

RECOVERY MAP

ACCESSING AND ENERGIZING THE ADAPTIVE MODE

Interests/Ways to Engage:

Beliefs Activated While in Adaptive Mode:

ASPIRATIONS

Goals:

Meaning of Accomplishing Identified Goal:

CHALLENGES

Current Behaviors/Challenges:

Beliefs Underlying Challenges:

POSITIVE ACTION & EMPOWERMENT

Current Strategies and Interventions:

Belief/Aspiration/Meaning/Challenge Targeted: