

## RECOVERY ADVISORY GROUP

### RECOVERY MODEL STRUCTURE

	Stages	<i><b>ANGUISH</b></i> Despair, Bottoming Out, Fear and Exhilaration Confusion, Panic	<i><b>AWAKENING</b></i> Things can change; Recognizing that the pain of staying where you are is greater than changing	<i><b>INSIGHT</b></i> There is something better; Seeking help; Hurting for a reason	<i><b>ACTION PLAN</b></i> I must do something to make things better	<i><b>DETERMINED COMMITMENT TO GET WELL</b></i> I can make my own decisions; I am hopeful about my future	<i><b>WELL- BEING, EMPOWER MENT</b></i> I have a meaningful life I care about myself and others.
<b>Internal – What happens within oneself</b>	<b>Cognitive</b>						
	<b>Emotional</b>						
	<b>Spiritual</b>						
	<b>Physical</b>						
<b>External – Response and reaction to external influences</b>	<b>Activity</b>						
	<b>Self-Care</b>						
	<b>Social Relations</b>						
	<b>Social Supports</b>						