

# MY RECOVERY STARFISH

Just like a starfish has 5 arms that help it move and thrive, these 5 areas support my recovery and help me live a balanced and meaningful life.

Write or draw things that support your growth in each area.

## REFLECTION

Looking at your starfish, what are you doing well?  
What area would you like to focus on more?

---

---

---

---

## PHYSICAL

How do I take care of my body?  
What helps me feel strong and healthy?



## EMOTIONAL

How do I manage my feelings?  
What helps me feel calm, happy, and secure?



## SOCIAL

Who are the people that support me?  
How do I connect with others?



I am growing and healing every day.

## SPIRITUAL

What gives my life meaning and purpose?  
What helps me feel connected to something bigger than myself?



## OCCUPATIONAL

What are my skills, interests, or goals?  
What brings me fulfillment and a sense of accomplishment?



I am worthy of healing. I am capable of change.  
I am creating a life that I love. 

