

Reflective Worksheet 15

Career & Employment

Work can be a source of pride, stress or discrimination. This worksheet helps you reflect on how your career journey intersects with your identity and recovery, and how you can move toward safety and empowerment.

If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Identity

How does your workplace impact your wellbeing or identity?



Urges

What work-related stressors influence your gambling urges?



Impact

What strengths or skills do you bring to your work?



Safety

What support or adjustments would help you feel safer or more confident?



Goal

What career goals feel meaningful to you right now?



Goal

What is one step you could take toward a healthier work experience?
