

# Active change

## Session 6 – Building Recovery Capital

# Today's session

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

# Introductions and check in

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Hello! ... introductions



# Four types of Recovery Capital

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Social Capital

Physical Capital

Human Capital

Cultural 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,  
Someone at the end of the phone  
Online groups  
Find a place of support and praise  
Comradery- Tribe

## Human Capital: Internal

Desire to have own home/Family/Job  
Work ethic Ambition  
Good Communication , Commitment  
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 boundaries  
Treat people how you would like to be treated  
Not lying/manipulating, Intuition  
Recognising your own values, understanding  
other rights to theirs (knowing right from wrong)  
Kindness, Self Belief, Open mindedness  
Assertiveness, Self-Awareness



# Building my Recovery Capital

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**My recovery goal 1**

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

**My recovery goal 2**

**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.



Developing Health  
& Independence

# Feedback

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- 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.