

MODULE 2: THE THREE PILLARS OF RECOVERY

Character Strength: Self-Reflection

LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY

Objective n° 2

EXPLORE THE ROLE OF CHARACTER STRENGTHS IN RECOVERY

Discuss with clients how their unique character strengths can be leveraged to overcome challenges and sustain long-term recovery.

Objective n° 1

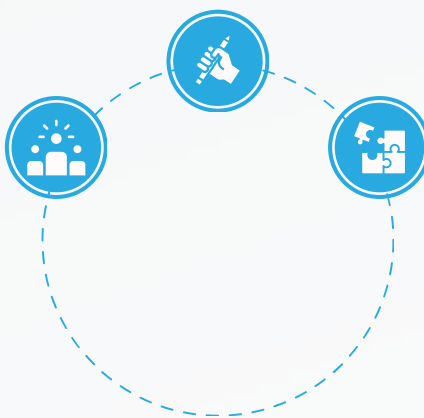
FACILITATE SELF-REFLECTION TO IDENTIFY PERSONAL STRENGTHS

Introduce recovery mentors to techniques that guide clients in identifying their strengths and values through self-reflection, enabling a deeper understanding of their personal capabilities.

Objective n° 3

FOSTER SELF-AWARENESS AND GOAL ALIGNMENT

Encourage clients to align their strengths with their recovery goals, building confidence and resilience through a strengths-based perspective.



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ACTIVITY DESCRIPTION AND MATERIALS

Activity description

1. Target group – recovery mentors, adult educators, and social workers
2. Time – 1.5 hours per activity

1. Strength identification worksheets
2. Example self-reflection prompts
3. Whiteboard for group discussions
4. Handouts detailing client profiles and scenarios for self-reflection

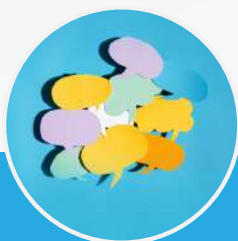
Materials

METHODOLOGY USED FOR THIS ACTIVITY



CONSTRUCTIVIST LEARNING

Participants engage in structured self-reflection activities designed to uncover and explore character strengths and their impact on recovery.



PROBLEM- BASED LEARNING

Real-life scenarios will challenge participants to guide clients in identifying strengths and aligning them with actionable recovery strategies.



LEARNING FROM PEERS

Participants share their own experiences and insights about self-reflection, fostering empathy and collaborative learning.



EXPERIENTIAL LEARNING

Through role-play and guided reflection exercises, participants will practice facilitating self-reflection, observing outcomes, and adapting their approaches for different clients.



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ACTIVITY 1 - GUIDED SELF-REFLECTION

Participants will practice facilitating a guided self-reflection session with a peer simulating a client. Using prompts and worksheets, they will help the client identify their strengths, discuss how these strengths have helped them in the past, and explore how they can contribute to recovery.

Key Points

- Use open-ended questions to encourage deep self-reflection.
- Focus on identifying strengths that the client may not initially recognize (e.g., perseverance, empathy).
- Discuss specific examples of how strengths have been or can be applied to overcome challenges.

ACTIVITY 2 - STRENGTHS IN ACTION

Participants will be divided into small groups and given client scenarios. Each group will identify character strengths in the scenario and create a plan for how those strengths can be utilized in the client's recovery process. Groups will present their findings and discuss alternative approaches.

Key Points

- Encourage creativity in identifying how strengths can be applied in various recovery contexts.
- Discuss how focusing on strengths can improve self-esteem and resilience.
- Emphasize the importance of framing challenges as opportunities to use and grow strengths.

FOLLOW-UP NOTES

Conduct a group discussion to reflect on the role of character strengths in recovery after each session.
Encourage participants to share insights on how self-reflection can empower clients and contribute to sustained progress.
Emphasize the importance of revisiting strengths regularly as clients evolve in their recovery journey.

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SELF-REFLECTION PROMPTS

What are three personal strengths that have helped you overcome challenges in the past?
How do you think these strengths could support your recovery journey?
Are there areas in your life where you wish to apply your strengths more effectively?
What values are most important to you, and how do they guide your decisions?
Reflect on a time when you faced a difficult situation. What strengths did you use to navigate it?

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EXAMPLE CLIENT PROFILES AND SCENARIOS

Alex – Building Resilience Through Perseverance

Alex, a 27-year-old in recovery from substance use, is struggling to stay motivated in their journey. Alex has shown perseverance in completing a difficult rehabilitation program but doubts their ability to maintain long-term sobriety.

Suggested Approach: Guide Alex to reflect on their perseverance during the program, discussing how this strength can be applied to future challenges.

Lisa – Strength in Empathy

Lisa, a 35-year-old recovering from alcohol dependency, is naturally empathetic and supportive of others in her recovery group. Lisa feels drained from always helping others and struggles to focus on her own recovery.

Suggested Approach: Help Lisa reflect on how her empathy is a strength while discussing the importance of self-care and boundaries to sustain her recovery.

Mark – Using Leadership Skills

Mark, a 40-year-old recovering from gambling addiction, was a successful manager before his addiction. Mark wants to rebuild his confidence and leadership skills in a way that aligns with his recovery goals.

Suggested Approach: Encourage Mark to reflect on his past leadership successes and explore how these skills can be used to mentor others in recovery.