



Activity 4: Strengthen My Recovery Capital

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Observe: Complete the table below with the cards you identified from the card activity.

Observe:		
Recovery Capital Dimension	Discovery Cards Statement	Actions to Strengthen My Recovery
1	<div style="background-color: #6a3d9a; color: white; padding: 5px; text-align: center;">Personal Capital</div> <div style="background-color: #c0a0e0; height: 20px; margin-top: 5px;"></div>	
2	<div style="background-color: #00a0c0; color: white; padding: 5px; text-align: center;">Social Capital</div> <div style="background-color: #a0c0e0; height: 20px; margin-top: 5px;"></div>	
3	<div style="background-color: #00a050; color: white; padding: 5px; text-align: center;">Community Capital</div> <div style="background-color: #a0e0a0; height: 20px; margin-top: 5px;"></div>	
4	<div style="background-color: #e00000; color: white; padding: 5px; text-align: center;">Barriers</div> <div style="background-color: #f0a0a0; height: 20px; margin-top: 5px;"></div>	
5	<div style="background-color: #e06000; color: white; padding: 5px; text-align: center;">Unmet Needs</div> <div style="background-color: #f0c080; height: 20px; margin-top: 5px;"></div>	

Questions to Explore

Evaluate:

1. As you think about the cards you selected, what resonated with you most?

2. Did anything surprise you? What?

Respond:

3. As you look at the actions you've identified, which will be most important to address first?

4. Who can you ask for help and support?