

Recovery Poster

INSTRUCTIONS-

Prepare a poster (example on next page) by choosing a word(s) for discussion.

EXP: "SELF-RESPECT," "RELAPSE," "FREEDOM"

Letter by letter, ask participants to share a word that begins with that letter and RELATES TO RECOVERY.

Tips-

Allow time for everyone to share before moving on to next letter.

It is okay to ask what someone means by their chosen word.

It is sometimes good to ask them to elaborate on the word.

It may be necessary to ask how the word relates to Recovery.

AFTER THIS DISCUSSION

Ask participants what word used grabbed/inspired/meant the most to them.

Ask participants what the Poster Word means to them.

Ask them where they are in relation to the word.

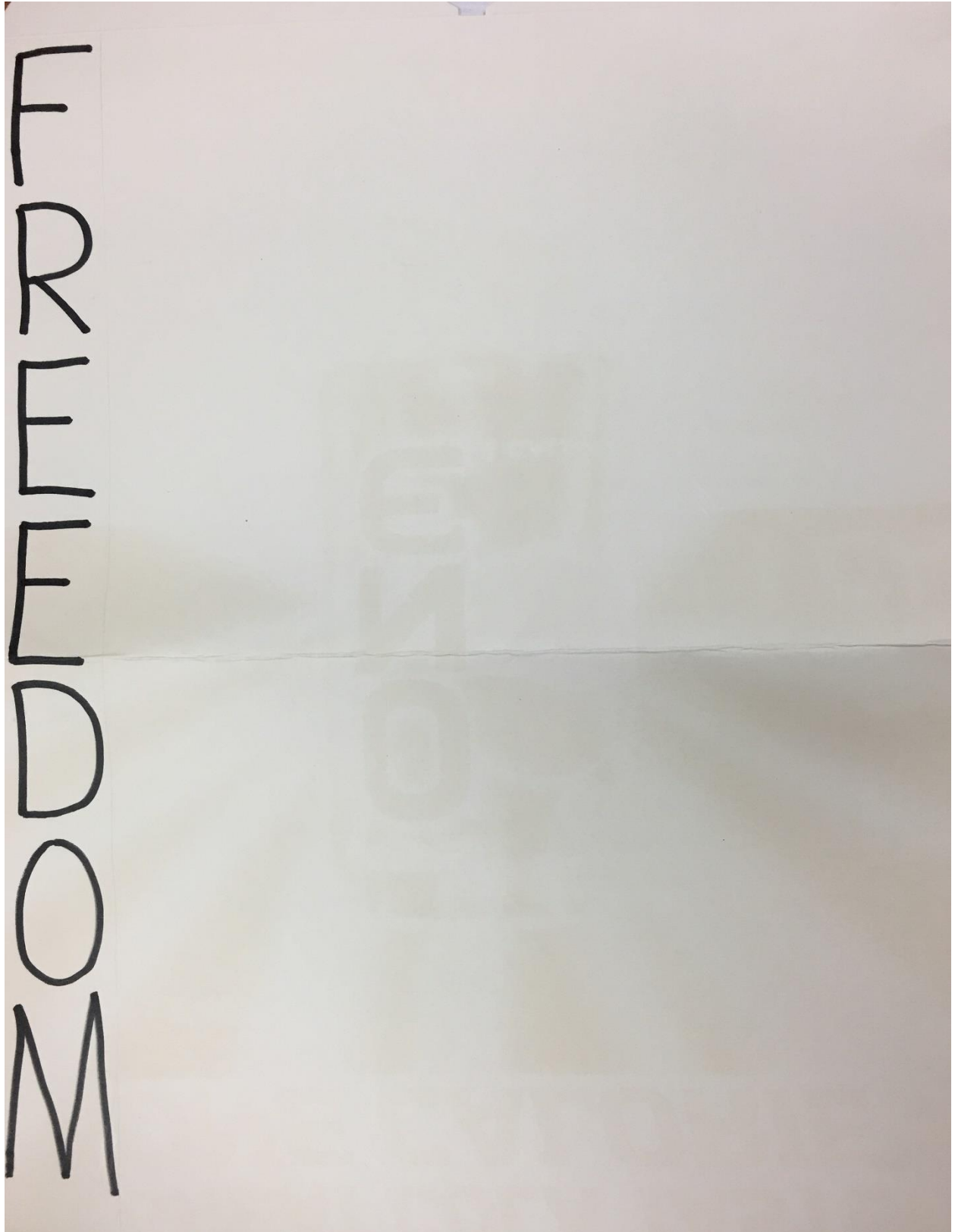
Ask them how they hope to accomplish/achieve the Poster Word.

REMIND PARTICIPANTS-

Recovery is a journey and we find it by different avenues.

We move at different speeds and encounter different challenges.

Note to facilitator: *Adapt as you believe will work best with your participants.*



SEE-SEEK, ENCOURAGE, EMPOWER