



Vision of Recovery

Reflection 1

At intake you were asked to identify a Vision of Recovery, a description of what you want your life to look like when you have completed therapy. The Vision of Recovery is stated in terms of what you want, not what you don't want. For example, instead of "I want to feel less depressed" we would say, "I want to feel more content." Having a destination is important; it gives direction, a way to measure progress, and a goal to attain. This will help to focus and motivate you as you move through the program.

Below, you will update your Vision of Recovery, identify concrete steps you have taken towards it, plan new steps for the coming days, and reaffirm your sense of purpose and direction.

My Vision of Recovery:

What have I already done to move towards this Vision?

What other steps can I take towards my Vision?

Do I still want this Vision of Recovery? Am I making progress towards it?