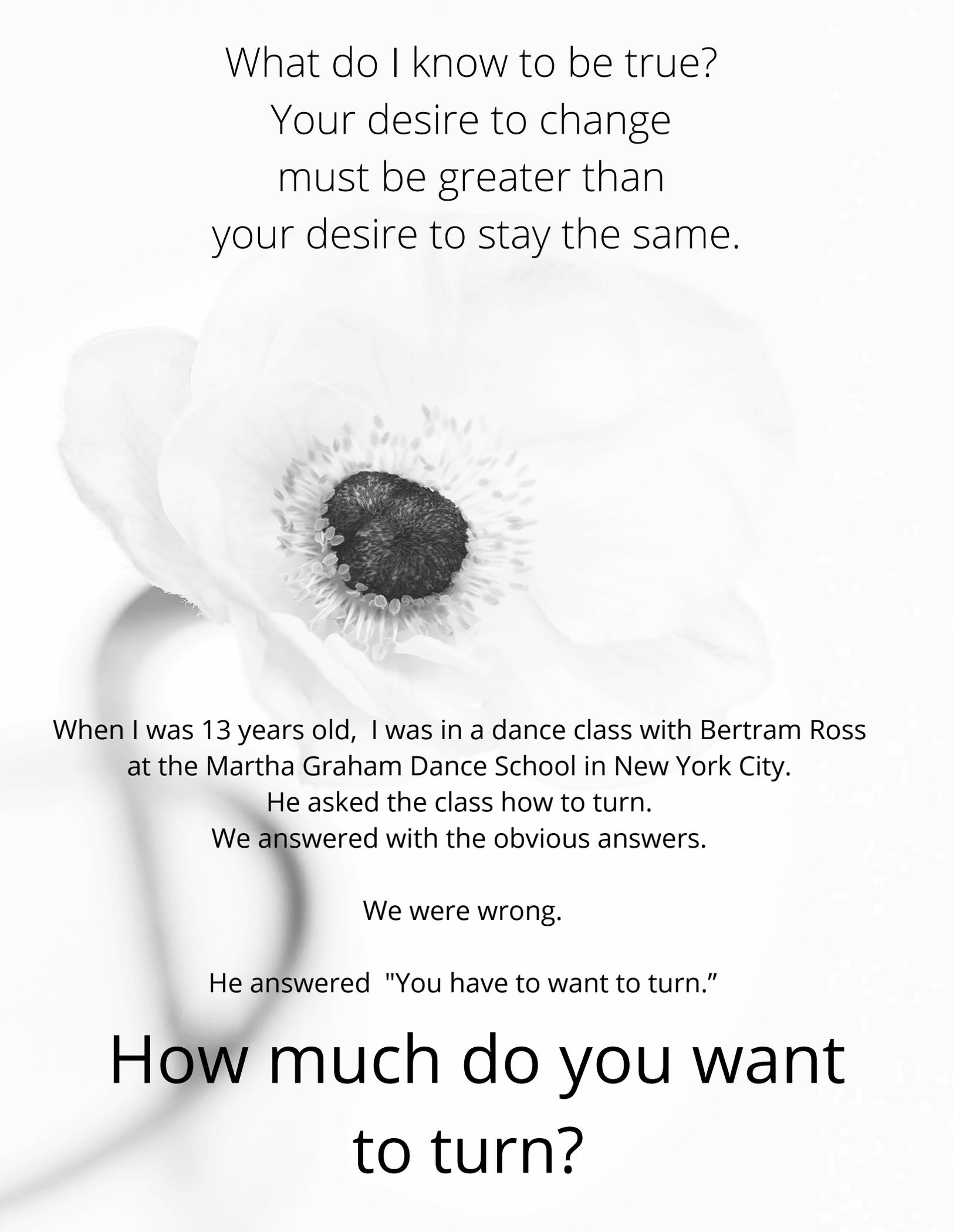




How to use a Recovery Board

MY PERSONAL TIPS FOR HOPE AS A
RECOVERING HUMAN



What do I know to be true?
Your desire to change
must be greater than
your desire to stay the same.

When I was 13 years old, I was in a dance class with Bertram Ross
at the Martha Graham Dance School in New York City.

He asked the class how to turn.

We answered with the obvious answers.

We were wrong.

He answered "You have to want to turn."

**How much do you want
to turn?**

My Four Decade Dance

Today I live a Recovery Dance.

The daily steps I take now look very different than the destructive choices I made in my chapters of addiction.

I think of myself as a "recovering human".

From the underlying causes of co-dependency, trauma, people-pleasing to the outer displays of drug & alcohol choices I made, there was a constant chatter inside me.

That voice inside told me I was unworthy, not good enough and hopelessly flawed.

My behavior reflected my low self-esteem and fueled my poor choices, from relationships to sexual abuse, I danced with the darkness like so many do.

Now I have awareness that my inner unresolved trauma created my misperceptions about my self-worth.

I have awareness that everything from my parents and my family history weaves threads into the quilt of my life story, yet it became clear it was up to me how I related to what happened.

Now I don't act out as I did in my past.

I'm less a people-pleaser than before.

I've worked through anger & grief.

I have forgiven past partners.

I have forgiven myself.

Recovery Boards are one tool that worked for me.

Maybe they can help you too.

What is a Recovery Board?

Recovery Boards are Dry Erase Boards.

I take photos of Nature's beauty, mostly flowers.
My fine art photography is the backdrop for the boards.

Then I curate slogans & quotes that uplift me.
Your board has space for your favorite quote, too.
Each comes with a pen for you to work the board.

I created them as a tool for myself
to stay focused and anchored
in my own Recovery Dance.

They can be used as
a place to write intentions,
a place to write affirmations,
a place to express gratitude,
a place to write a prayer.

A highly visual tool
they can inspire you to stick with your daily program

What have I learned in my Recovery Dance?

That each of us can gain sobriety

That tools like this work

As long as you work them.

That my wish for you is to be happy, healthy and free.



How to use your Recovery Board

To stay focused and committed, I recommend setting aside time each day to read and write and engage with your **Recovery Board.**

Place your board where you will see it throughout your day.
Think of putting in on your desk, in the kitchen,
windowsill, office wall
or bathroom.

A major part of my recovery is based on the daily routines I've created.

My daily practices include prayer, meditation,
or working with my journal, setting daily intentions,
or creating gratitude lists.

From your practice, think of a sentence or two
that will inspire you throughout the day.

Choose something that helps anchor your focus.
Or that helps you remember your own inner goodness.

Write a quote or prayer that speaks to you.
Write an intention to ensure a successful day at work.
Write statements that affirm your self-worth.
Write that you are grateful for your sobriety.
Remind yourself that you are strong and resilient.
Remind yourself to breathe.
Affirm that you make healthy food choices
because your health matters.

You get the idea.
Be creative.
See what works for you.

Asking for help is part of the Recovery Dance.

**We know the going can get tough.
When the tough ask for help,
it is a sign of strength.**

I am where I am today because I did seek help.
I'm grateful to have landed in recovery.
I may not have lost everything, but I hit an emotional bottom.
Therapy, books, coaches, spiritual and self-discovery programs
are my lifelines.

The work I've done, although not easy,
has made me a better person to myself,
my community, and to those I hold dear,
my friends and family.

Here are places for help online and it's free.

[SAMSHA - Substance Abuse and Mental Health Administration.](#)

[Allies in Recovery](#)

[LifeRing Secular Recovery](#)

[SMART Recovery](#)

[Women For Sobriety](#)

[12 Step programs](#)

Alcoholics Anonymous, Narcotics Anonymous, Alanon, and Naraon are well-known programs But miracles happen in Overeaters Anonymous, Codependents Anonymous, Relationship Anonymous, Adult Children of Alcoholics, Underearners Anonymous, Gamblers Anonymous, Sex & Love Addicts Anonymous, Cocaine Anonymous, Emotions Anonymous, Debtors Anonymous and Recovery Anonymous for Abusive Relationships.

SAMSHA - HELPLINE 1 800-273-TALK (8255)

My wish...
May you know your value.
In the words of Brené Brown;

"Worthy now. Not if. Not when. We are worthy of love
and belonging now. Right this minute. As is."



Just for today

Recovery is my
priority.

I am worthy.
As is.

to an attitude of gratitude



I'M
A
RECOVERING
HUMAN

works - Honesty, Open mindedness, and Willingness

Lisa Nalven



BUY NOW

