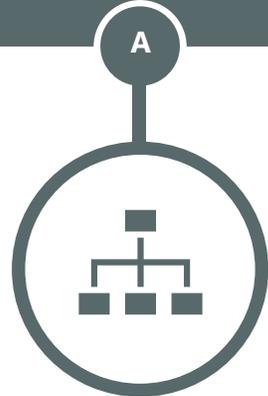
ACCOUNTABILITY

Accountability keeps relationships honest. Let them carry their responsibilities without stepping in. Trust is built on predictable follow-through.



GROWTH

As stability strengthens, introduce growth goals beyond sobriety – learning, community, mentorship. Recovery should evolve into purpose, not maintenance.



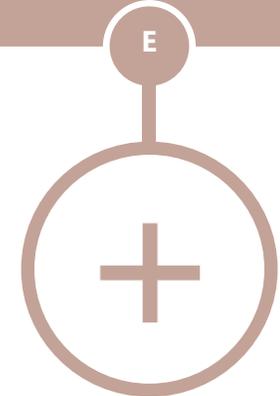
BOUNDARIES

Clear boundaries protect both of you. Define what you can support and what you won't enable. Hold them, even when guilt or fear tries to talk you out of it.



COMMUNICATION

Good communication and connection is calm, direct, and limited to what's important for both sides. The goal is understanding, not control – clarity over comfort.



The healthiest way to support change is to live it. Stay steady, stay clear, and let consistency do the heavy lifting.

Thank You

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