

The Micro-Wins Checklist



RIVER'S
BEND PC

Small Signs of Progress in Therapy and Recovery

Use this checklist to notice progress that might otherwise be overlooked.

Healing does not always look dramatic at first. Often, progress begins with small shifts in awareness, behavior, communication, and recovery habits. This checklist helps you recognize the “micro-wins” that matter in therapy and recovery — small but meaningful signs that change is happening, even when it feels slow. Use this guide for yourself, a loved one, or as a supportive resource in clinical and referral settings.

Emotional Micro-Wins

Check any that apply:

- I can name what I'm feeling more clearly.
- I notice stress or anxiety earlier than I used to.
- I can identify some of my triggers.
- I ask for support more often instead of keeping everything in.
- I recover emotionally faster after difficult moments.
- I show myself more compassion after setbacks.
- I feel more comfortable being honest in therapy.
- I can pause and reflect before reacting.

Behavioral Micro-Wins

- I show up to therapy even when I do not feel like it.
- I follow more of a daily routine than I used to.
- I use coping skills more often before reaching a breaking point.
- I make healthier choices when I feel overwhelmed.
- I am more consistent with sleep, meals, movement, or medication.
- I reach out sooner when I am struggling.
- I leave unhealthy situations earlier than I used to.
- I can recognize unhelpful patterns sooner.

Relational Micro-Wins

- I communicate my needs more clearly.
- I set boundaries more often, even if it feels uncomfortable.
- I pause more during conflict instead of escalating.
- I spend more time with people who support my well-being.
- I notice unhealthy relationship patterns more quickly.
- I am more honest in hard conversations.
- I feel less responsible for managing everyone else's emotions.
- I am rebuilding trust one step at a time.

Sobriety and Recovery Micro-Wins

- I am more honest about cravings, urges, or triggers.
- I recognize relapse warning signs earlier.
- I return to support more quickly after setbacks.
- I attend therapy, group, or recovery meetings more consistently.
- I make choices that support recovery, even when they are hard.
- I replace secrecy with honesty more often.
- I have more recovery-supportive routines in place.
- I can picture a healthier future more clearly than before.

For Families and Supporters

Signs your loved one may be making progress:

- They are more honest, even when conversations are difficult.
- They are recovering faster after hard days or setbacks.
- They are engaging more consistently with treatment.
- They are making small efforts to set boundaries or ask for help.
- They are using better emotional language.
- They are becoming more open to support.
- They are showing more accountability.
- They are making choices with more intention.

If progress feels slow, that does not mean healing is not happening.

Small wins matter. In therapy and recovery, these early shifts often become the foundation for deeper healing, stronger relationships, and more lasting change over time.

If you or someone you love needs support, River's Bend is here to help.

You are not trying to become someone else.

You are learning how to respond as yourself — with support.

Progress in recovery rarely comes from avoiding triggers forever.

It comes from practicing new responses until your brain learns safety in a different way.

If today was difficult, this workbook is still working.

If today went well, write down why. Both are part of change.

Ready to take the next step?

Learn more about River's Bend's mental health and substance use programs or reach out to our care team to explore support options.