



WHAT MAKES THIS PROGRAM DIFFERENT?

What sets Life Recovery apart is its holistic approach – addressing emotional, physical, and spiritual (Christ-centered) well-being, ensuring a comprehensive recovery journey.

Plus, every lesson in the Life Recovery education follows the same friendly and welcoming format, making it easy for new participants to jump in at any point during the course.



FOR MORE INFORMATION ON
LIFE RECOVERY MEETINGS IN
YOUR AREA, PLEASE CONTACT:

LIFE RECOVERY
CONNECT TO RECOVERY. CONNECT TO LIFE.



24
LESSONS

LIFE RECOVERY

HELPING PEOPLE
RESTORE THEIR LIVES

**LIFE RECOVERY IS A FAITH-BASED
ADDICTION RECOVERY PROGRAM**

PRISONMINISTRY.FAITH/LIFERECOVERY

HOW WILL THIS PROGRAM BENEFIT YOU?

Life Recovery education plays a crucial role in helping individuals overcome substance use disorders and maintain long-term sobriety. Here are some of the main benefits:

1. UNDERSTAND ADDICTION

Education about addiction and recovery can provide a better understanding of the nature of addiction, its effects on the brain and body, & factors that contribute to substance abuse.

2. LEARN SELF-AWARENESS

Recovery education encourages individuals to examine their behaviors, triggers, and motivations. This self-awareness is essential to make meaningful changes & avoid relapse.

3. DEVELOP COPING SKILLS

Life Recovery teaches practical coping strategies and life skills that can help individuals manage stress, cravings, and triggers – without resorting to substance use.

4. PREVENT RELAPSE

Participants will understand factors that contribute to relapse and learn prevention tactics. Also, recognize high-risk situations and develop strategies to stay on track.

5. GOAL SETTING & PLANNING

Recovery education helps individuals set realistic goals for their future and create a plan to achieve them. This can include setting career goals, repairing relationships, and rebuilding their lives.



6. BREAK THE ADDICTION CYCLE

Many people with substance use disorders come from families with a history of addiction. Recovery education can help break the addiction cycle by providing information and tools to prevent the problem from being passed down to the next generation.

7. IMPROVE MENTAL HEALTH

Substance use disorders often co-occur with mental health issues. Recovery education can address these dual diagnoses and provide individuals with strategies for managing their mental health.

8. FIND LONG-TERM SUCCESS

By equipping individuals with knowledge, skills and a better relationship with Christ, individuals can find long-term success in maintaining sobriety and leading fulfilling lives in recovery.

Addiction recovery education is just one component of a comprehensive treatment plan. Depending on the severity of the addiction, individuals may also require detoxification, therapy, medication-assisted treatment, and ongoing support from healthcare professionals.

WHAT DOES THIS PROGRAM INCLUDE?

EACH LESSON INCLUDES:

- Life application principles
- Closing action and/or resolutions
- Questions and answers
- Supporting Bible stories or verses

1. WHERE ADDICTION STARTS
2. CHANGING THE ADDICTIVE MINDSET
3. CHANGING MY TAG (LABELS ABOUT ME BY OTHERS)
4. CHOICES: MAKING THE CHANGE
5. STEPS TO HEALING
6. THE ONE IN THE MIRROR (HOW TO LOVE ONESELF)
7. THE FOX (FIGHT TEMPTATION SUCCESSFULLY)
8. HOW TO ACCEPT MYSELF
9. BRING BACK THE NEW AGAIN (MOVING FORWARD)
10. ADDICTIVE PERSONALITY CHARACTERISTICS
11. PLAN B (AN ACTUAL STRATEGY)
12. THE SEVEN C'S OF SELF CONTROL
13. HOW MORAL COMPROMISE AFFECTS ADDICTIONS
14. OVERCOMING OBSTACLES
15. RELAPSE INDICATORS
16. LIES WE BELIEVE (HURTING OURSELVES AND OTHERS)
17. LIVING ON PURPOSE
18. ROADBLOCKS TO RECOVERY
19. THE DANGER OF RELAPSE
20. THE PITFALL OF PRIDE
21. PREVENTING RELAPSE
22. SYNERGY: THE POWER OF TEAMWORK & SUPPORT
23. WHAT IS IN YOUR SHIP? (CAREFUL WHAT YOU CARRY)
24. EIGHT MISTAKES IN ADDICTION RECOVERY