Recovery Values Compass

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character wants more reliability in daily life.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Connect a chosen recovery direction with personally important roles and values.

3. Which value belongs to the person rather than others?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.