



Recovery Stories – VIDEO INTRODUCTION: <https://youtu.be/LEM09cVI-zl>

This is set up like an icebreaker, but it is not just a simple exercise to get people talking, it is much more. The specific goal of this exercise is to get the group sharing positive stories of recovery to build motivation and . In this case recovery can be related to substance use issues or mental health or both or any other life struggle someone may be working on.

Directions: Everyone in the group should get a copy of the list. Take turns and when it is your turn pick a topic and share a positive story based on that theme. The group should then guess your theme. Afterwards cross it off the list.

- Before the next person goes, the person who told the story should answer this question:
 - ***What is one positive lesson learned from the experience you just shared?***
- Discuss this briefly then move on to the next person to pick a new theme and so on

When group is over save some time to discuss these closing questions and focus on a group takeaway

Closing Questions

- What are some recovery lessons that stood out to you personally?
- After listening to everyone's stories and sharing your own, what are some personal reasons for staying hopeful, positive and motivated about your progress going forward?
- Takeaway: How are you going to move forward in a positive direction going forward? (Try to come up with at least one specific example of something you can do to improve your situation)





TOPIC LIST

- Narrow escape, almost relapsed but didn't
- Triumph over challenge
- I could have died
- Resilience: Bouncing back from adversity
- The struggle was worth it
- Learning to cope better each day
- One of my biggest rewards so far
- A complete 180
- Still a daily struggle but making progress
- Kind of funny now but not at the time
- Difficult, but glad I got it over with
- My source of optimism and hope
- The thing that pulled me through
- I finally broke free...
- Turned a negative to a positive
- Saved by...
- The keys to success
- It's the little things that help
- I got it off my back this time
- It took a while, but I finally learned
- I went from confusion to commitment
- Surprise – things worked out
- Letting go made the difference
- I finally surrendered
- Motivated by love
- What gave me courage
- Sources of strength
- Humor got me through it
- Right Place Right Time
- Worth the Effort
- Grateful today