

Define Your Concepts of Recovery: A Worksheet

By Peggy L. Ferguson, Ph.D.

By now you have some pretty clear ideas about addiction and abstinence, some tools to interrupt the momentum of addiction, to get abstinent, and to remain abstinent on a day by day basis. Your ideas, thoughts, and concepts about addiction and abstinence have probably changed as you have worked on getting clean and sober and maintaining that abstinence. Your ideas, thoughts, and concepts about recovery may have changed or may be changing as well.

Use the topics listed below to identify what "recovery" means to you currently. The assumption is made that you believe all other goals and qualities of "recovery" to be built on continuing abstinence.

Improvement in ability to fully and effectively participate in healthy interpersonal relationships?

Improvement in ability to focus on and complete tasks and projects?

Improvement in ability to deal with feelings, problems, and issues in your life and to not be overwhelmed by stressors or life events?

Development/Improvement of social support systems and networks?

Reduction in psychological/emotional symptoms, with a higher level of emotional/psychological functioning?

Reduced stress/Improved stress management?

Higher/Better Quality of Life?

Spiritual growth and/or higher levels of life meaning and purpose?

Increased responsibility and higher levels of involvement as a community member/citizen?

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