



Highways to Healing: Your Recovery Journey

Counselor Introduction: This worksheet is designed to facilitate discussions about the origins and evolution of each individual's recovery journey. It can be used for a brief overview of group members' past experiences or explored in greater depth over multiple sessions. Depending on the level of detail desired, you may use more than one worksheet to cover different aspects of participants' histories.

Directions – Group members should be given the handout. Starting from childhood, group members are encouraged to take note of significant life events and experiences that helped shape who they are today. Note both negative (trauma, loss, consequences, etc.) and positive (achievements, accomplishments, etc.) along your life's journey. Examples of types of experiences provided in chart below. Discuss group worksheets when everyone is done.

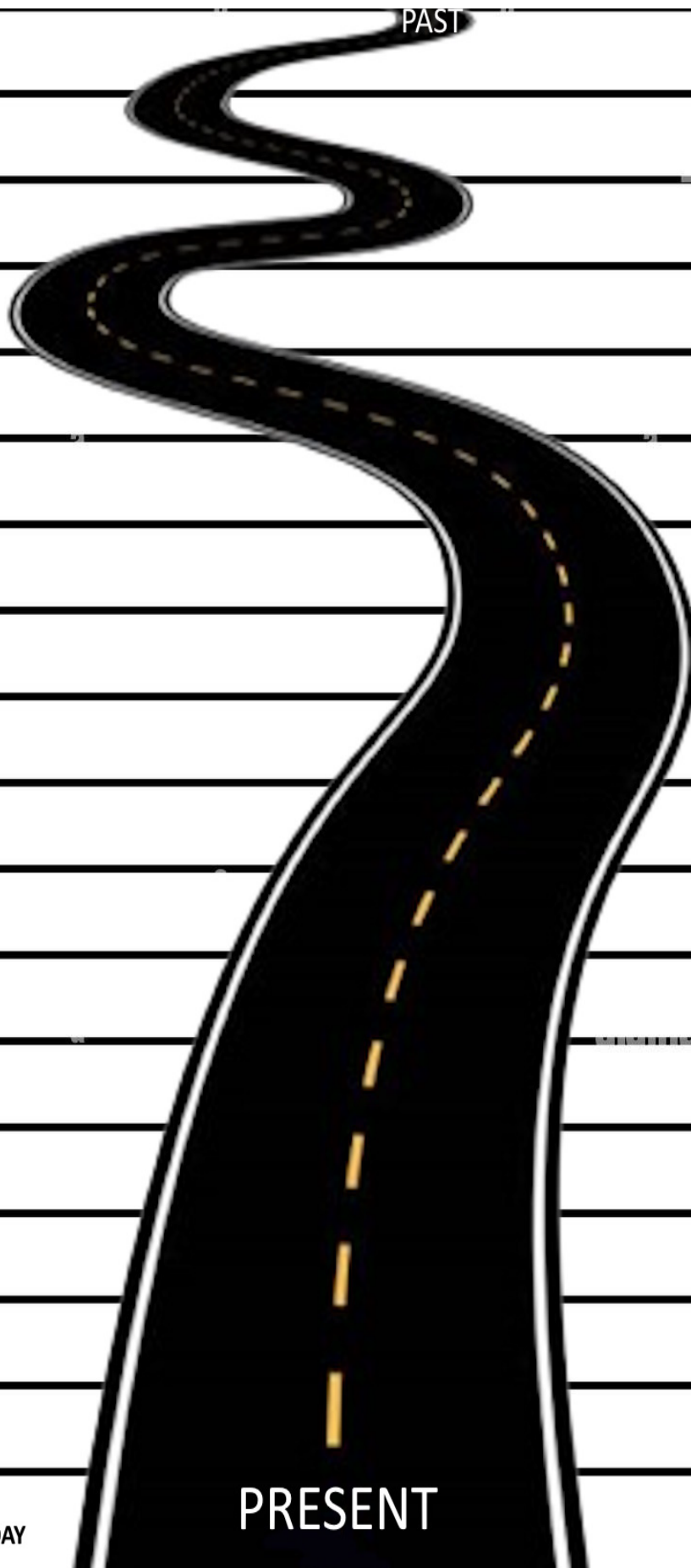
| Negative Experiences | Positive Experiences |
|---|---|
| <p>Losses:</p> <ul style="list-style-type: none">- Death of a loved one (family, friend, pet)- End of a significant relationship (divorce, breakup)- Loss of a job or career opportunity- Financial loss or hardship <p>Injuries:</p> <ul style="list-style-type: none">- Physical injury or illness- Mental health struggles (depression, anxiety, PTSD)- Emotional or psychological trauma (abuse, neglect)- Substance use and its consequences (addiction, overdose) <p>Consequences:</p> <ul style="list-style-type: none">- Legal issues (arrest, incarceration)- Academic failures (dropping out, failing exams)- Social consequences (loss of friendships, isolation)- Personal regrets (missed opportunities, poor decisions) <p>Challenges:</p> <ul style="list-style-type: none">- Bullying or harassment- Discrimination or prejudice- Major life transitions (moving to a new place, culture shock)- Chronic stress or burnout <p>Disappointments</p> <p>OTHER?</p> | <p>Rewards:</p> <ul style="list-style-type: none">- Achieving a major life goal (buying a house, earning a degree)- Overcoming a significant challenge (recovery from addiction, surviving an illness)- Personal growth and self-discovery (improved self-esteem, better coping mechanisms, positive life lessons)- Receiving recognition or awards (work, school, community) <p>Accomplishments:</p> <ul style="list-style-type: none">- Career milestones (promotion, starting a business)- Academic achievements (graduation, scholarships)- Creative or artistic achievements (publishing a book, performing in a play)- Athletic achievements (completing a marathon, winning a competition) <p>Achievements:</p> <ul style="list-style-type: none">- Building and maintaining healthy relationships (family, friends, partners)- Contributing to the community (volunteering, mentoring)- Personal development (learning a new skill, adopting a healthy lifestyle)- Significant life events (marriage, birth of a child) <p>Positive Life Events:</p> <ul style="list-style-type: none">- Traveling and exploring new places- Spiritual or religious experiences- Moments of joy and celebration (special occasions)- Acts of kindness or generosity received or given <p>OTHER?</p> |

Don't limit yourself to just this list. If it was an important, memorable or meaningful part of your journey, feel free to include it.



BIRTH/
EARLY CHILDHOOD

PAST



PRESENT



THE AGE YOU ARE TODAY



Optional – For follow up discussion: Moving forward on your recovery journey. Discuss some important things you plan on being an important part of your future journey going forward. List provided for ideas:

Personal Goals

Career and Education:

- Desired job or career advancement
- Further education or certifications
- Starting or growing a business
- Skill development and professional growth

Health and Well-being:

- Physical health goals (exercise routines, nutrition plans)
- Mental health objectives (therapy, mindfulness practices)
- Substance use and mental health recovery milestones
- Self-care routines and stress management techniques

Relationships and Social Life:

- Building and maintaining healthy relationships (family, friends, partners)
- Expanding social networks and support systems
- Improving communication and conflict resolution skills
- Planning significant life events (marriage, starting a family)

Financial Goals

Financial Stability:

- Saving goals (emergency fund, retirement savings)
- Debt reduction plans
- Investment strategies
- Major purchases (home, car)

Lifestyle and Living:

- Desired living arrangements (homeownership, relocation)
- Lifestyle changes (minimalism, eco-friendly living)
- Retirement plans
- Achieving work-life balance

Aspirations and Dreams

Personal Development:

- Learning new hobbies or skills (cooking, gardening, painting)
- Exploring creative outlets (writing, music, art)
- Travel and exploration goals (destinations to visit, cultural experiences)
- Spiritual or religious aspirations (spiritual growth, community involvement)

Contributions and Legacy:

- Volunteering and community service
- Advocacy and activism for causes they believe in
- Mentoring or coaching others
- Creating a personal legacy (memoirs, family traditions)

Embracing the lessons from our past lights the roadway to achieving our future goals. Each step we've taken, whether forward or backward, shapes our journey towards a brighter tomorrow.



PAST

EXAMPLE

BIRTH/
EARLY CHILDHOOD

Age 6 loss of grandmother

Age 9 selected for "Gifted and Talented" program at school

Age 11 bullied at school

Age 12 was all star in two sports

Age 12 first use of alcohol

Age 14 first drug use experience with older cousin

Age 18 graduated HS

Age 20 first arrest (got off with a warning)

Age 22 first real job in my field

Age 23 car accident started pain killers

Age 25 birth of my first child

Age 26 promoted to manager at work

Age 29 first DUI

Age 31 met my fiancée

Age 30 first detox

Age 33 first time one year in recovery

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THE AGE YOU ARE TODAY

PRESENT