



Change in Recovery

- **Description:** A group that focuses on understanding and embracing change as a natural and essential part of the recovery journey.

- **Instructions:**

- **Introduction (10 minutes):** Discuss the role of change in recovery and why it can be both challenging and rewarding. Emphasize that change is a process, not an event.

- **Reflecting on Past Changes (20 minutes):** Guide clients in reflecting on significant changes they have experienced in their lives, both positive and negative. Use a journaling prompt or group discussion to explore their feelings about these changes.

- **Interactive Activity (30 minutes):** Create a "change tree" where clients write down changes they want to embrace on leaves and attach them to a tree poster. The tree symbolizes growth and the natural process of change.

- **Developing a Change Plan (25 minutes):** Guide clients in creating a plan for navigating a specific change they are currently facing or anticipate in their recovery. Provide a template for them to outline steps, challenges, and support needed.

- **Reflection and Sharing (15 minutes):** Encourage clients to share their thoughts on embracing change and how they plan to approach future changes with a positive mindset.

- **Facilitator Role:** Educate on the concept of change, guide reflection and planning exercises, and facilitate the interactive change tree activity.

- **Client Role:** Reflect on their experiences with change, participate in the change tree activity, and create a plan for embracing change in their recovery.