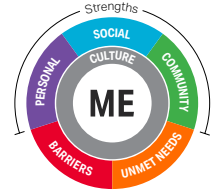




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Activity 2: Identify My Recovery Capital Gaps

Visit R1LEARNING.COM to get Discovery Cards and Activity Worksheets

Observe: Complete the pyramid below with up to 10 Sorting Cards you identified in the card activity.

Best
Describes
My Gaps

The pyramid consists of 10 levels of boxes. The top level has 1 box. The second level has 2 boxes. The third level has 3 boxes. The fourth level has 4 boxes. The fifth level has 4 boxes. Each box contains a 'Card Statement' and a 'Recovery Capital Dimension' label. An arrow on the left points upwards, labeled 'Best Describes My Gaps'.

Questions to Explore

Evaluate:

1. As you review your top statements, what resonated most? What surprised you?

2. Are these gaps new for you or areas you've been struggling with for a while?

3. How have they hindered your recovery?

Evaluate (continued):

4. Which Recovery Capital dimensions were most, and least, represented in your gaps cards? Does this make sense to you?

Respond:

5. What is one action you can practice today to strengthen your recovery further?

6. Who can you ask for help and support?