

Core Beliefs of Recovery

“**Recovery** is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.” (SAMHSA)

“The following are, I believe, the **core beliefs of recovery** (*left column*). Each of them implies an **opposite belief** (*right column*). Where you fall on a continuum between the two beliefs probably defines a lot about how you approach life.” (Larry Drain, Hopeworks Community)

<p>HOPE Life can get better.</p>	<p>DESPAIR I am stuck. What I got is what I got. Try to make the best of it. I believe that it is more likely to get worse than it is to get better.</p>
<p>EMPOWERMENT I can help make it better. It is within my capability, my reach to do.</p>	<p>HELPLESSNESS I can't really make a difference. My ability is limited in a basic way. I have deficiencies which will limit my ability to govern my life.</p>
<p>COMPETENCE/INDEPENDENCE I have the abilities and skills I need to make a difference or can learn the skills and abilities I need to make a difference. I have competence and am capable of becoming even more competent. I can learn the things I need to know.</p>	<p>INCOMPETENCE/DEPENDENCE Nothing I can do or learn to do will ever make that much of a difference. I am defined by my circumstances. I will be dependent on others for any help and improvements in my life.</p>
<p>CONNECTION/COMMUNITY People care about me and support me in my efforts.</p>	<p>ISOLATION I will never have a real relationship with anyone. Anyone who knows me will never really care. My problems, my issues make it impossible for most people to care or trust me. My bridges are burnt and will remain burnt.</p>
<p>MEANING My life is worthwhile and meaningful.</p>	<p>DISCOURAGEMENT/ PESSIMISM There is no purpose or meaning to life. It is pointless to try to live “for” anything. In the end nothing really matters. All is disappointment and misery.</p>

Adapted from:

The core beliefs of recovery

By Hopeworkscommunity

<http://networkedblogs.com/TduvT>

My Core Beliefs of Recovery

HOPE Life can get better.	DESPAIR I am stuck. What I got is what I got. Try to make the best of it. I believe that it is more likely to get worse than it is to get better.
<i>My life can get better by...</i>	
EMPOWERMENT I can help make it better. It is within my capability, my reach to do.	HELPLESSNESS I can't really make a difference. My ability is limited in a basic way. I have deficiencies which will limit my ability to govern my life.
<i>I am capable of making my life better by...</i>	
COMPETENCE/INDEPENDENCE I have the abilities and skills I need to make a difference or can learn the skills and abilities I need to make a difference. I have competence and am capable of becoming even more competent. I can learn the things I need to know.	INCOMPETENCE/DEPENDENCE Nothing I can do or learn to do will ever make that much of a difference. I am defined by my circumstances. I will be dependent on others for any help and improvements in my life.
<i>I have the following skills and abilities needed to make a difference...</i> <i>I am able to learn the following skills needed to make a difference...</i>	
CONNECTION/COMMUNITY People care about me and support me in my efforts.	ISOLATION I will never have a real relationship with anyone. Anyone who knows me will never really care. My problems, my issues make it impossible for most people to care or trust me. My bridges are burnt and will remain burnt.
<i>People who care about me and support me in my efforts are...</i>	
MEANING My life is worthwhile and meaningful.	DISCOURAGEMENT/ PESSIMISM There is no purpose or meaning to life. It is pointless to try to live "for" anything. In the end nothing really matters. All is disappointment and misery.
<i>What is most worthwhile and meaningful to me is...</i>	