

Introduction

take home
Love in recovery
a moment in time

(tabula rasa
or handout
page 1)

1)
RISE with Resilient Relationships
Share or Write

handout Page 1

Susan Jeffers Fear (video clip)
Cat & Dog Flight
ITE

2)
RISE with Hope
Hope
Hope for others

3)
RISE with Positive Energy
BTU - Slides 12, Chapter 2: Generosity & Graciousness

4)
RISE with Gratitude
great expectation
Wellness (Realm of Wellness)
Belonging

5)
RISE through Optimism
Recovery path meaning & purpose
Motivation

6)
RISE through Character Building
Stronger with gifts
Wellness

CSV
VIA

Character
Strengths &
Virtues
Values in Action

7)

RISE by Using Resilient Language

The Resilient Conversation

RISE Page 1 --> Page 2

8)

RISE by Reconciling Relationships

Page 1 (one-sided, folded into half)

Recovery Relationships

Recovery Culture

Page 2 RISE - reflections

9)

Empowering Exercise

Empowering.ppt

RISE by Empowering Others [Working Example]

role play/ skit (short, brief, concise) to explore

comprehension of empowering elements

the use of empowering language

U' I Statements

reflecting_____

RISE by Empowering Others Page 2

Envisioning & Planning Action

Building Resilience

10)

Community Wellness

11)

Spiritual Competency

12)

RISE with Resilience Stories

Motivation

ITE

Belonging

Community Wellness

Next Step

Communities

13)

RISE with Resilient Relationships

Page 2 (final)

Personal Vision Statement

Personal Vision / PVS Examples

Recovery Path.doc