



SESSION 6:

RECOVERY LOOPS, NOT LINES



Healing isn't a straight line—it's a messy loop.
You fall. You learn. You rise. You keep going. ♥

REAL TALK

Recovery and growth don't happen on a neat arrow from Point A to Point B. They happen in loops, circles, and spirals.

This isn't failure.
This is the real deal.

What's something you wish you could understand about your own loops?

WHY THIS MATTERS CLINICALLY

- ✓ Your brain rewires through repetition and return—not perfection.
- ✓ Old habits form from loops. New habits do too.
- ✓ Cravings, triggers, and stress hit your old circuits—this is biology, not weakness.
- ✓ The speed and shape of your comeback matters more than how far you fell.

What helps you get back on track faster?

MY OWN LOOP STORY

What's one loop you've been through that taught you something important? (What happened, what did you learn, what changed?)

WHY DO WE LOOP?

- Old neural pathways are sticky as hell.
- Life stress shows up when you least expect it.
- Change is neuroplastic, but it takes time, practice, patience, and a ton of grace.
- Every loop teaches you what didn't work and what tiny tweak might help next time.

★ DARE: DRAW OR WRITE YOUR RECOVERY LOOP

YOUR TASK:

- ☐ Grab paper, a notebook, or your phone.
- ☐ Map out your most recent (or biggest) recovery loop.
- ☐ Label steps with dates and emotions.
- ☐ Highlight one new insight from this loop—what you didn't know last time.
- ☐ Make a short bullet list of 2–3 “loop wisdoms” you want to carry forward.

1. WHEN THINGS FELT SOLID (What was going well?)

Date: _____
Emotion(s): _____

2. FIRST SIGNS OF STRUGGLE (Triggers, feelings, thoughts)

Date: _____
Emotion(s): _____

NEW INSIGHT FROM THIS LOOP: (What you didn't know last time)

5. HOW YOU RE-ENGAGED (What pulled you back?)

Date: _____
Emotion(s): _____

3. THE SLIP OR SETBACK (What happened?)

Date: _____
Emotion(s): _____

WHY THIS HELPS

Mapping loops takes the overwhelm out and helps you spot patterns and progress you'd otherwise miss. It turns the experience into learning instead of defeat.

How might this help YOU?

WHAT YOU MIGHT DISCOVER

- 😊 Your loops might already be shorter or less damaging than you thought.
- 🤔 New triggers look different from the old ones—that's your brain learning to prepare smarter.
- 💪 You're way more resilient than you give yourself credit for.

What's one strength you see in yourself now?

BONUS: YOUR LOOP WISDOMS

Write 2–3 “loop wisdoms” you want to carry forward.

- _____
- _____
- _____

COACHING & SUPPORT IS ALWAYS HERE

Loops can feel lonely and heavy. You don't have to carry them alone.

- Book coaching via CleanCircle.io or ProgressIsProgress.setmore.com
- DM me anytime—sometimes just talking the circuit through breaks the isolation.

RESOURCE BOOSTS

- Recovery is Not a Straight Line — Deep Dive Blog (search the archive)
- SAMHSA Help Center for crisis support anytime: 1-800-662-HELP

WRAP-UP

Loops aren't failures. They're lessons wearing what disguise of setbacks.

Your progress isn't measured by never falling—it's measured by how quickly and honestly you come back.

YOUR DARE

Draw or map your last recovery loop today. Notice what you learned, how you survived it, and what you'll try differently next time. This is your living roadmap forward.

Need backup? My DMs are always open. You've got this—one loop at a time.

Progress is Progress.
Keep coming back smarter.
I'm right here with you.