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## LEADER'S GUIDE:

**Getting Through It** by Anonymous  
I didn't like drug treatment but it worked.

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### TODAY WE'LL TALK ABOUT: Choosing to change your life

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#### INTRODUCTION

Recovering from an addiction can be a painful process. Full recovery often depends on:

- exploring the feelings, experiences and situations that contribute to your addiction;
- separating yourself from the people and places that trigger using;
- taking responsibility for the impact of your addiction on yourself and your loved ones;
- establishing new routines and coping mechanisms to get you through difficult moments.

It may take time for you to commit to your sobriety and enjoy it. Much of what you are asked to do in treatment may feel strange or uncomfortable at first. If you are separated from your child, you may feel especially sad or ashamed. Dealing with the child welfare system can be overwhelming. You may feel angry and powerless that someone else is making decisions about your life. But you will feel more positive about your sober life as you come to value yourself, develop new skills and supportive friends, and recognize the joys of spending time with your child without using. Let's read the writer's story about changing her life.

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#### READ AND DISCUSS STORY

Let's take turns reading the story out loud. Who wants to start?



## LET'S TALK ABOUT THE STORY:

- What experiences contributed to the writer's addiction?
- At the beginning, how did the writer feel about getting clean?
- Why do you think she found drug treatment so stressful?
- What motivated her to stay in treatment?
- What did she achieve by sticking with recovery?

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## JOURNAL TIME

Let's look at the worksheet called "My Reflections." Take 5 or 10 minutes to write down your answers on the worksheet and then we'll share. (*Wait until most people are finished.*)

- Who wants to share some responses?

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## ENDING THE GROUP

Now turn to the "Recovery Journal" worksheet. Take a few minutes to write down your goal for this week. You can answer the "reflection" questions at the end of the week before our group meets again.

We'll begin our next group by talking about your goals. I look forward to hearing from everyone about how you tried to meet your goals!

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## STARTING NEXT WEEK'S LESSON

Let's talk about your goals for the week:

- What were some of your goals?
- Please share an especially proud moment.

Thank you for sharing.

**NAME:**

**DATE:**

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**MY REFLECTIONS: Getting Through It** by Anonymous

1. How did you feel when you first came to treatment?

2. What is motivating you to stay clean?

3. What's helping you handle the parts of treatment that make you feel uncomfortable?

4. Who has helped you stay focused on your recovery? How?

**NAME:**

**DATE:**

## My Recovery Journal – Getting Through It

**GOAL:** The writer set short-term goals, like staying clean for 14 days. What is a short-term goal that you want to reach?

**REFLECTION:** What did you do to reach your short-term goal during this week?  
How did it go?

What's something you did during your week that you are proud of accomplishing?