

“Map of Recovery”
(Working Step #2: Defining *Being Restored to Sanity*)

Name:	Date:	Group:
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1. harmony in personal relationships
2. we can control our emotions
3. we are not a prey to misery
4. and depression
5. we can make a living
6. we have a feeling of usefulness
7. we aren't full of fear
8. we are happy
9. we can be of real help to other people