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.

MESSAGING OR LANGUAGE FOR A PERSON IN RECOVERY

I'm *(your name)* and I am in long-term recovery, which means that I have not used alcohol or other drugs for more than *(insert the number of years that you are in recovery)* years. I am committed to recovery because it has given me and my family new purpose and hope for the future, while helping me gain stability in my life. I am now speaking out because long-term recovery has helped me change my life for the better, and I want to make it possible for others to do the same.

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