

New England MIRECC Peer Education Center
Edith Nourse Rogers Memorial Veterans Hospital
200 Springs Road, Bedford, MA 01730

Making Effective Use of Your Recovery Story in Peer Support Relationships

Activity #1: Recovery Story–First Things First

Instructions: Please write your answers to the following questions.

- 1. What have you learned about yourself and your recovery that could inspire others working on their recovery if you share the information?**

Answer:

- 2. How would you communicate your recovery story to others?**

Answer: