My Definition of Recovery - Concept brief

Understand the idea behind my definition of recovery and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan wants more dependable mornings and time with family.

The idea

Recovery goals can reflect health, agency, connection, and personally meaningful change.

An ordinary example

Jordan wants more dependable mornings and time with family.

What this can look like

Describe what recovery would make possible in three areas of life and choose one observable sign.

Check the fit

Which change matters to you rather than to someone else's expectations? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

Which change matters to you rather than to someone else's expectations?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A01-1