



# SESSION 3: UGLY WINS, REAL RECOVERY

MESSY ISN'T FAILURE. KEEP SHOWING UP.



## REAL TALK

Progress isn't always pretty. Real recovery is ugly, awkward, embarrassing, and raw. Sometimes "winning" is just you versus your worst day and you didn't give up.

What's one "ugly win" you're proud of?

## WHY THIS MATTERS



Relapse isn't failure. Setbacks happen. Ugly wins—like reaching out, admitting you messed up, or not hiding—are proof you're learning, not hopeless.

How does shame usually show up for you?

What helps you break the shame cycle?



## MY STORY + YOURS

Real stories. Real recovery. Not glamorous, but real.

What's a time you had an "ugly win" that started your comeback?

What's YOUR story in one raw sentence?



- Keep a journal or notes app handy.
- Every time you "fail" (just being human), jot it down. No sugarcoating.
- Next to each one, write:
  - a) What was underneath it? (Fear, boredom, loneliness, shame?)
  - b) What did you do right during or after? (Maybe: "I didn't hide it," "I texted for support," "I thought about quitting but didn't," etc.)

At least once, commit a small, intentional fail. Draw a terrible stick figure. Sing off-key. Send a silly typo message. Notice your reaction.

At day's end, look for patterns—and spot the little wins you're probably missing.

## 3-DAY CHALLENGE



| DATE / TIME | WHAT HAPPENED? (OWN THE FAIL) | a) WHAT WAS UNDERNEATH IT? | b) WHAT DID I DO RIGHT DURING OR AFTER? |
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## WHY THIS WORKS

Owning your fails and hunting for progress inside the mess trains your brain to see growth—even when everything feels like a disaster. This builds resilience and weakens shame.

How will this help YOU?

## WHAT YOU MIGHT FEEL

- Resistance or shame at first. That's your "old brain" lying to you.
- Relief when you realize you're not the only one with ugly wins.
- Empowerment when you see the "steam in the mess."

What do you think you'll feel most?

## COACHING REMINDER & SUPPORT

If the fail log feels overwhelming—pause. Breathe. Reach out for support. You're not supposed to do this alone.

Who are 1–2 people you can reach out to when things get heavy?

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What helps you remember to reach out?

## WRAP-UP

Progress is messy. Real progress is falling, then standing up with a grimace and a middle finger to shame. The ugliest wins are the realest ones.

Your strength isn't in never tripping—it's in showing up after the fall.

## YOUR DARE

Start your Fail Forward Log today. Be honest, find your tiny wins, and watch how your story really unfolds. Keep breathing. Keep fighting. YOU'RE NOT ALONE.

My start date: