



What You Love - Making positive changes when it comes to coping with mental health and substance use issues can be quite challenging. However, focusing on the specific aspects that we personally **love** about recovery-based tasks and challenges can be a powerful motivator for success. Even if we dislike certain aspects of the work involved, finding even a “slice of love” can be all that we need to push through challenges and be successful with our goals. By finding a “slice” of love or meaning within difficult tasks or situations, we can cultivate resilience, motivation, and a sense of purpose that can help us navigate even the more difficult aspects of the change process with greater ease, drive, and grace.

Topic 1 - Substance Use Recovery - Especially at first, recovery from substance use can be quite challenging and this often requires some hard work. Developing new positive habits, learning coping skills, and making positive life changes requires self-control, endurance, and self-sacrifice. Still despite the challenges, what are some things you may soon start to **love** about recovery?

Use the list below to identify the things you love about your personal journey in substance use recovery and positive change. Keep in mind, however, don't just select aspects that you like, as most items on the list are at least likeable. Instead, tap into your personal emotions and feelings and **choose the items that you truly LOVE feeling**. (The things you **love** are the most powerful and motivating when it comes to sustaining positive progress. Can you say to yourself “*I love this?*”) - **Love – Deep appreciation and gratitude; Feeling of deep affection; Enduring emotional regard.**

- Rebuilding trust with family and friends.
- Feeling physically healthier and more energetic.
- More time to enjoy hobbies and activities without the influence of substances.
- Being able to make and keep commitments.
- Experiencing genuine emotions and dealing with them constructively.
- Improving mental clarity and cognitive function.
- Engaging in healthier relationships and communication with my family and loved ones.
- Forming new, positive, and supportive relationships
- Setting and achieving personal goals without substances derailing the process.
- Having a stable job or returning to work.
- Contributing positively to society.
- Feeling an increased sense of meaning and purpose.
- Gaining a sense of self-respect and pride in accomplishments.
- Enjoying better sleep and waking up refreshed.
- Rediscovering and nurturing one's spiritual or religious beliefs.
- Celebrating milestones and anniversaries in recovery.
- Having improved physical appearance.
- Saved money that used to be wasted on substances.
- Improved self-esteem and sense of self-worth.
- Experiencing personal growth and self-discovery.
- Feeling a sense of freedom and autonomy in life choices.
- Learning and applying new coping skills.
- Being a positive role model for others.
- Enjoying improved mental health and emotional stability.
- Feeling a sense of community and belonging.
- Rediscovering and appreciating simple pleasures in life.
- Developing a routine and structure in daily life.
- Feeling gratitude for the progress made and the journey ahead.
- Having clear conscience from an honest lifestyle
- No longer having to deal with withdrawal or other substance related sickness.

- Other ideas? -



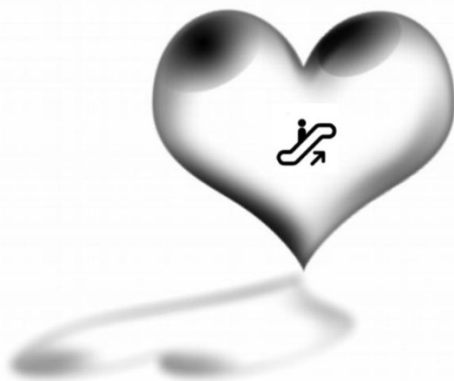
Topic 2 – Mental Health Recovery – Just like with substance use recovery, coping with mental health issues and disorders has its challenges but it also has its rewards. Which aspects of mental health recovery do you personally truly love?

- Better understanding of my emotions and how to cope with them effectively.
- Increasingly predictable moods and emotions.
- Relationships with family and friends more stable and less volatile
- Feeling more in control of my thoughts, choices, and actions.
- Making helpful, sound decisions based on logic and reason (rather than impulse or negative emotion).
- Experiencing less anxiety and/or panic.
- Improved concentration and cognitive function.
- Better sleep patterns and overall rest.
- Waking up feeling ready and able to take on the day successfully.
- More positive thoughts about self
- More positive thinking overall about life in general
- Developing and maintaining healthy boundaries.
- Accepting challenges that were previously avoided or dreaded because of anxiety or fear.
- Greater resilience in handling life's difficulties and problems.
- Feeling more connected to others and less isolated.
- Greater ability to experience joy and pleasure in everyday activities.
- Improved health due to reduced stress.
- Better able to communicate without irrational thinking or jumping to conclusions.
- Feeling more hopeful and optimistic about the future.
- Greater trust and less paranoia
- Experiencing fewer and less intense episodes of depression or mania.
- Feeling more present and engaged in the moment.
- Being able to accept things as they are without losing control of emotions,
- Learning and practicing mindfulness and increased honest self-awareness.
- Experiencing fewer conflicts and misunderstandings.
- Increased confidence in abilities
- Finding meaning and personal growth in the mental health and wellness journey.
- Enjoying a more balanced and stable daily routine
- Feeling proud of progress and achievements in mental health recovery.

- Other?

**“Success is not the key to happiness.
Happiness is the key to success.
If you love what you are doing, you will be successful.”**

- Albert Schweitzer





Other Topics – We can increase our motivation for many tasks and life areas that may be challenging if we focus on aspects of that life area and related tasks that we **LOVE**.

With this in mind, what specifically do you love about:

- Exercise
- Work/Employment/School
- Household Chores (Like cleaning)
- Family Responsibilities (Like caring for children or parents)
- Grooming and Hygiene
- Budgeting and Financial Planning
- Healthy Eating and Nutrition
- Learning and Reading
- Practicing New Skills
- Home Improvements
- Socializing and Building Relationships
- Self-Care and Wellness Routines
- Time Management and Organization
- Helping Others

Close Out Discussion Questions:

- 1. Reflecting on today's discussion, what is one specific thing you have realized you love most about your recovery journey, whether it's from substance use or mental health recovery?**
- 2. How can you use the insights gained today to stay motivated when facing future challenges in your recovery process?**
- 3. What strategies will you implement to remind yourself of the positive aspects you love about recovery when you encounter challenging times?**
- 4. How do you plan to apply the concept of focusing on what you love to other areas of your life, such as work, family, or personal goals?**
- 5. As we wrap up, what is one piece of advice or encouragement you would like to share with the group about finding and focusing on the positives in challenging tasks?**