

Session 8

IN THE SESSION ...

The session is typically introduced by explaining the following:

- 'Within the session today we will be taking time to carefully listen to your recovery story, i.e. the journey you have taken so far in your recovery.
- We will start by allowing you to share your recovery story, before then inviting X (the person's outsider witness) to share their reflections on what they have heard about your recovery story/ journey.
- After X (outsider witness) has shared their thoughts and reflections, we will all consider together the themes of what has been heard.'

IN THE SESSION ...

Consider using these questions to prompt the person in thinking about their future recovery steps:

- Are there any parts of the Steps to Recovery framework you would like to revisit? If so, who would you like to do this with?
- Who might you need to recruit to help keep the recovery going?
- How would you like to record the recovery ladder?
- Where may you keep your recovery ladder?
- Would you like to share your recovery ladder with others, so that they can help you use aspects of this in the ongoing recovery process? If so, who and why?