



# STEPS INTO HOPE

RECOVERY • GROWTH • NEW POSSIBILITIES

*More Than a Destination...  
A Brighter Tomorrow, One Step at a Time.*

## RECOVERY GROUP FACILITATOR STARTER PACK

### INDIVIDUAL LICENSE EDITION

*Interactive, action-based recovery groups designed to help participants connect, participate, reflect, act, and keep something useful.*

STRENGTH • TRUST • COURAGE • BALANCE • HOPE

10 GROUP EXPERIENCES • 12 FACILITATED SESSIONS

# Welcome to Steps Into Hope

This Starter Pack is built for facilitators who want recovery groups to feel useful, human, interactive, and worth attending. Serious topics deserve respect, but respect does not require a room full of people silently completing worksheets.

## THE STEPS INTO HOPE METHOD

### CONNECT

Lower resistance and create safety.

### PARTICIPATE

Do, choose, move, build, play, or create.

### REFLECT

Connect the activity to recovery.

### ACT

Choose one real-world next step.

### KEEP

Leave with something useful.

### Facilitator principle:

Fun should lower resistance and build connection. Addiction, relapse, trauma, grief, and personal experiences are never the joke. Participation can be encouraged without forcing disclosure.

### How to Use This Pack

- Choose activities based on the group's current needs, acuity, time, and setting.
- Most sessions are designed for approximately 45-60 minutes and can be shortened or extended.
- The Recovery Toolbox is intentionally a 3-session flagship experience; it can also be spread across several weeks.
- Use the printable pages as supports, not as the entire group. The experience comes first.
- Every group ends with My Next Step: one specific action the participant can realistically take.
- Whenever possible, let participants keep a card, plan, creation, letter, reminder, or other tangible recovery tool.

### Important Use Note

This resource is educational and peer-support oriented. It is not a substitute for individualized medical, psychiatric, psychological, or substance-use-disorder treatment. Facilitators should follow their organization's policies, scope of practice, safety procedures, and clinical guidance. Participants should not be pressured to disclose trauma or other private information.

# Starter Pack Contents

| # / Group                                  | Sessions   | Purpose                                                               | Keep                                          |
|--------------------------------------------|------------|-----------------------------------------------------------------------|-----------------------------------------------|
| 1. Build Your Recovery Toolbox             | 3 sessions | Create a physical, growing collection of personalized recovery tools. | Personal toolbox + cards + future-self letter |
| 2. Trigger Mapping: Know It Before It Hits | 1 session  | Identify triggers, early warning signs, and immediate responses.      | Trigger response card                         |
| 3. Shame vs. Guilt: What Helps Me Change?  | 1 session  | Separate identity from behavior and turn accountability into action.  | Repair/action card                            |
| 4. Vulnerability vs. Weakness              | 1 session  | Practice safe honesty, asking for help, and healthy boundaries.       | Help-seeking/ boundary card                   |
| 5. Resilience: What Helps Me Get Back Up?  | 1 session  | Recognize survival skills and build a realistic resilience plan.      | Resilience plan card                          |
| 6. The Person I Am Becoming                | 1 session  | Define values, identity, and behaviors that support the future self.  | Becoming statement                            |
| 7. Self-Care Is Recovery Care              | 1 session  | Turn self-care into practical maintenance instead of avoidance.       | Self-care menu                                |
| 8. Patience, Progress & Recovery Myths     | 1 session  | Challenge all-or-nothing expectations and common recovery myths.      | Progress reminder card                        |
| 9. Coping Skills Challenge                 | 1 session  | Test, compare, and personalize coping strategies through play.        | Top 5 coping cards                            |
| 10. My Recovery Plan: When Life Gets Real  | 1 session  | Create a practical plan for warning signs, support, and next actions. | Personal recovery action plan                 |

## GROUP 1 | Build Your Recovery Toolbox

*A 3-session signature experience: make it personal, fill it with tools, and build toward the future.*

The Recovery Toolbox is not a metaphor that disappears when group ends. Participants create a real container they can continue filling with reminders, strategies, support information, meaningful objects, and recovery tools.

### Before Session 1: Choose Your Toolbox

Participants may find, repurpose, or make a box/container. It can be tall, short, square, rectangular, handmade, reused, painted, covered, simple, or elaborate. The only rule: it should be sturdy and large enough to grow with the participant.

- Shoebox or boot box
- Photo/storage box
- Gift box or sturdy shipping box
- Tall cardboard box or container
- Wooden box
- Tin or lidded container
- Handmade reinforced cardboard box
- Any other safe, sturdy container approved by the facilitator

### Decoration Station

- Acrylic paint markers and permanent markers
- Colored pencils/markers
- Acrylic paint, brushes, foam brushes
- Stickers: recovery/inspirational plus animals, music, sports, nature, funny, flowers, skulls, hobbies, etc.
- Alphabet/letter stickers
- Magazines for words and images
- Scrapbook paper/cardstock
- Washi/decorative tape
- Stencils
- Gems/rhinestones
- Ribbon, yarn, twine
- Fabric scraps and foam shapes
- Glue sticks/craft glue
- Scissors
- Mod Podge or other appropriate sealer
- Steps Into Hope printable words/phrases and blank labels

### Low-cost option:

Use donated magazines, wrapping-paper scraps, old greeting cards, leftover craft supplies, printed images, markers, yarn, and clean recycled materials.

## Session 1 — MAKE IT MINE

### FACILITATOR SNAPSHOT

|                       |                                                                            |
|-----------------------|----------------------------------------------------------------------------|
| <b>Suggested time</b> | 50-75 minutes                                                              |
| <b>Purpose</b>        | Create ownership and begin identifying what a recovery 'tool' actually is. |
| <b>Materials</b>      | Chosen box/container + Decoration Station + Recovery Tool Cards            |

### CONNECT → PARTICIPATE → REFLECT → ACT → KEEP

**CONNECT:** Quick opener: 'If recovery came with a toolbox, what is one thing you would want inside it?' No overthinking.

**PARTICIPATE:** Participants decorate their box to represent themselves—not what they think recovery is supposed to look like. Halfway through, scatter sample Recovery Tool Cards and ask each person to choose 5 they might use and 3 they probably would not use.

**REFLECT:** Discuss why the same tool can work for one person and not another. Emphasize experimentation rather than one-size-fits-all recovery.

**ACT:** Each participant creates at least 3 personalized tool cards to place in the box today.

**KEEP:** The decorated toolbox + first personalized Recovery Tool Cards.

### Processing Questions

- What made you choose the way you decorated your box?
- Which recovery tool surprised you?
- Which commonly suggested tool does not work for you, and what might work instead?
- What would make you actually reach for this toolbox on a difficult day?

### MY NEXT STEP

**Before the next toolbox session, add one safe item, idea, reminder, or resource that means something to your recovery.**

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## Session 2 — WHAT'S INSIDE MATTERS

### FACILITATOR SNAPSHOT

|                       |               |
|-----------------------|---------------|
| <b>Suggested time</b> | 50-60 minutes |
|-----------------------|---------------|

## RECOVERY TOOLBOX PRINTABLES

### My 3 Healthy Habits

1. Habit: \_\_\_\_\_

One small way I can practice it: \_\_\_\_\_

2. Habit: \_\_\_\_\_

One small way I can practice it: \_\_\_\_\_

3. Habit: \_\_\_\_\_

One small way I can practice it: \_\_\_\_\_

### My 3 Positive Affirmations

Choose statements that feel meaningful or that you are willing to practice believing.

1. I \_\_\_\_\_

2. I \_\_\_\_\_

3. I \_\_\_\_\_

### My 3 Personal Strengths

1. Strength: \_\_\_\_\_

How this strength can support my recovery: \_\_\_\_\_

2. Strength: \_\_\_\_\_

How this strength can support my recovery: \_\_\_\_\_

3. Strength: \_\_\_\_\_

How this strength can support my recovery: \_\_\_\_\_