## Complacency in Recovery Worksheet

### What is Complacency?

Complacency is defined as a feeling of satisfaction, fulfillment, and contentment and a lack of awareness of danger and trouble. It is also called taking things or situations for granted. Its is common in recovery, people think that things are now better and they don’t need to further work on anything and everything will stay the same.

### Keeping a daily journal:

It will help you in maintaining sobriety. It can remind you of the daily progress and what are the things that are important for the process of recovery.

### Practice gratitude:

Practicing gratitude can be an excellent way to prevent complacency. When you practice gratitude you remind yourself of the difficult times and how you coped with them.

### Helping people in recovery:

You can help other people who are in the process of recovery, doing this will make you realize that sobriety is not something that we should take for granted. It also reminds us that this is where we came from and we can return to this again if we take things for granted.

### Write a letter to yourself:

Write a letter to yourself in which you remind yourself of the previous times, how you recovered from them, what challenges you faced and what are the goals for the future. Reading this letter daily can help you realize the importance of sobriety.

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Seek help from a professional:

If you feel any sign of complacency in your behavior, you can also seek help from your therapist or counselor before it becomes a problem.

Reference


You can find more wellness and mental health worksheets here.