Strategic Recovery

# 🌀 Strategic Recovery™ Phase Quiz

Are you stuck in recovery — or just in the wrong phase?  
  
Recovery isn’t one-size-fits-all. It’s a journey through 5 distinct phases — each with its own needs, challenges, and breakthroughs.  
  
In just 2 minutes, you’ll find out:  
✅ Which phase you’re in right now  
✅ Why you’ve been stuck or cycling  
✅ Your next best move for real transformation  
  
👉 Take the free assessment now and unlock your personal recovery roadmap.

## ✅ Quiz Structure:

\* 10 multiple choice questions  
\* Each option maps to one of the 5 phases  
\* Final result = phase with the highest score  
\* Results page gives tailored description, insight, and recommended next steps

## 🔢 Quiz Questions

1. 1. What best describes your current relationship with alcohol, drugs, or addictive behavior?

A) I’m still using but thinking more about change  
B) I recently quit and feel raw or unsteady  
C) I’m sober but trying to stabilize my body and mind  
D) I’m building new habits and changing how I think  
E) I’m living in alignment — sobriety feels natural now

1. 2. How do you typically feel when you wake up in the morning?

A) Anxious or uncertain about what’s next  
B) Tired, foggy, or physically off  
C) Better than before, but still inconsistent  
D) Clearer, motivated, and forming new routines  
E) Centered, intentional, and in flow

1. 3. Which thought resonates with you most right now?

A) “I know something has to change… but I’m not ready yet”  
B) “Everything feels overwhelming — I’m just trying to stay afloat”  
C) “I want to feel more grounded and stable”  
D) “I’m building a better version of myself”  
E) “I’m ready to give back, guide others, and live fully”

1. 4. How would you describe your current energy levels?

A) Up and down, based on my choices or emotional state  
B) Drained or unpredictable  
C) Slowly improving, but not consistent  
D) Stable and building momentum  
E) Solid, expansive, and clear

1. 5. When it comes to your daily routines…

A) I don’t really have any — I’m still figuring things out  
B) I’m surviving day-to-day and feel too scattered for structure  
C) I have some routines but struggle with consistency  
D) I’m building powerful rituals that work for me  
E) I live by a personal rhythm that supports my values and growth

1. 6. Which emotional state do you most often return to?

A) Fear, confusion, or doubt  
B) Stress, withdrawal, or volatility  
C) Hesitancy, fatigue, or inner conflict  
D) Focus, curiosity, or momentum  
E) Peace, confidence, and purpose

1. 7. How connected do you feel to a deeper sense of purpose?

A) I’m not sure what my purpose is  
B) I don’t have space to think about that right now  
C) I’m starting to wonder what I’m here for  
D) I’m working on living more in alignment with my truth  
E) I’m fully aligned with a mission that feels meaningful

1. 8. What best describes your current support system?

A) I don’t really talk to anyone about this  
B) I’m in survival mode — I just need space and care  
C) I have some support, but I know I need more structure  
D) I’m building a team and community around me  
E) I am the support for others — and I’m thriving doing it

1. 9. What identity statement feels closest to your truth right now?

A) “I don’t know who I am without this addiction”  
B) “I’m trying to survive one day at a time”  
C) “I’m working on becoming a healthier version of myself”  
D) “I’m stepping into my power and rewriting my story”  
E) “I’m living as the version of me I was always meant to be”

1. 10. If a trusted mentor offered you one gift today, you’d choose…

A) Clarity and courage to finally commit  
B) Emotional comfort and physical relief  
C) A complete plan for healing my body and mind  
D) Tools to rewire my habits and beliefs  
E) A chance to help others rise through your story

## ✅ Scoring

\* Mostly A = Phase 1: Preparation  
\* Mostly B = Phase 2: Detoxification  
\* Mostly C = Phase 3: Repair  
\* Mostly D = Phase 4: Rewire  
\* Mostly E = Phase 5: Recovered / Transcendence

## 🎉 Results by Phase

### 🧭 Phase 1: Preparation

You’re in the Preparation Phase of Strategic Recovery.

You haven’t fully committed to change — but something inside you is shifting.

You’re questioning old patterns. You’re seeking insight. You’re awakening.

What You Need Now:

\* Compassionate self-reflection

\* Education without pressure

\* Support systems and soft structure

\* The courage to decide when you’re ready

🎧 Listen to: Episode 1 + 2

### 🧹 Phase 2: Detoxification

You’re in the Detox Phase of Strategic Recovery.

This is the storm. You’ve made the shift — but now the body and mind are going through withdrawal, adjustment, and emotional turbulence.

What You Need Now:

\* Nutritional support + nervous system regulation

\* Rest, recovery, and simplified routines

\* Emotional validation and grounding practices

🎧 Listen to: Episode 3 + 4

### 🧬 Phase 3: Repair

You’re in the Repair Phase of Strategic Recovery.

You’re starting to stabilize — physically, mentally, emotionally. But this phase is delicate.

What You Need Now:

\* Brain repair and nutrient therapy

\* Structure, movement, and sleep consistency

\* Emotional healing and support from aligned relationships

🎧 Listen to: Episode 3 + 6

### 🔁 Phase 4: Rewire

You’re in the Rewire Phase of Strategic Recovery.

This is where identity begins to change. You’re creating a new normal — one that doesn’t require willpower every day.

What You Need Now:

\* Repetition and reward loop training

\* Strategic rituals and rewiring tools

\* Accountability and emotional mastery

🎧 Listen to: Episode 4

### ✨ Phase 5: Recovered / Transcendence

You’re in the Recovered Phase — or what we call Transcendence.

Substance is no longer center-stage. You’re living with purpose, power, and peace.

What You Need Now:

\* Spiritual integration

\* Vision-based living

\* Service, legacy, and creative flow

🎧 Listen to: Episode 6 + 1