# The Foundational Principles of Recovery

### HOPE

Having a vision that includes hopes and dreams! Setting goals, while refraining from negative predictions.

Fearing 'false despair', not 'false hope'.

# PERSONAL RESPONSIBILITY

Relying on oneself, with help from others, while working to control one's life and one's symptoms.

Making choices which reflect one's life priorities.

## **EDUCATION**

Learning all there is to know about one's health, wellness, symptoms and treatment, in order to be equipped to make good decisions.

Being open to, and seeking out, new information.

# **SUPPORT**

Recognizing that recovery is not a journey that anyone walks alone. Drawing on support from friends, family and healthcare professionals.

#### SELF-ADVOCACY

"Going for it" with courage, persistence and determination. Expressing oneself clearly and calmly in order to get one's needs met.

#### **SPIRITUALITY**

Finding meaning and purpose in one's life. Gaining a sense of identity, based on one's own values and beliefs, which may include one's relationship with the divine or a power greater than oneself.

A VISION OF RECOVERY THE FOUNDATIONAL PRINCIPLES Adapted from M.E. Copeland Nanette V. Larson, B.A. Illinois DHS/DMH - 2003

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