

UNPACK RECOVERY ACTIVITY



Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center



This two-part activity is designed to help you “unpack” your mixed feelings about recovery. You’ll explore what really matters to you and reflect on your unique recovery path.

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Values

are your heart’s deepest desires for how you want to behave as a human being. They are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis.

– Russ Harris

PART 1: My Values – The Compass for My Journey

What values do I bring along with me on my journey?

Instructions

Choose the values that you want to bring along on your journey, and write them in the blank boxes below. You can pick from the values listed and/or write some of your own.

Accomplishment	Discovery	Gratitude	Humility	Kindness	Partnership	Spirituality
Adventure	Empathy	Growth	Humor	Leadership	Passion	Tolerance
Challenge	Excellence	Happiness	Integrity	Learning	Peace	Toughness
Commitment	Faith	Health	Intellect	Love	Purpose	Tradition
Community	Family	Home	Joyfulness	Loyalty	Risk	Trust
Compassion	Freedom	Honesty	Justice	Mastery	Safety	Wealth
Courage	Friendship	Honor		Openness	Security	Wellness
Creativity	Fun	Hopefulness		Order	Self-control	Work
Dependability	Generosity				Self-expression	
Determination						
Dignity						



PART 2: Charting My Unique Path to Recovery

Everyone's path to recovery is unique, and the healing journey is never linear. Like any journey, there are ups and downs and bumps along the way. In order to move through rocky moments, it's helpful to reflect on our values and our deeply personal reasons to keep going.

Instructions

Answer these questions to reflect on the values, skills and community that can help you on your healing journey.



REFLECT ON YOUR PATH. ASK YOURSELF THESE QUESTIONS:

1. Which values do I carry close with me on my recovery path?

2. What feelings come up when I think about what I value most in life?

3. What parts of my mental health challenges make it difficult for me to stay close to what I value most?

4. What roadblocks or setbacks could I encounter on my recovery path?

5. What skills can I use as I encounter obstacles on my recovery path?
Who can I ask to support me as I face these obstacles?

6. What are the benefits of continuing on my unique recovery journey?

7. What action could I take today to move forward on my recovery path?

8. What energizes me to continue on my own unique path to healing?

Get more resources to help you unpack recovery.
EatingRecovery.com/UnpackRecovery
PathlightBH.com/UnpackRecovery

Contact us to schedule a free assessment with a master's-level clinician. **1-877-825-8584**
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