

One of the major “recovery tools” that peers bring to a behavioral health service is their own experience and recovery story.

Session 5

Using Your Recovery Story as a Recovery Tool

explores the difference in an “illness story” and a “recovery story” and helps you experience the power and potential of your own story as a recovery tool to be used to educate and inspire peers and non-peer staff.

Telling Your Recovery Story

1.What you overcame...

2.What you learned...

3.What you gained...

4.What are you doing now to keep your goal?

Session 5 - Review Questions – Using Your recovery Story as a Recovery Tool

1. What is the difference in a “recovery story” and an “illness story”?
2. Why is it important to remain objective when telling your recovery story?
3. Give two examples of how you can use your own recovery experience to help another person.
4. What are the four components needed to tell your recovery story?