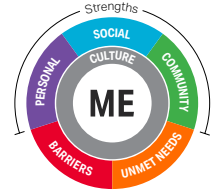




Scan to download  
Editable PDF



**Activity 3: Identify My Barriers and Unmet Needs**

Visit R1LEARNING.COM to get Discovery Cards and Activity Worksheets

**Observe:** Complete the table below with up to 6 Barriers or Unmet Needs you identified from the card activity.

Best  
Describes  
Me



|  |  |  |
|--|--|--|
| <p>_____</p> <p>_____</p> <p>Card Statement</p> <p>_____</p> <p>Recovery Capital Dimension</p> |  |  |
| <p>_____</p> <p>_____</p> <p>Card Statement</p> <p>_____</p> <p>Recovery Capital Dimension</p> | <p>_____</p> <p>_____</p> <p>Card Statement</p> <p>_____</p> <p>Recovery Capital Dimension</p> |  |
| <p>_____</p> <p>_____</p> <p>Card Statement</p> <p>_____</p> <p>Recovery Capital Dimension</p> | <p>_____</p> <p>_____</p> <p>Card Statement</p> <p>_____</p> <p>Recovery Capital Dimension</p> | <p>_____</p> <p>_____</p> <p>Card Statement</p> <p>_____</p> <p>Recovery Capital Dimension</p> |

**Questions to Explore**

**Evaluate:**

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

**Respond:**

3. What is one action you can practice today to address one of these barriers or needs?

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

4. Who can you ask for help and support?