

## Attachment A

### Elements That Define Recovery<sup>1</sup>

The listed elements all had “agreement” ratings of 84% or greater, meaning that 84% or more of surveyed respondents rated these elements as “definitely” important, belonging in their list of elements defining recovery.

<b>Recovery Elements</b>
Factor 1: Abstinence in Recovery <ul style="list-style-type: none"><li>a) No use of alcohol</li><li>b) No misuse of prescription medication</li><li>c) No use of non-prescription drugs</li></ul>
Factor 2: Essentials of Recovery (Early to Mid-Recovery) <ul style="list-style-type: none"><li>A. Early Recovery Indicators<ul style="list-style-type: none"><li>a) Knowing the thoughts/beliefs which tell me it’s okay to drink and use and how to refute them</li><li>b) Being able to have relationships without drinking or using drugs</li><li>c) Handling negative feelings without using drugs or drinking</li><li>d) Taking care of my physical and mental health more than I did before</li><li>e) Having people around me who know how to get through life and have fun without using alcohol or drugs</li><li>f) Knowing some of my triggers to use and being able to avoid them or ask for help to get through it</li><li>g) Living in a place that is not a place where people drink and use drugs</li></ul></li><li>B. Mid-Early Recovery indicators<ul style="list-style-type: none"><li>a) Finding an ability to enjoy life without drinking or using drugs</li><li>b) Changing the way I think through problems</li><li>c) Being realistic about my abilities and limitations</li><li>d) Getting along with family or friends better than I did before</li><li>e) Dealing positively with my mistakes</li><li>f) Being able to face triggers I can’t avoid and not using</li></ul></li></ul>
Factor 3: Enriched Recovery <ul style="list-style-type: none"><li>a) Living a life that contributes to family, society, and my own betterment</li><li>b) Having the tools to try to feel inner peace when I need to</li><li>c) Having improved self-esteem</li><li>d) Being a person others can count on</li><li>e) Managing life’s ups and downs in a balanced way</li><li>f) Learning how to get the support from other that I need while giving support to those who need it (especially recovery support)</li><li>g) Taking responsibility for the things I can change</li></ul>
Factor 4: Spirituality of Recovery <ul style="list-style-type: none"><li>a) Experiencing the freedom from craving a drink or using a drug</li><li>b) A balance of living in the present but not at a cost to the future</li><li>c) Appreciating the positive things in my life</li><li>d) Making sense of where I’ve been and who I am today</li><li>e) Being grateful and giving back to others</li><li>f) Feeling connected to others and a purpose in my life</li></ul>

<sup>1</sup> Kaskutas, L.A., et al (2014). Elements That Define Recovery: The Experiential Perspective. *Journal of Studies on Alcoholism*, 75, 999-1009.

