

Recovery Dimensions: Supportive Relationships

I can support myself in my recovery by...	Do I have enough of this in my life right now?	What is my goal in this area of recovery?
Having people I can count on		
Being loved and accepted as I am		
Having people in my life who believe in me even when I don't believe in myself		
Having something to give back		
Feeling like a worthwhile human being		
Being able to help others when they need me		

Recovery Dimension: Renewing Hope & Commitment

I can support myself in my recovery by...	Do I have enough of this in my life right now?	What is my goal in this area of recovery?
Having a reason to get out of bed		
Having a sense my life can get better		
Being able to tackle every day		
Realising that there is more to life than addiction		
Feeling good about the future		
Being determined to live well and take care of myself		
Believing that I can manage my life and reach my goals		
Having dreams again		
Having people I can count on		

Recovery Dimension: Finding your Niche in the Community

I can support myself in my recovery by...	Do I have enough of this in my life right now?	What is my goal in this area of recovery?
Getting involved in stuff I enjoy, e.g. attending church, volunteering, dating, taking classes, playing sports, visiting friends, attending support groups		
Having nice places to hang out with my friends		
Having a routine I enjoy		
Making new friends		
Catching up with old friends		
Filling my day with stuff I like		

Recovery Dimension: Redefining Self

I can support myself in my recovery by...	Do I have enough of this in my life right now?	What is my goal in this area of recovery?
Seeing myself as a person with strengths and resources		
Knowing my addiction is only a small part of who I am		
Not allowing “label” or a diagnosis to take control of my life		
Exploring life outside the addiction treatment system		
Learning what I have to offer		
Proving wrong the people who said I’d never do anything with my life		

Recovery Dimension: Incorporating Illness

I can support myself in my recovery by...	Do I have enough of this in my life right now?	What is my goal in this area of recovery?
Knowing when I need to ask for help		
Not feeling defeated		
Avoiding the things that make me feel bad		
Knowing how to take care of myself in good times and in bad		
Accepting that there are some things that I can't do yet		
Being proud of the things I can do		
Taking one day at a time		

Recovery Dimension: Overcoming Stigma

I can support myself in my recovery by...	Do I have enough of this in my life right now?	What is my goal in this area of recovery?
Feeling good about myself		
Learning ways to overcome the negative attitudes of others		
Finding places in the community where I feel at home		
Not feeling ashamed about having a mental illness		
Being proud of myself		
Having role models		
Not letting people put limits on me		
Knowing when I am being discriminated against		
Standing up for myself when I have been mistreated		
Not buying into the stereotypes of mental illness		
Realizing that other people have problems too		
Knowing when I deserve better and demanding it		

Recovery Dimension: Assuming Control

I can support myself in my recovery by...	Do I have enough of this in my life right now?	What is my goal in this area of recovery?
Knowing when & how to voice my opinion		
Having control over my life and treatment		
Taking risks and trying new things		
Accepting the consequences and learning from my mistakes when things don't work out as planned		
Being able to appreciate someone else's view and reach a compromise		
Telling people what I want and need from them		
Not taking "no" for an answer		

Recovery Dimension: Managing Symptoms

I can support myself in my recovery by...	Do I have enough of this in my life right now?	What is my goal in this area of recovery?
Learning how my addiction affects me		
Asking questions when I don't understand something		
Having ways to cope and be good to myself		
Understanding what medication can and cannot do for me		
Finding other tools to help me in my recovery		
Knowing when to ask for help		
Taking time to relax		
Giving myself some slack		
Giving myself permission to be human		

Recovery Dimension: Becoming an Empowered Citizen

I can support myself in my recovery by...	Do I have enough of this in my life right now?	What is my goal in this area of recovery?
Feeling like I have choices		
Choosing where I live and how I spend my time		
Voicing my opinion		
Giving back and sharing my experiences with other people working toward recovery		
Being a responsible citizen e.g. by voting, volunteering, working, paying taxes, managing my own money, keeping up with my bills etc.		
Having other people respect me		
Being a responsible parent, a caring friend, or a good neighbor		
Making a difference in my community		
Taking responsibility for my recovery		