

# Session 8

## Worksheet 8.1 Questions that might help both people reflect on the recovery story

---

Questions for the person	Questions for the outsider witness
How would you describe your recovery journey since we started the sessions?	What was it like for you to hear (the person) tell their recovery story?
What changes have you noted?	How would you describe (the person's) recovery journey since they started the sessions?
What things have felt most important in your recovery journey?	What changes have you noted?
Has (the problem – insert the person's description of the problem) changed since starting the Steps to Recovery sessions?	What have you noticed about how (the person) manages (the problem name)?
What surprised you most along the way?	What surprised you most along the way?
How has your recovery journey impacted on others?	How has (person's name) recovery journey impacted on others?
Has anyone else noticed aspects of your recovery journey?	Where do you imagine (the person) going in the future with their recovery?

---