

The 10 Principles of Recovery

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Recovery means finding your path to a meaningful life. It puts you in control of your life and helps you gain self-confidence and respect for yourself. You can use recovery for substance abuse and mental health problems such as post-traumatic stress disorder (PTSD).

There are 10 principles of recovery. Place this list where you will see it every day, such as on the bathroom mirror.

- Your recovery is self-directed. You find your way to recovery through personal control, good decision-making, and independence. The choices you make are yours and yours alone.
- Your path is based on your personal needs, likes, and experiences. If you see your recovery as a lifetime journey, you'll be able to find the best physical and mental health.
- Your recovery empowers you. You're the only person who can turn your decisions into actions.
- Your recovery includes your mental, physical, and spiritual needs. It includes your family, friends, job, and community.
- Your recovery will have ups and downs. It's not a step-by-step process. It's a lifetime process where you grow and build on your setbacks.
- Your recovery is based on your ability to bounce back, cope, and make use of other talents. Value yourself and build on these strengths.
- Your recovery includes support from others. Make friends and build relationships. Join groups where you can help others and find purpose for yourself.
- Your recovery lets you respect yourself. Believe in yourself and meet your goals. Accept and take pride in what you can do.
- Your recovery shows that you take responsibility for yourself. Find the courage to work toward your goals.
- Your recovery gives you hope. You can overcome your problems.