WORDS YOU CAN BORROW

Name one thing that was different.

Try this with someone safe:

“Today was hard. I did ask for help sooner than I used to. Can we notice that and talk about what I still need?”

You can recognize a step and still need more support. You do not have to turn a hard day into a success story.

One thing I want to acknowledge:

Someone I could share it with:

Support I still need:

Your value does not depend on filling this page or finding a positive in every day.

PROGRESS IS PROGRESS

Mile or a millimeter. It still counts.

Notice the effort. Take the harm seriously. Get support. Keep adjusting. That is room for real progress.

Progress is Progress LLC

Mile or a Millimeter

www.progresscounselingprograms.com

US SUPPORT

Medical emergency or suspected overdose: call 911.

Emotional distress or suicidal crisis: call or text 988.

Find substance use and mental health treatment: FindTreatment.gov

General adult education. Not a recovery score, diagnosis, or substitute for individualized care. This guide is not an emergency service.

SOURCES / FURTHER READING

SAMHSA / About Recovery

NIH / Creating Healthy Habits

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Adult edition • Review 01 • October 2026

RECOVERY IN REAL LIFE / 06

The progress you almost missed.

Some changes are quiet.
They still deserve to be noticed.



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Mile or a Millimeter

01 / LOOK FOR WHAT CHANGED

What did you almost dismiss?

Milestones can matter. So can what you noticed, practiced, or asked for along the way.

NOTICE A SPECIFIC MOMENT

“I told someone I was struggling.”
“I paused before answering.”
“I returned for support.”
“I tried a different plan.”

COUNT IT HONESTLY

A small step does not erase harm or replace care. It gives you something real to build on.

Something I do differently now:

What helped make it possible?

WHEN THE DAY WAS HARD

If you cannot name a step today, leave it blank. Ask what care or support you need now. You do not have to earn help by showing progress.

02 / SEVEN DAYS OF NOTICING

Small things. Worth noticing.

Start any day. Write one example of noticing, trying, asking, repairing, or adjusting. Leave blanks when you need to.

Day	One moment I want to remember
1	
2	
3	
4	
5	
6	
7	

A blank is not a failure. This is a record to learn from, not a streak you have to protect.

03 / USE WHAT YOU NOTICED

Keep one thing. Adjust another.

Look back with curiosity. You can do this with a support person or provider.

A REAL-LIFE EXAMPLE

“A ride helped me make the appointment. Next time I’ll ask earlier.”

One thing worth keeping:

One thing I want to adjust:

Support that would help:

MAKE THE NEXT STEP SMALL

Choose a step that fits today. Make it smaller or ask for help.

My next workable step:

When I will check back:

If use or distress is causing harm, seek support now. The tracker can wait.