Active change

Session 6 – Building Recovery Capital



Today's session

- Welcome
- Introductions
- Group agreements
- What is recovery capital?
- Building recovery capital
- Distance travelled and next steps
- Close and feedback

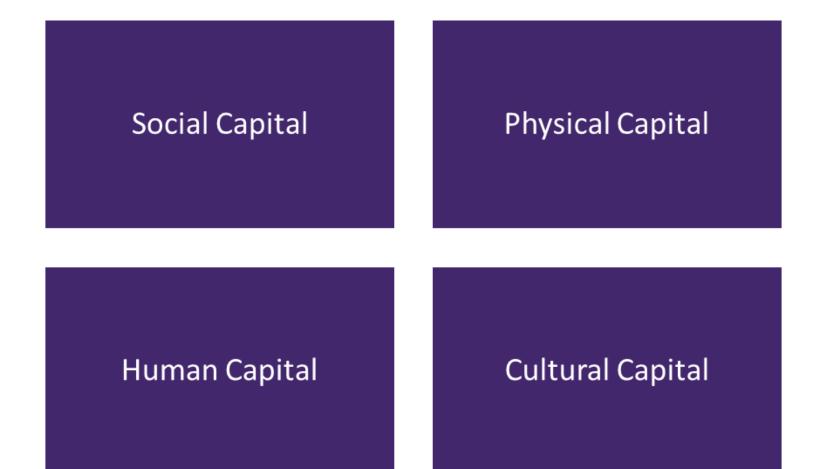


Introductions and check in

Hello! ... introductions



Four types of Recovery Capital





Examples of each recovery section

Physical Capital: External	Benefits, Bus fare, Bike Housing/Flat/Dry House Phone, I-pad Hobbies: Guitar, Gym, Gardening	Social Capital:	Fellowship, Home group, Sponsor, Friends in recovery Counsellors, workers, Group attendance Dry House meetings Speaking to family,
	Desire to have own home/Family/Job Work ethic Ambition Good Communication , Commitment		Someone at the end of the phone Online groups Find a place of support and praise Comradery- Tribe
Human Capital: Internal	Determination, Awareness Ability to identify areas of self-improvement A trade, Education Problem solving abilities Ability to prioritise self-e.g. health needs	Cultural Capital:	Keeping you grounded/focused Higher power/God/Spirituality Ability to be honest, Knowing your boundarie Treat people how you would like to be treate Not lying/manipulating, Intuit
S AROL			Recognising your own values, understanding other rights to theirs (knowing right from wron Kindness, Self Belief, Open mindedness Assertiveness, Self-Awareness



My recovery goal 1

My recovery goal 2

Activity – what/when/how often/ with whom?

Activity – what/when/how often/ with whom?



Distance travelled and next steps

Me at the beginning of my journey. Describe/draw how you were.

Me now. What's different?



What have I learnt? What strengths have I demonstrated?

My next steps:

1.

2.

- 3.

Feedback

- How has today been?
- Where would it be useful to keep the work you've done to remind you of your goals, achievements and next steps?
- Focus on next steps.
- Reminder about 'Useful Resources,' including mutual support
- Reminder about other DHI groups/local support groups
- Thank you for coming along.

