



Activity 3: Strengthen Recovery Capital

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Observe: Complete the table below with the cards you identified from the card activity.

Observe:		
Recovery Capital Dimension	Card Statement	Actions to Strengthen My Recovery
1	Personal Capital	
2	Social Capital	
3	Community Capital	
4	Emotional Support	
5	Commitment to Sobriety	
6	Well-being	
7	Barriers	
8	Unmet Needs	

Questions to Explore

Evaluate:

1. As you think about the cards you selected, what resonated with you most?

2. Did anything surprise you? What?

Respond:

3. As you look at the actions you've identified, which will be most important to address first?

4. Who can you ask for help and support?