

Finding Your Way to Recovery Worksheet

- **Use new ways of coping and healing.**
 - *What are some new ways you can cope and be more comfortable?*
- **Find meaning or more spirituality in your life.**
 - *Do you feel like there is meaning and purpose in your life?*
 - *How can you add more?*
- **Get the help you need to manage your symptoms**
 - *How can you be an active member of your health care team?*
 - *What barriers have kept you from getting help when you need it?*
- **Increase social support**
 - *How can your friends and family help you?*
 - *What are some ways you could improve your social life?*
- **Make healthy lifestyle changes.**
 - *What healthy habits for your mind or body do you want to start?*
 - *What is the first step to take?*
- **Learn and prepare for your recovery journey**
 - *How have you grown during this tough time?*
 - *What have you learned about yourself and your life experiences?*