



**Hidden Assets that Support Recovery**  
 (Adapted from "Your Hidden Super Powers", Psychology Today)

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**1. IMPERFECTION**

- something I learned a long time ago
- always striving to look like we have it all together, is off putting
- most of us relate better to people who are flawed – it's more real and it puts us at ease
- believing that 'you are enough', will allow you to be comfortable with who you are

How easy is it for you to "drop the armor & be your genuine self"




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**2. GENERATIVITY**

- it turns out that it is good for your health to put others before ourselves
- a defining feature of addiction is self-absorption
- unmet childhood developmental and relational needs can result in ongoing self-focused motives in recovery
- learning to find a balance between giving to others, while also taking care of self is the goal

How much of your time is spent in genuine giving (without wanting anything in return?)




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### 3. ROUTINE

- having daily routines does not mean you are "rigid"
- research suggest it is the opposite:
  - we don't have to overthink
  - improves our mental health
  - fosters creativity
- regular actions taken that support your recovery and emotional growth can "mitigate against stress & anxiety" because they foster a sense of control over the direction of your day/ life



What routines have you established to support your recovery?

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### 4. PERSUASION

- research shows that we have more influence over others than we give ourselves credit for
- this is true for those we are close to and to strangers
- holding onto your commitment to sobriety, you can be sure that you are persuading others to be comfortable with who you are



How do you use persuasion in your life?

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### 5. SATISFACTION

- "The ability to be happy with who you are, and what you have is a power that those who are never satisfied may want to emulate".
- has nothing to do with outer success, achievement or prestige - it's more about prioritizing inner success
- Avoid comparing yourself to others, especially those who do not understand addiction



How content are you with your uniqueness? Do you celebrate your victories, big or small and accept failures as life lessons?

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## 6. NOSTALGIA

- letting ourselves reflect on the positive, nostalgic memories is an important way to "boost our moods & make us feel whole"
- addicts are known for focusing on the negative, affecting mood in the wrong direction
- memory is not that accurate, so when reflecting on the past, paint it with a broad brush that glosses over some of the negative - it reduces cortisol levels
- this has been shown to be especially valuable for those of us with early-life trauma
- What memories do you have that remind you of your gifts, your specialness and bring you joy?



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