

Recovery communities worksheet 1: Building your own recovery support group



If you knew you could not possibly fail and that success was guaranteed... what kind of recovery support group(s) would you enjoy building?

Who else do you know might be interested in any of the ideas written above? Has anyone else done anything like it? Could you visit them? How and when could you get together to talk about it?

Who do you know who could help you? How and when could you get together with them to talk about it? What kind of help do you need?

What is your first step towards this idea that you can do in the next 24 hours?

Stay connected to the Scottish Recovery Consortium and let us know about your recovery community.