



HAND OUT A - Exploring Recovery

Watching the video, we have followed Maybell's journey. Just like Maybell, you yourself may be going through a journey that feels challenging to you.

It is important we have a sense of purpose to redefine our sense of self in a more positive light. This is one of your first steps in your recovery journey.

Firstly, let's acknowledge your values:

1. What are they?

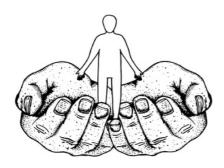
If you feel stuck, here are some ideas. Remember there are no wrong or right answers here. The main thing is that they bring joy and positivity into your life AND highlight what's important to you:

Family
Feeling secure
Creativity
Compassion
Balance
Resilience
Kindness
Courage

Write yours below:

If you choose to communicate this in an alternative method, you can draw or create a symbolic picture on the next page:

An example of symbolic imagery is included below: 'compassion for self'.











Although we do not need to put pressure on these values as being measurable or achievable, we should detail these values in a way that interprets your needs.

See examples below;

Family- making time for family. It makes me feel happy and connected when I see them.

Feeling secure- having a roof over my head. I always have the resources available for the essentials. This makes me feel content and calm.

Creativity - upon waking, writing engaging in creative writing - 5 lines a day. Always bringing a note pad with me to write when I'm in nature. It makes me feel alive and at one with the real me.

When we begin to develop our values, be careful of the language we use. Steer away from 'I want to see my family' or' hopeful I can see more of my family'. Instead, we can make statements in *present tense*. 'Seeing my family' or 'Being with family'. If we write in future tense, it is as though we may have set ourselves up with a goal that feels unachievable.

2. Expand on your values below:

If you prefer not to write, draw pictures or symbols below:





HAND OUT B - Exploring Recovery

1. As part of how you define recovery you can choose a recovery principle/s.

Below are 'Recovery Principles'. Highlight or circle the principles that resonate with you and feel would like to help define your recovery journey.

Choice	Options and ability to generate opportunities
Communication	Interactions and contacts; expressions
Compassion	Understanding; empathy; forgiveness
Courage	Personal Strength: the ability to accept responsibility in recovery
Holistic	The whole person, encompassing all the elements of life and living
Норе	Prospects and future aspirations
Human Rights	Protections for all Human Beings
Identity	Recognising self and the personal attributes that makes oneself and the
	experience of recovery unique
Individual	Self and the uniqueness it implies
Love	The healing properties of human connections
Non-linear	The haphazard way recovery can evolve, responding to circumstances
	and challenges
Peer support	Leveraging support from people who have/are experiencing their own
	recovery
Person-Led	The person leading their own recovery; Thinking about what they need
	and want and taking steps towards those things; establishing
	processes and connections.
Respect	Honouring self and others and the opportunities from life and recovery
	that exist.
Responsibility	Accountability in one's own recovery
Self- directed	The person taking responsibility for decision-making in their personal
	recovery
Self- empowerment	Learning from experiences through recovery, using skills and
	knowledge acquired
Strengths-focused	Focusing on the abilities and strengths that exist/are available





2.	You may like to now combine your values with your recovery principles in a
	statement below:

At home, you may want to showcase your values and recovery principles where you can see them or write them down in a diary.

Notice your values are allowed change over time and that's ok.

Your values are an area in your life you can gravitate toward. The decisions you make each day will revolve around your values and take you closer to living the life you want and deserve. They also underpin the strengths you develop.

You may feel a sense of ease when you realise that although you may be living with chronic and/or challenging issues out of your control, there are areas of life swimming alongside this which you *can* control and find moments of joy in.