

New England MIRECC Peer Education Center

Edith Nourse Rogers Memorial Veterans Hospital

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Making Effective Use of Your Personal Recovery Story in Professional Peer Support Relationships

Activity #1: Personal 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 personal recovery story to others?**

Answer: