

Session 1

Worksheet 1.1 The Recovery Ladder

Recovery Ladder

The unique aspects that make up who I am:	Witnesses to my recovery:	These people are important to my recovery:
	When things wobble I can:	Barriers – things that can get in the way:
	The changes I've already made:	
		I can do the following to maintain these relationships:
	The skills I have and things I can draw on:	
These things give me hope that I can recover:		
These things can make me feel worse/how I can deal with them:		