

Blueprint for Recovery

Recovery is not a destination, it is a journey with twists and turns and occasional cul de sacs. This Blueprint is a tool to help you with this journey. It is a map, a compass, a friend, a bivouac if you are stuck out in the wilds, a cagoule for when it is windy and wet, an umbrella, a parasol.

Orientation

Take time to understand where you are now. Notice the things in your life that seem right, that are going well, that give you pleasure without pain, that make you feel good about yourself. Think about what you are doing, how you are using your time, the people who make you feel good. Think about your thinking – are you understanding things in the right way, are you solving your problems, being creative? Think about your feelings – what are your emotions telling you if you feel sad, lonely, anxious, angry, guilty?

Notice the problems. The things that stand in the way of your goals. The barriers, the potholes, the mountains that seem too steep to climb, the rivers too wide to cross. Think of ways round them, think of what you need to conquer them – a bridge, some rope, the help of a friend?



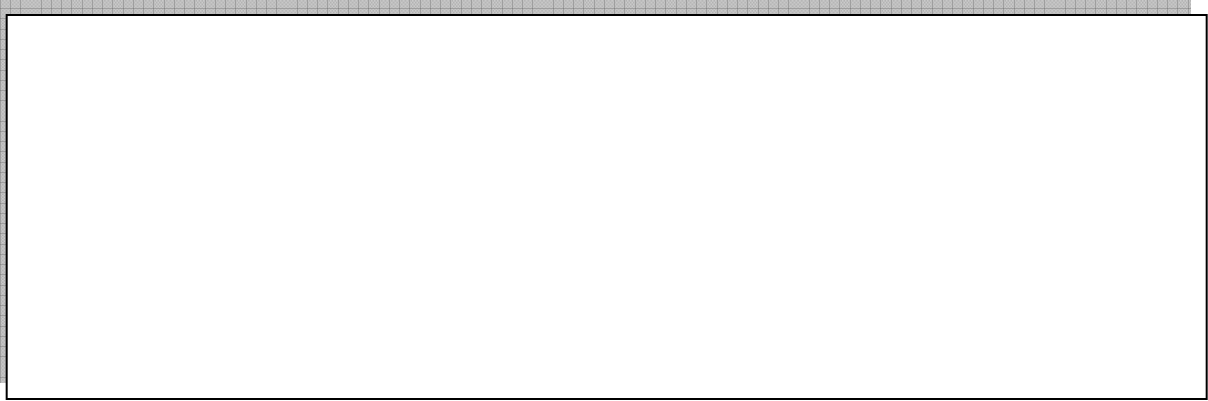
Habituation [*« Behave well to feel well »*]

This is about developing habits which promote and support recovery. Consider the daily rhythms of your life – your waking and sleeping, the balance of mundane tasks and chores with activities that provide pleasure, the regularity of meal times and the importance of eating a balanced diet, cooking food from fresh when possible, taking time to engage in activities that are self-nurturing (soothing, calming, spiritual, growth-enhancing, helping others, increasing your sense of well-being), the balance between exercise and rest.



Anticipation

The process of thinking ahead. Predicting difficulties before they arise, remembering to use consequential thinking skills to control how you deal with day to day situations in ways that are helpful and adaptive rather than in ways that will create further problems in the future. It is also important to have things to look forward to, having a reason to get up and face the day, something to help you get through a difficult patch because it is waiting for you beyond the current problems. Use positive imagery to help with this – see yourself coping in and deserving a better future.



Inspiration

It is an important part of your recovery to plan some pleasant and rewarding activities and goals for yourself. You may also find it helpful to make a note of any inspiring or comforting thoughts or quotations.

Every day I will.....

At least once a month I will...

Within the next six months I will...

Within the next year I will...

One day I hope to... ..

Thoughts & Inspirational Quotations

