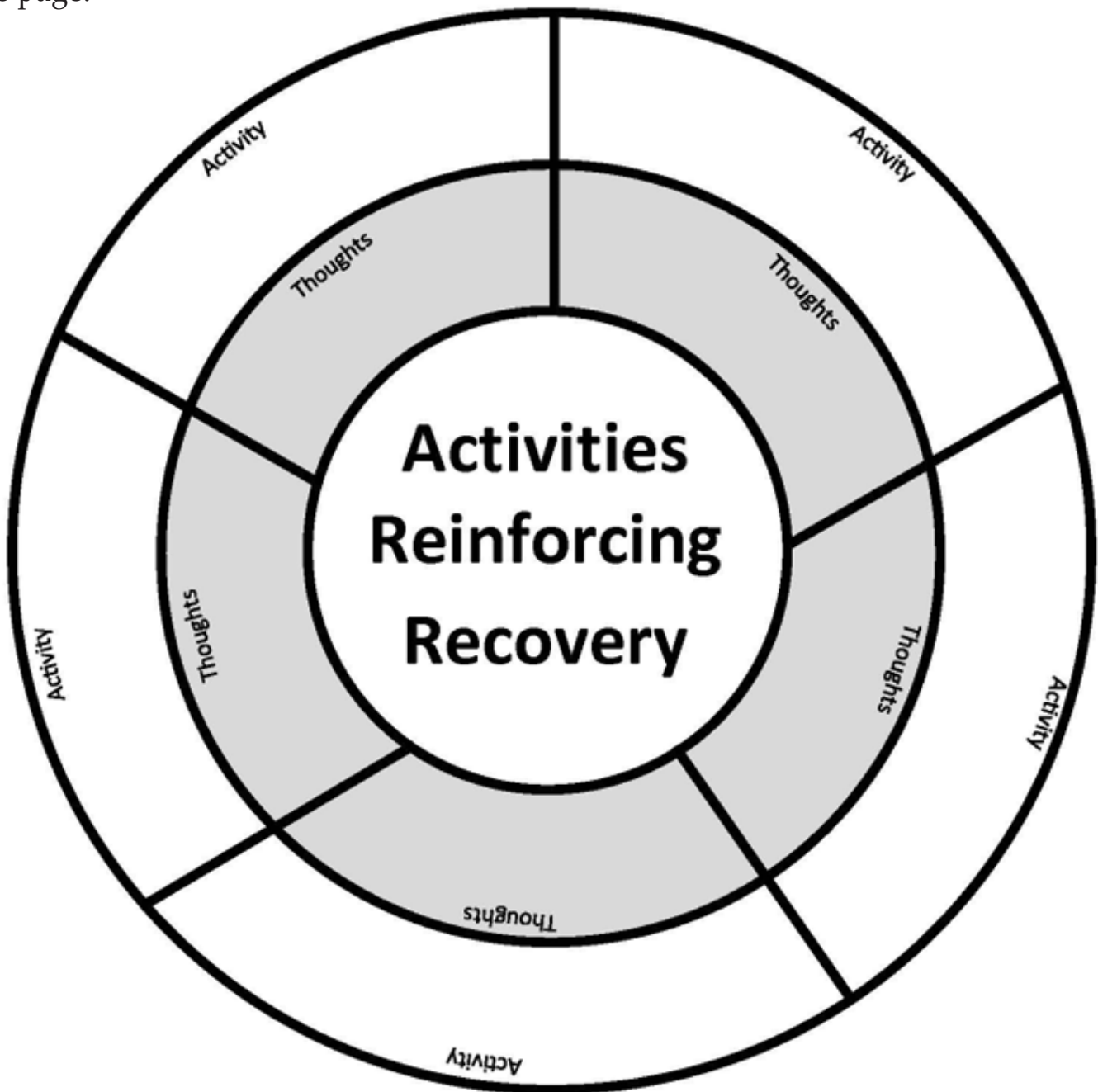


# Recovery Activities

We want you explore having fun in a positive way that supports recovery. Write down five activities you are willing to do and go out and try them. After you do each activity, write down your thoughts about the activity. Once all five activities are accomplished, reflect about the experiences and answer the question at the bottom of the page.



What types of activities are you interested in doing more? Why?

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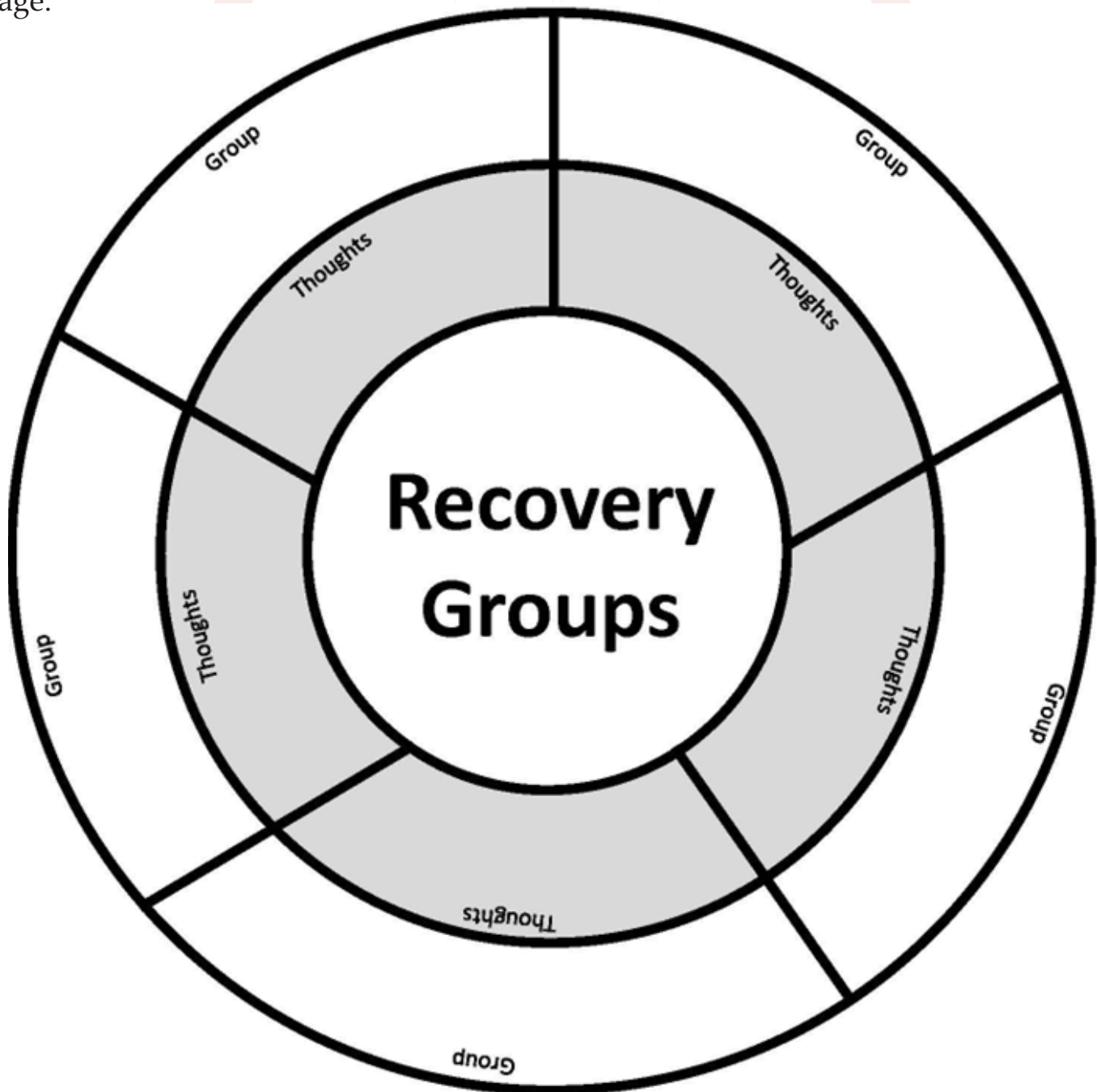
What value do you find in attending these activities?

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# Recovery Groups

We want you explore getting connected to your community that will support your recovery. Write down five recovery groups you are willing to visit. After visiting them, write down your thoughts about the experience. Once all five recovery groups are attended, reflect about the experiences and answer the question at the bottom of the page.



What types of groups are you interested in attending more? Why?

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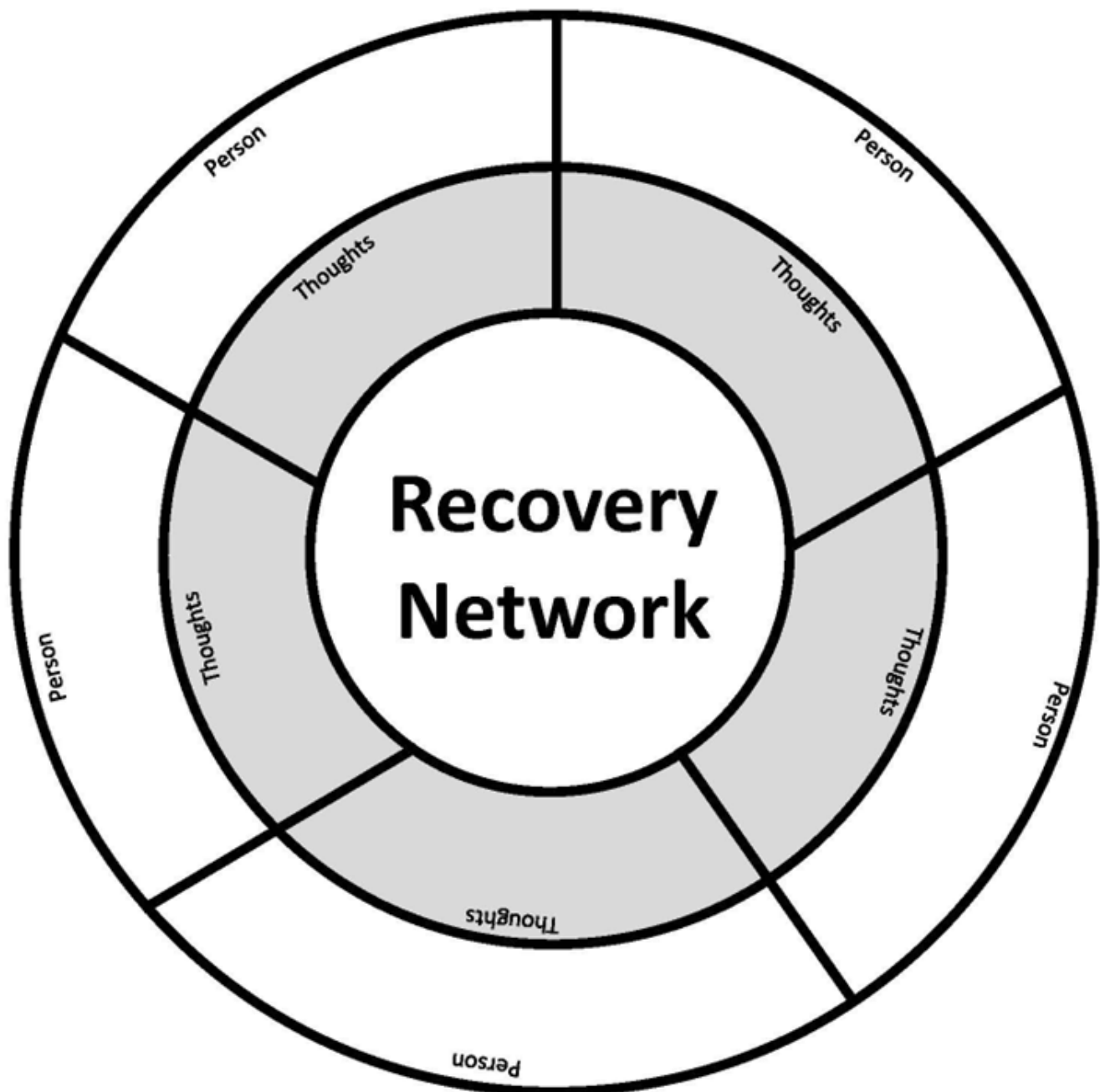
What value do you find in attending these groups?

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# Recovery Network

We want you explore having fun in a positive way that supports recovery. Write down five individuals that you can connect with to be a part of your recovery network. After you identify them, please write down your thoughts about how they may assist you. At the bottom, reflect on your experience.



What are qualities you need from people in your recovery network?

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What are ways you can strengthen your recovery network?

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