

Change Your Perspective

6 Core Beliefs That Will Change Your Life in Pursuit of Recovery

BELIEVE that you have a right to live

There are resources and tools designed specifically to give you the best chance at staying alive. Take full advantage of them! The mosaic of your life makes you unique and special.

BELIEVE that you are worth recovery

You are inherently worthy as an individual and you have qualities that only you possess and purpose that only you can fulfill.

BELIEVE that you have more to learn

You never arrive at “recovered.” The human condition is one of recovery from its onset. It lasts our whole life and accepting this fact is a key to progressing.

BELIEVE that your past can create something good.

The fact is: your past does define you and that’s a good thing. It brings a valuable uniqueness to your story. This belief is the pathway to conquering shame. Change your perspective about your past and you will CONQUER shame.

BELIEVE that you will succeed

No matter how many times you fail and fall, you must believe that you will succeed. Failure is guaranteed if you lose hope of success. Only those who continue to try, conquering the fear of failure, eventually succeed.

BELIEVE that you can make a difference

The uniqueness of your life makes you especially qualified for something because the things you been through refines you in a manner that you become the difference maker in some spot in this world. Find that spot and thrive.

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