



# Recovery Toolbox

2021 Midwest Region Assembly

Ruth & Rod



**“We” program- we are no longer alone- we have companions**

**Tools- make life simpler; a tool for the circumstance may decrease the struggle**

**Tools for your recovery toolbox**



## ***"We" Tools***

- Meetings
- Reaching out/connecting
- Anonymity
- Sharing
- Service
- Sponsorship
- 12 Traditions



## **“Me” Tools:**

- Literature
- Slogans
- Serenity Prayer
- 12 Steps
- Journal writing

- Inventory
- Sorting; spot-check inventory
- Boundaries
- Detachment
- Prayer and meditation



## Expectations

- Control
- Resentments

## Boundaries

- Protect Ourselves
- Consequences

# BOUNDARIES AND CONSEQUENCES



By setting boundaries we become responsible for taking care of ourselves. This allows others to grow by making their own decisions and accepting the consequences.

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*Nar-Anon is a twelve step program  
for families and friends of addicts.*

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## Sorting Inventory

- Focus on what I can change
- Discover what is causing a heaviness in my heart and mind
- Releases me from a distorted perspective

Ruth	Higher Power/God of my understanding	My loved one
<p>What has my name on it that belongs to me:</p> <ul style="list-style-type: none"><li>- My emotions</li><li>- My fears</li><li>- My attachments to others responsibilities</li><li>- What is causing a heaviness in my heart and mind</li></ul>	<p>Powerless things:</p> <ul style="list-style-type: none"><li>- Diseases</li><li>- Accidents</li><li>- Consequences</li><li>- I choose to believe God knows both sides and sees clearly our lives unfolding and how we intersect with each other and life</li><li>- My Higher Power is the buffer zone between us to help us see our part and do the next right thing when sought</li></ul>	<p>What belongs to another:</p> <ul style="list-style-type: none"><li>- Their choices</li><li>- Their opinions</li><li>- Their struggles</li><li>- Their responsibilities</li><li>- My concerns and worries</li><li>- If I am truly honest many of these answers I do not know I can only guess- I may be wrong</li></ul>



# 12 Steps- a spiritual pathway to healing and wholeness

- Connection to reality
- Connection to a Higher Power
- Connection to ourselves
- Connection to others





## Slogans

- Nothing Changes if Nothing Changes
- **WAIT** – Why Am I Talking
- **WAIST** – Why Am I Still Talking

## Discussion Questions

- What tool(s) are especially helpful to you?
- How do recovery tools contribute to thinking differently about yourself, about your relationships?
- What tools are you considering adding to your personal toolbox?
- What happened in your recovery when you started using one of the tools in your life circumstances?
- How do you reach out for help between meetings? Do you?
- What do you do when feeling isolated or alone?