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Vision of Recovery Reflection 2

Before you graduate, we ask that you reflect on your Vision of Recovery and update it if needed. The Vision of Recovery is a description of what you want your life to look like. Please state it in terms of what you want, not what you don't want. For example, instead of "I want to feel less depressed" we would say, "I want to feel more content." Having a destination is important; it gives direction, a way to measure progress, and a goal to attain. This will help to focus and motivate you as you move beyond the DBT program.

Below, you will update your Vision of Recovery, identify concrete steps you have taken towards it, plan new steps for the coming days, and reaffirm your sense of purpose and direction.

My Vision of Recovery:

What have I already done to move towards this Vision?

What other steps can I take towards my Vision?

Do I still want this Vision of Recovery? Am I making progress towards it?
