

## RECOVERY EXERCISE

This exercise will help you get in touch with what you want out of recovery.

With pen and paper close by, sit in a comfortable chair. Relax, be still and quiet. Close your eyes. Breathe deeply and continue to do so until you are very relaxed. While you are in this safe place, think about a typical day of your present life. What activities occupy your time? What thoughts? What feelings? What is the general pace of your life? The overall feeling?

Now get specific. Ask yourself and following questions and jot the answers down. It is very important to remain in a passive, serene, non-judgmental state of mind while you do this. Do not lose your connection with this deep place. Remember you are safe. All that will happen to you will be a pleasant and hopefully healing experience.

- How much time do you spend on enjoyable activities?
- What are these activities?
- What feelings occupy most of your time?
- What thoughts occupy most of your time?
- What activities occupy most of your time?
- What kinds of activities do you now do to help you cope with stress, conflicts, and difficult emotions.
- How much time do you spend in learning new things?
- Is this time fulfilling to you?
- How much time do you spend alone?
- How much time do you spend with others?
- Is this time enjoyable? Fulfilling?
- How many of your days activities would you rather not be doing?

When you've finished answering the questions, again be still and think about the quality of your life at the present time.

Now pick a time in the future when you no longer have this problem. Again, experience a typical, but ideal, day. You can have anything you desire in your life. What is it? Where are you living? Who with? What work are you doing? What leisure activities? What foods do you eat? Notice the overall quality of this life. Take time to write answers again to the above questions (facilitator should read the questions again). Be sure to let yourself be quiet and think about the quality of your life.

Are there any differences? What are they? How have you changed? Be sure you understand not only how your outer activity has changed, but also how you as a person have changed.

### **Now ask for guidance:**

What do you need to do at this point in time to help yourself make this future life a reality? Be still and wait. Your answer may come in any form- a feeling, a flash of knowing, a visual symbol, a sensation, a message. It might come at a later date- a statement from a friend or therapist, an event that alters your way of perceiving your life. Remain open. The answer will come.