

Some Recovery Definitions and Concepts

1. "Recovery is a deeply personal process of adapting and overcoming the challenge of psychiatric disability to live a satisfying, and hopeful life."
2. "Recovery means overcoming the functional disabilities of severe mental illness and achieving the best possible quality of life."
3. "Recovery refers to the ways in which persons with or impacted by a mental illness and/or addiction experience and actively manage the disorders and their residual effects in the process of reclaiming full, meaningful lives in the community."
4. "Recovery is re-inhabiting one's own life"
5. Recovery refers to the ways in which a person with a mental illness and/or addiction experiences and manages his or her disorder in the process of reclaiming his or her life in the community."
6. "Recovery from mental illnesses is not like recovery from the flu. It's recovering your life and your identity."
7. "Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness and quality of life."
8. "Recovery for me is a series of steps. Sometimes the steps are small, like fixing lunch, taking a walk, following my daily routine. Small steps add up."
9. "Having a mental illness is part of my life, but not the center of my life."
10. "Recovery is often described as a process undertaken differently by each unique individual, he or she confronting challenges using his or her composite of strengths and vulnerabilities and the resources that are available."

11. "Recovery is about having confidence and self-esteem. I have something positive to offer the world."
12. "Recovery from substance dependence is a voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship."
13. "A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."
14. Four major dimensions that support a life in recovery:
 - a. Health: overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;
 - b. Home: a stable and safe place to live;
 - c. Purpose: meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
 - d. Community: relationships and social networks that provide support, friendship, love, and hope"
15. "Recovery is a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness."