

WRA

Creating My Recovery Vision

Name _____

Date _____

How I Want Things To Be & How I Want To Feel: (My Vision of My Ideal Self)

This section is filled out 2nd.

Hopes and dreams of the client IN DETAIL. You are helping her create in her mind's eye as clear a picture as possible (she can even close her eyes as you lead her thru imagining her future self)... write down the client's OWN WORDS in this section. Be sure to touch on the same areas she mentioned below...

le) I'd sleep better...I'd have time to take care of ME, I'd be communicating better with my husband, things around the house would feel more relaxed, the workload would feel more fair, etc.

DON'T FORGET TO INCLUDE 'WANTING TO LIVE' (THIS IS LIFE OR DEATH!)

Other examples:

- ❖ I could feel confident driving my kids around that they're safe with me.
- ❖ I would be able to remember what I did the night before.
- ❖ I'd be able to hold a job for more than a few months at a time,
- ❖ I'd go back to school,
- ❖ my body would feel in better shape,
- ❖ I would have more friends, I'd feel more comfortable around other people, etc. etc. etc. I'd be enjoying my time with my kids more.
- ❖ I wouldn't be fighting as much with my husband,
- ❖ my bank account would be bigger, my kids would look at me with trust in their eyes, etc. I could be driving again, and have a better choice of jobs...
- ❖ my legal stuff would be cleared up,
- ❖ my credit would be better,
- ❖ I could have Xmas with my parents again, etc.

After you've walked thru this experience (the more clear/vivid, the better) with the client, you can repeat back these exciting things in her own words to check you've heard her. Update/add/correct following the client's lead.

Now, you'll point out the discrepancy between the two (which is TENSION and impetus for beginning treatment ASAP) via, "Mary, can you see the difference between these two?"(pointing to the details of where she is vs. where she wants to be) you want to hear her say YES out loud to gain her commitment. Now ask, 'Can you FEEL the difference?' ...again, you want her to give you another 'yes'.

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Steps, Recovery Tools, Action Items towards achieving my vision:

(This part is filled out last)

(This is where you plug in our services (elaborate on whatever 'selling features' you can pull out to fit each need as the client has expressed it in her own words)(Also, gain 'yes commitment' along the way to ensure client 'buy in'/check for client engagement)

Individual Counseling (ie, to discuss all these crucial issues in a safe place just for you)

Recovery Education (to learn about your disease, and learn about new ways to cope)

Relapse Prevention (to make 'this time' different... to set yourself up for success)

MAPS/Acupuncture (to help w/cravings, to practice relaxation, a resting place in your week)

Recovering Self (a safe place to get to know the women, build community, offer and get support, learn how to incorporate fun and creativity into your recovery)

Navigating the 12-Steps (to learn how to make the Steps your own, to get you set up to make the most out of your experience, learn how to build community, etc.)

Process Groups (a chance to practice interpersonal communication skills with others, a safe place to offer and get support from other recovering women, etc.)

(Food & Feelings) (include selling features)

(Creating Safety) (include selling features)

12-Step Meetings (include selling features)

etc. etc. etc.

(in writing down each service & how it fits the client need, gain 'yes commitment' via: "Can you see how the Recovery Education group is so important for you in learning why you're so exhausted?" or "Can you see how the Acupuncture group would be perfect for you in taking time for yourself each week to relax?" etc. You want to hear the client say 'YES' out loud to these questions as much as possible.

How Things Currently Are & How I Am Currently Feeling: (My Current Self)

This section is filled in first: GET DETAILS, Write down CLIENT'S OWN WORDS

DON'T FORGET TO INCLUDE FATALITY (THE DANGER OF DYING) IF CLIENT WERE TO CONTINUE ON THIS SAME PATH...

Also, a good place to write down how much the client estimates she spends on her drug of choice, medical costs secondary to use, damage done due to use, wages NOT earned from having missed work or been fired, etc... you want a financial picture to which you'll later be contrasting the (bargain) WRA Tx fees.

Here are just some example 'themes' fleshed out by capturing what these themes MEAN TO THE CLIENT personally....

- ❖ **Exhausted (get DETAILS, ...I can't sleep most nights, I'm running around with no time to take care of myself, my husband isn't helping around the house so I do it all..., my drug keeps me up for days at a time, then I crash out...etc.)**
- ❖ **Lonely (I have no social life of my own, all my friends use, I don't know how to talk to people without using or drinking... my husband uses, etc.)**
- ❖ **Scared (..of killing someone in a car accident when I drink and black out, for my own health-I'm bipolar and keep throwing up my bipolar medication, ...scared to face the wreckage in my life, scared to face my family and tell them I'm an addict, etc....)**
- ❖ **Afraid I'll lose my kids (CPS involvement around the corner, my upcoming custody hearing...etc.)**
- ❖ **Depressed (I'm feeling helpless and hopeless, this is my 15th try at sobriety and rehab... nothing EVER works for me longterm....)**
- ❖ **Anxious (every time I stop using, I feel like crawling out of my skin... I get paranoid being around other people, and just avoid social situations...)**
- ❖ **Like I've lost myself (I don't know what happened to my life...I used to be so outgoing, successful, motivated... now... my life is shit...I have put everything that's important to me aside. I don't dance anymore, I dropped out of school, got fired, and can't seem to pick myself up, etc.)**
- ❖ **Legal problems, (2 strikes, recent DUI, etc., suspended license).**

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These are the 'leverage'... you'll be reiterating these back to the client in her own words, and giving her the opportunity to correct/elaborate/etc. This is vital information in 'selling' the program/services. The client is also likely to feel heard in full, seen, and met where she CURRENTLY is....and you should touch on as many biopsychosocial aspects/secondary effects of addiction as you can (family/body/social/mental health/emotional/cognitive-intellectual/relationships/career/school/spiritual devastation, etc. etc. etc. HOW has addiction touched this woman's life... be able to give her back a full picture of the pervasiveness and gravity of her disease, and help her create urgency around getting the help she deserves and needs. (TODAY).