



## Positive Recovery Behavior Tracker

### Understanding Positive Recovery Behaviors

Positive recovery behaviors are crucial for maintaining long-term recovery and promoting overall well-being. This checklist is designed to help individuals monitor and evaluate their engagement in positive recovery behaviors over the past week. By regularly tracking these behaviors, you can reinforce healthy habits and identify areas for further improvement. This self-assessment tool uses a 5-point Likert scale to capture how often you engage in specific positive recovery behaviors, ranging from "Never" to "Very Often." Please answer each item as accurately as possible to reflect your recent experiences.

### Instructions:

For each item, please circle the number that best describes how frequently you have engaged in the behavior over the past week.

*On a scale of 1-5, rate your answers to the following questions.*

1. I attend support group meetings (e.g., AA, NA).

- 1: Never
- 2: Rarely
- 3: Sometimes
- 4: Often
- 5: Very Often

2. I maintain regular contact with my sponsor or mentor.

- 1: Never
- 2: Rarely
- 3: Sometimes
- 4: Often
- 5: Very Often

# Behavior Recovery

**Camilla Rothe**



## **Behavior Recovery:**

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a colourful word mat containing the main vocabulary encountered when writing about feelings children can learn to

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recognise how other people feel when they are happy sad angry or lonely key stage 1 strand 1 their own and other s feelings and emotions and how their actions affect others

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what are feelings and emotions we all have feelings they are part of everyone we feel different things at different times depending on what happens to us sometimes we feel sad like

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course 4 5k views basic feeling words happy refers to being pleased mad means to be upset by something sad refers to having sorrow or unhappiness we often use the words

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dr radha is joined by her two puppet friends ben and breagha to find out about feeling sad and together they explore ways to help you feel happier this clip is from the series feeling

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this presentation discusses feelings why we have them and where they come from it focuses on uncomfortable emotions and what pupils could do to try and work on them it also offers advice on what to do if the uncomfortable feelings don t go away it is aimed at cfe first level pupils

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could start by asking pupils to name some of the emotions they have

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introduce this synonym for sad word list to your class to help improve their vocabulary and sentence writing in their first years of primary school utilising these synonyms will make their creative writing pieces more expressive and efficient instead of using the word sad repetitively

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he feels angry happy calm sad and scared all at once to help him a little girl shows him what each feeling means through colour a gentle exploration of feelings for young 3 and old alike environmental learning for classroom and assembly at ks1 ks2 mal leicester 2009 03 06 in environmental learning for classroom and assembly at ks1

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apr 1 2022 pdf 785 93 kb here are two writing frames for children to record write or draw what makes them happy and what makes them sad there are two worked examples to share and talk about with the children showing what makes this pretend child feel happy and sad

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there are lots of ways to teach children about feelings and emotions one particularly effective way is through teaching them the vocabulary of feeling words you can use these handy emotions word cards for ideas for different vocabulary on the board draw a large circle

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