

# Personal Recovery

Think of a time when you experienced a major troubling event which had a major impact on your life (serious ill health, loss, relationship break up, etc.)

Think about the effect this had on your sense of direction and purpose.  
Take a moment to remember how you felt.

(Note, only reveal what you are comfortable with, you don't have to discuss the actual event).

*Think about, and then discuss with your partner:*

- What helped at this time? What could you not have done without?
- What hindered, or could have hindered you?
- What did you learn from this?

*Now brainstorm on a flip chart*

- What helped.
- What hindered.
- What did you learn.

## Change Process

Think of a time when you weren't quite ready to do something (felt hesitant) and others were perhaps pressurising you. Examples include: giving up smoking, leaving a job or relationship or making a difficult decision.

This has to be something you eventually took action on!

Think about the effect this had on your sense of direction and purpose.

Take a moment to remember how this felt.

(Note, only reveal what you are comfortable with, you don't have to discuss the actual event)

*Think about and then discuss with your partner:*

- What helped at this time? What could you have done without?
- What hindered your progress?
- What helped? If you can, name two things.
- What have you learnt from this?

*Now brainstorm on a flip chart:*

- What helped?
- What hindered?
- What did you learn?