

The 10 Guiding Principles to Your Recovery

- 1 Hope:** Your belief that recovery is real is the essential and motivating message for a better future.
- 2 Person-Driven:** Self-determination and self-direction are the foundation for your recovery as you define your own life goals and design a unique path towards those goals.
- 3 Many Pathways:** Your unique needs, strengths, preferences, goals, culture, background and experience affects and determines your pathway to recovery.
- 4 Holistic:** Your recovery is holistic encompassing your whole life, including mind, body, spirit, and community.
- 5 Peer Support:** Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, are invaluable for your recovery.
- 6 Relational:** An important factor in your recovery process is the presence and involvement of people who believe in your ability to recover.
- 7 Culture:** Your culture and cultural background, including values, traditions, and beliefs, are important in determining your journey and unique pathway to recovery.
- 8 Trauma-Informed:** Services and supports should be trauma-informed to foster safety and trust, as well as promote choice, empowerment, and collaboration through your recovery.
- 9 Strengths & Responsibilities:** Individuals, families, and communities have strengths and resources that will be foundational for your recovery.
- 10 Respect:** Community, systems, and societal acceptance are crucial for your recovery.

Addiction Recovery Group Handouts

Dennis C. Daley



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