



Session Four Pre-work Assignments

- Write down any questions you may have from reflecting on Session Three to share with your facilitator.

Complete the following exercises:

- Watch the video interview with Bill White conducted at the very first conference, Multiple Pathways of Recovery, hosted by CCAR in May 2016. Please visit: <http://addictionrecoverytraining.org/mprcbillw/>
- Read “Unpacking the Invisible Knapsack” by Peggy McIntosh.
- Watch the video, The CCAR Experience at INSERT LINK and write down your thoughts.
- Generate a list of internal and external resources you can draw on to initiate and sustain recovery.
- Complete the Seven Dimensions of Wellness tool.

Session Four Agenda

- ⇒ Culture
- ⇒ Power and Privilege
- ⇒ Recovery Capital
- ⇒ Resources and Referrals

Session Four Pre-work Assignment: The CCAR Experience

Watch The CCAR Experience and note your reactions in the space below.

Lined area for handwritten responses, consisting of 17 horizontal lines.

Session Four Pre-work Assignment: Recovery Capital

“Recovery Capital is the breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from severe alcohol and other drug problems.”¹¹

Take a few moments to write down some of the internal and external resources that can be drawn upon:

Internal Resources	External Resources

¹¹ Granfield & Cloud, 1999; Cloud & Granfield, 2004

Session Four Pre-work Assignment: Seven Dimensions of Wellness

Please rate using the following scale: Always (5), Very Frequently (4), Frequently (3), Occasionally (2), Almost Never (1), Never (0)

Physical Wellness

I exercise for 30 minutes or more most days of the week.	5	4	3	2	1	0
My exercise program includes activities that build my heart, muscles and flexibility	5	4	3	2	1	0
I select lean cuts of meat, poultry or fish	5	4	3	2	1	0
I eat a variety of foods from all the food groups	5	4	3	2	1	0
I eat breakfast	5	4	3	2	1	0
I get an adequate amount of sleep (7-8 hours per night)	5	4	3	2	1	0
I examine my breasts or testes once a month	5	4	3	2	1	0
I participate in recommended periodic health screenings (blood pressure, etc.)	5	4	3	2	1	0
I seek medical advice when needed	5	4	3	2	1	0
I drink less than 5 alcoholic drinks at a sitting	5	4	3	2	1	0
I avoid driving while under the influence of alcohol	5	4	3	2	1	0
I avoid using tobacco products	5	4	3	2	1	0

Environmental Wellness

I minimize my exposure to second hand tobacco smoke	5	4	3	2	1	0
I keep my vehicle maintained to ensure safety	5	4	3	2	1	0
When I see a safety hazard, I take steps to correct the problem	5	4	3	2	1	0
I choose an environment that is free of excessive noise whenever possible	5	4	3	2	1	0
I make efforts to reduce, reuse, and recycle	5	4	3	2	1	0
I try to create an environment that minimizes my stress	5	4	3	2	1	0

Spiritual Wellness

I make time for relaxation in my day	5	4	3	2	1	0
I make time in my day for prayer, meditation or personal time	5	4	3	2	1	0

My values guide my actions and decisions	5	4	3	2	1	0
I am accepting of the views of others	5	4	3	2	1	0
Emotional/Psychological Wellness						
I am able to sleep soundly throughout the night and wake feeling refreshed	5	4	3	2	1	0
I am able to make decisions with a minimum of stress and worry	5	4	3	2	1	0
I am able to set priorities	5	4	3	2	1	0
I maintain a balance between school, work and personal life	5	4	3	2	1	0
Intellectual Wellness						
It is easy for me to apply knowledge from one situation to another	5	4	3	2	1	0
I enjoy the amount and variety I read	5	4	3	2	1	0
I find life intellectually challenging and stimulating	5	4	3	2	1	0
I obtain health information from reputable sources	5	4	3	2	1	0
I spend money commensurate with my income, values, and goals	5	4	3	2	1	0
I pay my bills in full each month (including my credit card)	5	4	3	2	1	0
Occupational Wellness						
I am able to plan a manageable workload	5	4	3	2	1	0
My career is consistent with my values and goals	5	4	3	2	1	0
I earn enough money to meet my needs to provide stability for me and/or my family	5	4	3	2	1	0
My work benefits individuals and/or society	5	4	3	2	1	0
Social Wellness						
I plan time to be with my family and friends	5	4	3	2	1	0
I enjoy my time with others	5	4	3	2	1	0
I am satisfied with the groups/organizations that I am part of	5	4	3	2	1	0
My relationships with others are positive and rewarding	5	4	3	2	1	0
I explore diversity by interacting with people of other cultures, background, and beliefs	5	4	3	2	1	0