PERSONAL MESSAGING WORKSHEET

Instructions: Use Faces & Voices recovery messaging to create your own message. In the space below use your own life experiences to personalize the messaging. For example, instead of saying recovery has given me stability in my life, you can talk about having a job or raising a family.

Note: If you've lost a family member or loved one to addiction, you can talk about your loss if you want to share that information, and about why you think that it's important for other people to get the help they need to recover.

MESSAGING OR LANGUAGE FOR A FAMILY MEMBER WHOSE LOVED ONE HASN'T FOUND RECOVERY

I'm _____ and my (son/daughter/husband/wife) is still struggling with addiction, which means …

- She/he continues to use alcohol or other drugs
- I know that millions of Americans and their families have become healthier together with new purpose and hope for the future.
- I want to make it possible for my (son/daughter/husband/wife) to get the help that she/he and so many others need to do the same.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____