

# Seven Steps for Recovery

## AYA Educational Inst.

1. Set a goal of regaining full strength and health (correcting our distorted memories and replacing them with OurStories is vital). What was a whole African nation, city, town, family, man, woman, child like at our best?
2. **Use Both Motivational Directions:** “toward and away-from” I/We want \_\_\_\_; don’t want \_\_\_\_.
3. **Take Rehabilitation** in Small Chunks: Celebrate small steps
4. **Shift Time Focus:** Use present focus (what can I do to help my situation now!) when the future recovery seems “too far off.” Shift to future time focus (“it will be wonderful when again we...”) when rehabilitation is painful
5. **Personal Involvement:** Helping ourselves accelerates recovery and increases personal intensity, confidence and ownership
6. **Community and Cultural Involvement:** "I am because we are, and we are because I am" How do I/we use more African family, culture and community in my/our recovery?
7. **Use: Self to Self “comparison” and Self to Other “sensing.”** Use self to self comparisons for evaluation and motivation (individual and group): Comparing my/our condition & achievement today with that of yesterday instead of comparing my/ourselves to others. Use “Self to Other “sensing” for **inspiration** and **information**.

