

**"Sometimes the smallest step in the right direction
ends up being the biggest step of your life.
Tip toe if you must but take that step."**

- Anonymous

Session 1: The Next Steps in My Recovery

Overview of Moving On In My Recovery

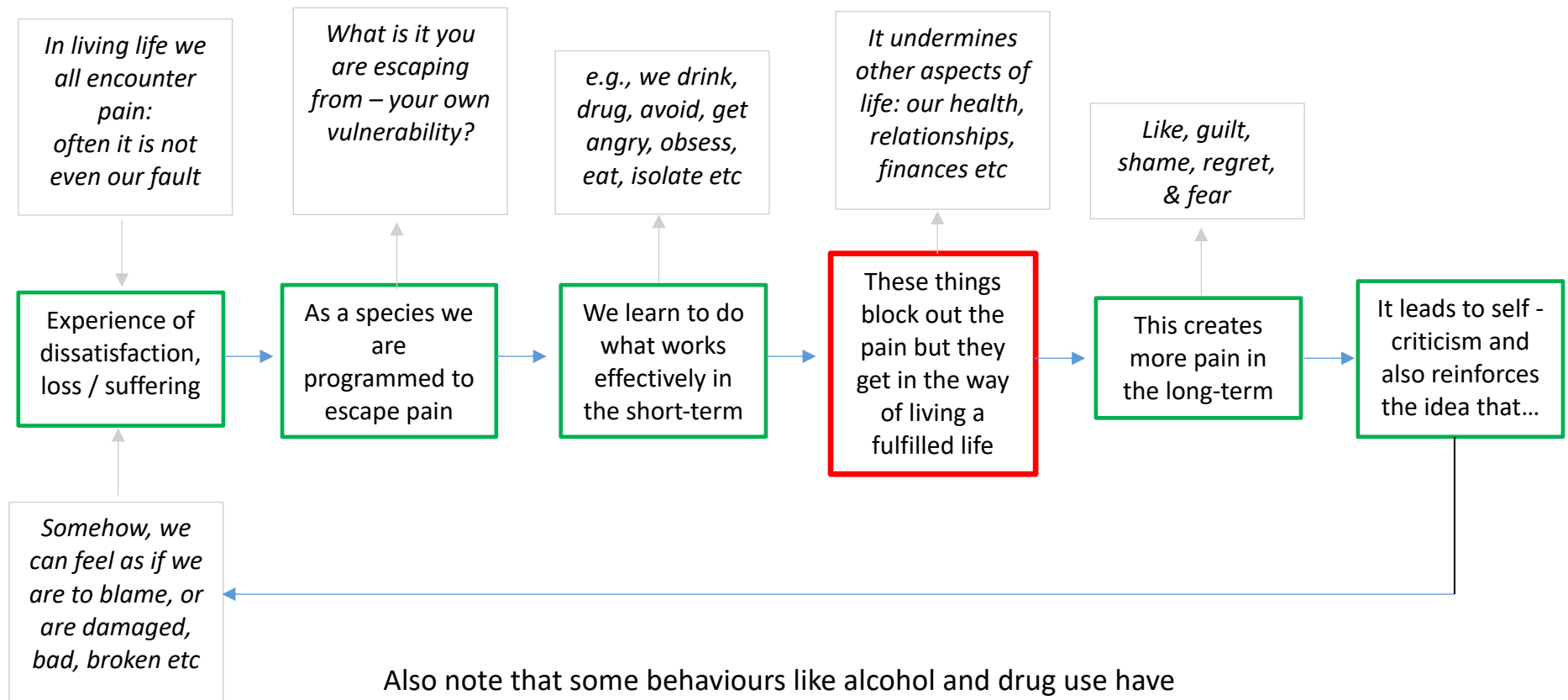
The Moving On In My Recovery (MOIMR) programme is a psychosocial recovery-based group programme for people with addiction problems. Our intention is for the groups to be delivered to you jointly by experienced professionals alongside people who have experienced their own recovery from addiction problems. In fact, this is how the programme was developed: we interviewed more than a hundred people (those working day-to-day with people in recovery and those in recovery themselves) and we invited them to help us to develop this programme. We asked them to consider the *topics of struggle* when travelling the road of recovery and to draw on the things that really helped them or their clients.

Despite us taking a stance of using what works in the “real-world” approach, this programme is grounded in a consistent psychologically orientated approach. For example, all of the strategies used in the programme are drawn from evidence-based approaches. We have some evaluation that shows that MOIMR makes a significant difference to people’s lives both at the end of the programme and three months later (see [A feasibility study of Moving On In My Recovery | Alcohol Change UK](#)). It is of note, however, that we do not have a randomised controlled trial of the programme’s effectiveness. We do have feedback from many participants from various services across the country: their positivity and feedback was beyond our expectations. Rather than make grand claims of effectiveness we ask you to see for yourself how the programme might positively impact on you.

What Underpins the Programme?

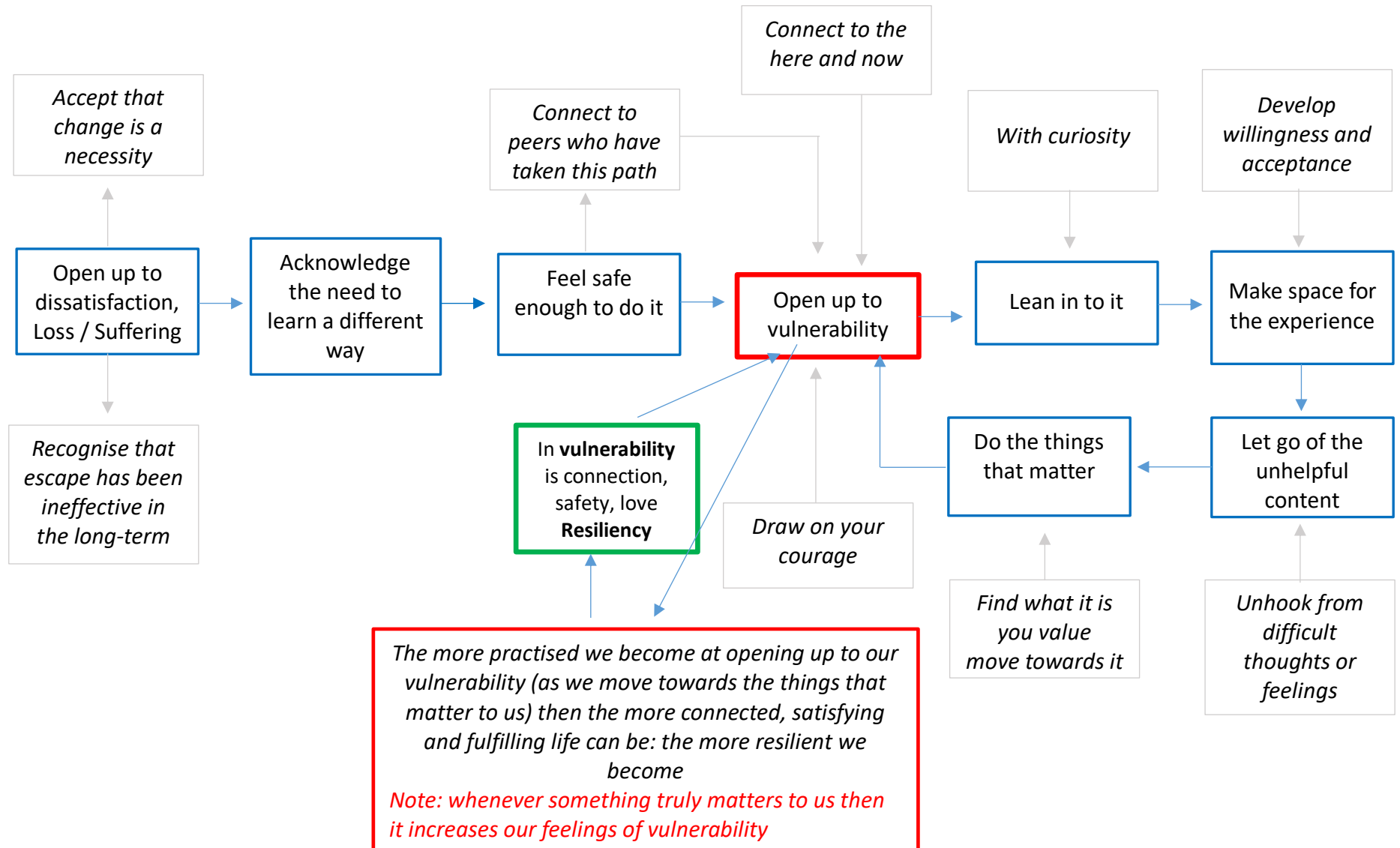
MOIMR is underpinned by a model that understands addiction as a process of various integrated and complex drivers associated with Biological factors, Psychological factors and Social factors. To be more specific, we see it that humans are hardwired to escape our distress and some of the ways we learn to do this are effective in the short-term but can often cause long-term difficulties.

Our struggle with addictive behaviours are not random and they often develop as a solution for managing our psychological, physical and emotional distress. As the consequences of using certain behaviours develop then we can find that we have more challenges and our emotional reaction to these to manage, like guilt and shame, which then compounds our difficulties even further.



Also note that some behaviours like alcohol and drug use have many rewarding properties – like relaxation, social camaraderie, buzz etc

MOIMR is based on the model below. You will learn all about these skills as we go through the programme.



This Workbook

The Moving On In My Recovery (MOIMR) participant workbook aims to summarise and help you remember the most relevant aspects of each session. In places we might ask you to write or draw out some of your own ideas. We encourage you to engage in activity between sessions – this might involve doing things that are new, sometimes that make you feel uncomfortable. Although we might encourage you to do some things you have not have done for a long while (and of course this takes a huge amount of courage) you will never be asked to do anything that you do not want to do! We hope you find the MOIMR programme an engaging and helpful process on your road to recovery.

Do you have a focus or plan that will help you move forward in your recovery? (1 = I have no focus or plan, 10 = I have clear focus and achievable plan that I have set myself)

1 2 3 4 5 6 7 8 9 10

How confident are you in your ability to effectively deal with situations that could lead you to relapse? (1 = not at all confident, 10 = totally confident)

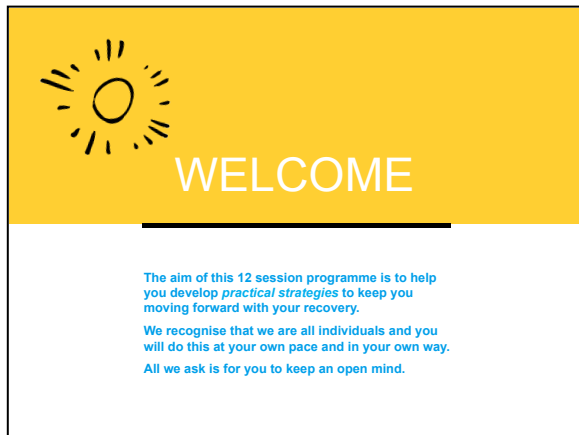
1 2 3 4 5 6 7 8 9 10

How confident are you in your ability to manage psychological distress (e.g., difficult thoughts, unwanted emotions, and unpleasant physical sensations)? (1 = not at all confident, 10 = totally confident)

1 2 3 4 5 6 7 8 9 10

How the Programme was Developed

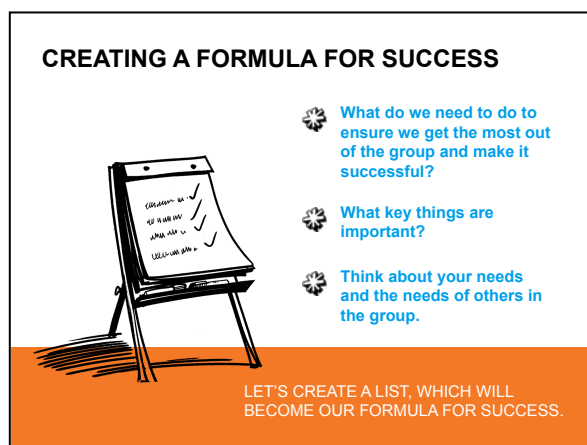
This group was written and devised with people in recovery for people in recovery. We aim to have something useful for everyone in all of the sessions. The groups are practical rather than theoretical. We will cover lots of topics and lots of strategies throughout the programme.



Our Formula for Success

The *formula for success* is designed so this, and the remaining, sessions run smoothly. We want everyone to feel safe and supported along the way. We want everyone to get the most that they can from this experience. You are about to embark on a shared journey with others. You will learn a lot from them and they will learn lots from you. From our experience it is useful to set boundaries for how we might support one another along the way. Items might include:

- Respecting everyone's opinion
- Adhering to confidentiality
- Not judging others
- Allowing each person to be heard (by not talking over others)
- Starting on time
- To support one another



Each group is different and they develop their own formula for success. It is useful to re-visit the formula for success at the start of each session and to have the list on show each time. Items might be added or removed throughout the programme.

What is Recovery?

Recovery can mean different things to different people, especially in regard to the length and course of their recovery. We take the perspective that recovery is best considered from a strengths-based approach: so not looking at what people are unable to do but looking at what they can do and at the ways to enhance areas of life. Many people see recovery as an on-going process—we certainly believe it is available to everyone.

WHAT IS RECOVERY?



- ✿ What does a person in recovery do?
- ✿ How does a person in recovery think and feel?
- ✿ What will your recovery journey look like?

RECOVERY IS...

**RECOVERY IS
A PROCESS
RATHER THAN
A DESTINATION.**

- ✿ Focussed on a person's strengths
- ✿ About growth and discovery
- ✿ Possible for everyone
- ✿ Taking personal responsibility
- ✿ Living according to your values

MANY PEOPLE DESCRIBE THE PROCESS OF RECOVERY AS A DEEPLY PERSONAL ONE THAT INVOLVES CHANGING THEIR ATTITUDES, VALUES, GOALS, SKILLS AND ROLES.


Choosing Your Direction

Over our life course we will be faced with many paths and we continually have choices to make about the direction of travel – even not making a choice is a choice! The graphic below illustrates that some people can know their desired direction of travel, some might have just decided, whereas others might still be undecided.

CHOOSING YOUR DIRECTION


It can be said that we are all on a journey through life.

Some people might have a very good idea of the direction they want to travel whereas others might not.



CHOOSING YOUR DIRECTION

Whatever our journey, we will all be faced with many alternative paths along the way. In this session we will begin to look at your choices and the challenges that can also show up along the way...



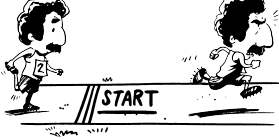
Fear as a Motivating Force

For many people fear can be paralysing: it can sometimes stop us from making the life enhancing choices we want to make. Sometimes it is possible to use the fear as a motivating force. It turns out that this is what many elite sports people do! When something matters to us then it sometimes comes with a fear of not achieving it or of failure – this fear can be harnessed to motivate us into taking sustained action. Can you recognise your fears? Are you able to embrace it and use it positively to help you to move forwards to the things that matter to you?

FEAR AS A MOTIVATING FORCE

When something really matters to us in life it often comes with fear...

A fear of, "I might not be good enough", "I might fail", or "I might look bad".



If what we were doing didn't matter then we wouldn't have this fear.

Instead of being paralysed by the "fear" we can use it motivate us for the journey ahead.

NEXT TIME FEAR SHOWS UP FOR YOU CAN YOU USE IT AS A MOTIVATING FORCE?

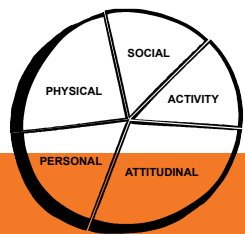
Recovery Strengths

We have asked you to complete an assessment of your recovery Strengths using the Recovery Strengths Questionnaire. We will ask you to complete the questionnaire again in Week 12. The purpose of the questionnaire is to assess satisfaction across five areas important to recovery:

1. Physical Strengths – the resources that assist you in daily life, like your accommodation, finances/money and physical health.
2. Personal Strengths – the resources you gained from the experiences of life, like your values/spirituality, mental wellbeing, and knowledge/skills.
3. Attitudinal Strengths – resources from your own personal characteristics, like your positive attitude, ability to bounce back, and self-worth.
4. Activity Strengths – resources you have from the activities you engage in, like being active in your own recovery, engaging in other meaningful activity and actively Learning.
5. Social Strengths – resources you have from within your relationships with others, like your wider social networks, family and partner.

ASSESSING YOUR RECOVERY STRENGTHS

Let's take a look at how far you have come with your recovery so far. Using your answers on the questionnaire we can plot our scores on the pie chart to assess your Recovery Strengths.



CONSIDER YOUR CURRENT STRENGTHS IN EACH OF THESE AREAS.

Of course, people are very different and they can have very different sources of support that can help their recovery. This questionnaire looks at the things we know can support a person's recovery. At different times in your life you will be more or less satisfied with certain areas. We want to know how things are for you now. We want to highlight your strengths and consider how you might improve / maintain these strengths. Where you see you have less strengths perhaps over the course of the next 12-weeks you can look to enhance these areas, too.

RECOVERY STRENGTHS QUESTIONNAIRE

The recovery strengths questionnaire assesses your satisfaction across many areas of your life. These areas represent your own personal “Recovery Strengths”—that is, the existing resources that you have to support your recovery.

Please circle the number to indicate how satisfied you feel in relation to each of the questions below. Each question is rated on a 0- to 10-point scale, with 10 = a high-level of satisfaction and 0 = a sense of dissatisfaction.

1. How satisfied are you with your **home/accommodation?** A score of 10 indicates a high level of satisfaction (e.g., you might have a long-term place to live that is secure and safe). A score of 0 indicates a sense of dissatisfaction or insecurity in where you live.

ACCOMMODATION	0	1	2	3	4	5	6	7	8	9	10
	<div style="display: flex; justify-content: space-between; padding: 0 10px;"> Not at all satisfied Completely satisfied </div>										

2. How satisfied are you with your **finances / money?** A score of 10 indicates a high level of security (e.g., a reliable source of income, few demands or little debt). A score of 0 indicates a poor level of security (e.g., high debt and infrequent/unreliable access to money).

FINANCES/MONEY	0	1	2	3	4	5	6	7	8	9	10
	<div style="display: flex; justify-content: space-between; padding: 0 10px;"> Not at all satisfied Completely satisfied </div>										

3. How satisfied are you with your level of **physical health?** A score of 10 indicates a high level of satisfaction (e.g., you are physically active, without pain or discomfort). A score of 0 indicates a sense of dissatisfaction (e.g., you find it difficult to maintain good health or activity).

PHYSICAL HEALTH	0	1	2	3	4	5	6	7	8	9	10
	<div style="display: flex; justify-content: space-between; padding: 0 10px;"> Not at all satisfied Completely satisfied </div>										

4. How satisfied are you with your level of **mental wellbeing?** A score of 10 indicates a high level of satisfaction (e.g., you can comfortably manage day-to-day life). A score of 0 indicates dissatisfaction (e.g., you are frequently distressed and your day-to-day functioning is impaired).

MENTAL WELLBEING	0	1	2	3	4	5	6	7	8	9	10
	<div style="display: flex; justify-content: space-between; padding: 0 10px;"> Not at all satisfied Completely satisfied </div>										

Instructions

Please circle the number to indicate how satisfied you feel, right now, in relation to each of the questions below. Each question is rated on a 0- to 10-point scale, with 10 = a high-level of satisfaction and 0 = a sense of dissatisfaction.

5. How satisfied are you with the quality of your **family relationships**? A score of 10 indicates a high level of satisfaction (e.g., you are securely connected to members of your family or you are satisfied with the level of your relationships or connections with them, even if there is little or no contact). A score of 0 indicates a sense of dissatisfaction or disconnection with family members.

FAMILY	0	1	2	3	4	5	6	7	8	9	10
	Not at all										Completely
	satisfied										satisfied

6. How satisfied are you with the quality of your relationship to a **partner** or if you have no partner your general satisfaction with this area of your life? A score of 10 indicates a high level of satisfaction (e.g., you have a satisfying relationship or you are content to be without a partner at the moment). A score of 0 indicates a sense of dissatisfaction or disconnection (e.g., your relationship is not satisfying or you are lonely).

PARTNER	0	1	2	3	4	5	6	7	8	9	10
	Not at all										Completely
	satisfied										satisfied

7. How satisfied are you with your ability to **attend to your own recovery**? A score of 10 indicates you regularly work on your recovery (e.g., you attend and contribute to a recovery-based group). A score of 0 indicates you are not active on your recovery (e.g., you have little or no contact with a recovery-based group).

ATTEND TO RECOVERY	0	1	2	3	4	5	6	7	8	9	10
	Not at all										Completely
	satisfied										satisfied

8. How satisfied are you with your level of commitment to regular **meaningful activity**? A score of 10 indicates you regularly engage in meaningful activity, like voluntary or paid work, education or you care for another person. A score of 0 indicates a lack meaningful activity in your life (e.g., you do not work, care for or help others, or you are not in education).

MEANINGFUL ACTIVITY	0	1	2	3	4	5	6	7	8	9	10
	Not at all										Completely
	satisfied										satisfied

Instructions

Please circle the number to indicate how satisfied you feel, right now, in relation to each of the questions below. Each question is rated on a 0- to 10-point scale, with 10 = a high-level of satisfaction and 0 = a sense of dissatisfaction.

9. How satisfied are you with your ability to **actively learning**? A score of 10 indicates you are satisfied by your ability to learn and you continue to do so (e.g., you attend courses). A score of 0 indicates a sense of dissatisfaction with learning (e.g., you do not actively spend time learning).

ACTIVELY LEARNING	0	1	2	3	4	5	6	7	8	9	10
	Not at all										Completely
	satisfied										satisfied

10. How satisfied are you with your **social networks** (e.g., your relationships to friends, colleagues, group members, peers)? A score of 10 indicates satisfaction with the number and quality of these contacts. A score of 0 indicates dissatisfaction from having too few and/or poor quality contacts.

SOCIAL NETWORKS	0	1	2	3	4	5	6	7	8	9	10
	Not at all										Completely
	satisfied										satisfied

11. How satisfied are you with your **knowledge or skills**? A score of 10 indicates you have the skills and knowledge to help you solve problems and manage your life. A score of 0 indicates that you lack knowledge or skills to manage your life effectively.

KNOWLEDGE/SKILLS	0	1	2	3	4	5	6	7	8	9	10
	Not at all										Completely
	satisfied										satisfied

12. How satisfied are you with your ability to live according to your own **values** and/or your **spirituality**? A score of 10 indicates a high level of satisfaction (e.g., you live a valued life and/or you feel spirituality connected). A score of 0 indicates a sense of dissatisfaction or inability to live to your own values or you feel a spiritual disconnection.

VALUES/SPIRITUALITY	0	1	2	3	4	5	6	7	8	9	10
	Not at all										Completely
	satisfied										satisfied

Instructions

Please circle the number to indicate how satisfied you feel in relation to each of the questions below. Each question is rated on a 0- to 10-point scale, with 10 = a high-level of satisfaction and 0 = a sense of dissatisfaction.

13. How satisfied are you with your ability to be **able to bounce back** from difficulties in life? A score of 10 indicates a high degree of satisfaction in your ability to overcome challenges and adversity in life. A score of 0 indicates a sense of dissatisfaction in your ability to bounce back from life's challenges or adversity.

ABILITY TO BOUNCE BACK

0	1	2	3	4	5	6	7	8	9	10
Not at all satisfied					Completely satisfied					

14. How satisfied are you with your own sense of **self-worth**? A score of 10 indicates a high level of satisfaction (e.g., you might feel competent, capable, or worthwhile). A score of 0 indicates a sense of dissatisfaction (e.g., you might feel incompetent, lacking worth, or feel you have an inability to make a contribution to the world).

SELF-WORTH

0	1	2	3	4	5	6	7	8	9	10
Not at all satisfied					Completely satisfied					

15. How satisfied are you with your ability to take a **positive attitude** to life? A score of 10 indicates an attitude to life that views challenges as opportunities to be overcome. A score of 0 indicates a tendency to focus on the challenges in life in a negative and overwhelming way.

POSITIVE ATTITUDE

0	1	2	3	4	5	6	7	8	9	10
Not at all satisfied					Completely satisfied					

SCORING INSTRUCTIONS

Subscale 1 – Externally Generated Strengths (Items 1, 2, 3, 4, 5, & 6)_____

Subscale 2 – Internally Generated Strengths (Items 7, 8, 9, 10, 11, 12, 13, 14, & 15)_____

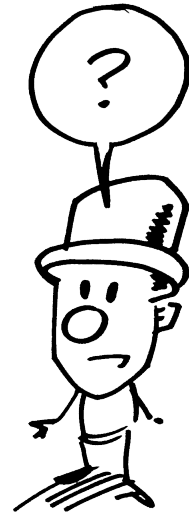
Total Score_____

A Goal to Achieve Over the Next 12-Weeks

What can you do over the next 12-weeks that will enhance your life?

Pick a goal that you know you can achieve or at least partly achieve over the next 12-weeks. Ensure it is realistic for you to do it.

Write your goal here:



Use the three-step system to make it happen:

Use a **reminder** (e.g., something you do every day or week) and link your new goal to this previously established behaviour, so the established behaviour *is* the reminder (e.g., “Each time I take a bus ride (a daily routine) I will do a 10-minute meditation.”).

1

Write what you will use as you reminder to act on your goal here:

Set a new **routine**—outline what it is you will do. Include a choice in the levels of the new behaviour you will do: these can range from something you can do even when you a totally demotivated (so easy you simply *cannot* not do it!) to things you can do when more motivated.

2

What will you do when
hardly motivated at all?

What will you do when you
have some motivation?

What will you do when
highly motivated?

To keep yourself motivated **reward** yourself for acting on your goal.

3

Write what you will do to recognise and reward your success here (either when you achieve it or along the way):

A Weekly Challenge

Each week we will invite you to undertake a challenge. You are in control of what you choose to do. This week we want you to do something new or something you've not done for a while (for example, read a chapter of a book, go for a pleasant walk, prepare a nice meal, do some gentle exercise, write a journal/keep a diary, meditate, paint).

Write your challenge here:

Use the three-step system to make it happen:

Use a **reminder**: set a time and day you will do your challenge.

1

Set a time and date you will do your challenge here:

Think about the possible **levels** you might undertake if your motivation fluctuates when taking on this challenge—outline specifically what you will do if your motivation is low, moderate or high. Remember to set one level so low that it is almost impossible not to do it!

2

If my motivation is high
then I will...

If my motivation is
moderate then I will...

If my motivation is low
then I will...

To keep yourself motivated **reward** yourself for acting on your goal.

3

Write what you will do to recognise and reward your success here (either when you achieve it or along the way):

A Weekly Challenge

Each week we ask everyone to set a challenge. Sometimes these challenges might be related to the topic discussed that week or perhaps they are unrelated. People usually pick challenges that things that are only moderately difficult for them to do like going out for a walk, cleaning a room or drawer, reading a book, practising relaxation. Whatever your challenge, we hope you will find ways that help you to somehow to move towards a life that matters, even if that is only a very small way. We will check in with how you got on next week.

Consider these four elements to help make your goal happen:

1. Set a time and date for when you will do your challenge.
2. What blocks might you face (e.g. many people face a lack of motivation, or they forget to do the challenge, others have second thoughts).
3. Identify your blocks and solutions for how you overcome them?
4. What will you do to recognise and reward your success?

At the start of the session next week we will check in to see how you have got on with your goal. Write your challenge here and/or use the Moving On App:

.....

.....

.....

How helpful have you found this session?

(1 = not at all helpful)

(10 = very helpful)

1 2 3 4 5 6 7 8 9 10