NEW DAY RECOVERY
Whole-Program Handout

Phase Progress & Graduation Checklist



Your map of the whole program. Check things off as you finish them. A gap does not mean failure — it means a plan with dates, made with the Program Director.

Name: _____ **Date:** _____

Phase 1 — Foundation (Sessions 1–9): Surrender and getting steady

- ☐ I came to at least 8 of the 9 sessions, or made them up with my facilitator.
- ☐ My Personal Crisis & Safety Plan (Session 8 handout) is finished.
- ☐ I can say the core skill in my own words: _____

Phase 2 — Healing (Sessions 10–18): A renewed mind

- ☐ I came to at least 8 of the 9 sessions, or made them up with my facilitator.
- ☐ I have finished at least three Thought Records (Session 11 handout).
- ☐ I can say the core skill in my own words: _____

Phase 3 — Rebuilding (Sessions 19–27): Relationships, forgiveness, and amends

- ☐ I came to at least 8 of the 9 sessions, or made them up with my facilitator.
- ☐ My amends list has been reviewed with my coach or counselor, and one living amend is underway.
- ☐ I can say the core skill in my own words: _____

Phase 4 — Living Free (Sessions 28–36): Staying free

- ☐ I came to at least 8 of the 9 sessions, or made them up with my facilitator.
- ☐ My Warning-Sign Chain & Return Card (Sessions 28 & 30 handout) are finished and shared.
- ☐ My 90-Day Continuing Care Plan (Session 36 handout) is finished and checked — names, dates, and first steps in place.
- ☐ I can say the core skill in my own words: _____

Phase 5 — Giving Back (Sessions 37–60): Service, Leadership & Purpose

- ☐ I came to at least 22 of the 24 sessions, or made them up with my facilitator.
- ☐ My Giving Back Plan and the Next 90 Days is finished.
- ☐ I can say the core skill in my own words: _____

Graduation — all of these

- ☐ All five phases finished (above).
- ☐ Overall, I came to at least 54 of the 60 sessions, or made them up.
- ☐ My 90-Day Plan names my communities, my contacts, my mentor and accountability partner, and my first dates.
- ☐ I took part in the Session 60 closing — sent, not finished.

If anything above is still open, my completion plan — item, who owns it, and its date: