

# Telling Your Recovery Story

## **What is a Recovery Story?**

Sharing your story is an important recovery experience and there are many incentives for doing so. The key is to ensure that what you share, empowers you in your efforts to be sober and offers hope and information to those who may be struggling with addiction.

A recovery story is a personal accounting of your experiences with substance use and the journey to wellness. A recovery story, though it includes details of your life in active addiction, often focuses on insight and hope gained in the recovery. A recovery story describes your attitudes, feelings, goals, values and/or skills, as well as the resources that were important to overcoming challenges.

## **Tips for Telling your Recovery Story**

Telling your story can be challenging so it may be helpful to write down your thoughts privately before trying to do so publicly. Also try sharing with someone you trust – your sponsor, friend or a family member.

- ✓ Write your story then leave it for a period of time so you can edit objectively.
- ✓ Think carefully about what you are willing to share and who should be hearing your story.
- ✓ Think about why you are telling your story. Is there an issue that makes your story unique that would be most helpful for others to hear?

The goal of preparing is not to polish or white-wash your story, it is to ensure that you articulate the details and emotions of your experiences in a way that conveys the message that is important to you. The questions on the next page may be helpful in refining your story.

## **Your Recovery Story Worksheet**

What were some of the early indications you were having difficulties?

How would you describe yourself and your situation when you were at your worst? What couldn't you do?

What helped you move from where you were to where you are now?

What did you do?

What did others do?

What have you overcome to get where you are today?

What have you learned about yourself, now that you are in recovery?

What strengths and skills have you developed?

What are some of the things that you do to keep you on the right path?

How has your recovery changed your plans and hopes for the future?