

Define Your Recovery Process

As clear vision of what is up ahead disappears,

I can define what I am looking for during my recovery process.



Navigating the fog I cry out where am I right now?
I look for help that doesn't seem to make itself known
I am lost so the place that I remember most comes to hold my memory
And I look carefully and push hardily to navigate myself back home.
Yet, I have to ask myself, in honest moments through this blind
If home is a place or things that I did
Is home the people who hold compass in my heart
Or is home a place where comfort lies within?
I don't know if I will return to whence I came
But in the meantime I can wait and see
I will ponder the questions of what are my needs
And what a new home can look like for me
While navigating the fog of this unknown, frightening recovery.

In the beginning of recovery, when lost is the overwhelming feeling, a desire to return home seemingly drives you forward. However, are you really heading home? Are you really moving forward? The fog can be so thick that what we think we see as heading back to where we came from no longer is as visible as where we are really going. It is while we are in the midst of reduced visibility that a new way of living can emerge so that we are not set adrift waiting for a miracle to take us home. Action to live life now is called upon so that we don't drift further away from the land of living. Being aware of self and your surroundings, defining what can be done in the moment and taking action based upon where you are right now will help you navigate the fog. Setting this new course of becoming aware of one's self will guide you so that reinventing can exist if need be.

Defining My Needs For Right Now

While becoming more self-aware during the recovery process, paying attention to where you are right now, in this moment, what do you prioritize as your personal needs? Some examples might be: medical help, financial security, transportation to doctors, someone to listen to me, friends, food, someone to talk with, feeling joy or peace, finding a new purpose, etc.

List 3 needs you feel you have right now that need some focus for change in your life:

1. _____
2. _____
3. _____

Looking into your desired future what are you looking for or would like to do:

1. _____
2. _____
3. _____

What can you do right now while you recover:

1. _____
2. _____
3. _____

The journey of recovery involves self-awareness. Define your recovery process by looking at what are my needs, what am I looking for, and what can I do while I recover?

Journal prompt: If navigating through the fog is a gift what would the gift being given to me be?

Affirmation: I can look at myself with open eyes and make choices for how I will live my daily life now.