

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, you could say I've been in long-term recovery as a family member for the past 15 years and I have learned to make healthy choices for myself and my family and regain serenity and sanity in our lives.

Note: If your family member hasn't found recovery yet, you can talk about your hope for the future. 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

I'm (*your name*). My family and I are in long-term recovery, which means that for the last (*insert the number of years that your family member has been in recovery*) years my (son, daughter, mom, dad) has not used alcohol or other drugs. In that time, we've become healthier together, enjoying family life in our home (*insert concrete examples to personalize*). I am committed to recovery because it has given me and my family new purpose and hope for the future. I am now speaking out because long-term recovery helped us change our lives for the better, and I want to make it possible for others to do the same.
