

Recovery International Frequently Asked Questions

Is Recovery International a 12-step program?

The Recovery International system is not a 12-step program. Experience has shown no conflict between the two programs, and that they can be used simultaneously if necessary in a person's specific situation.

When can I expect to see results in my own life?

As you begin to practice the Recovery International self-help tools, you will begin to see situations in a different light. All training takes time. The best way to encourage adaption of the tools in your life is through attending community meetings, phone meetings and/or online meetings, where you can learn from other experiences.

Are Recovery International group leaders mental health professionals?

No. Group Leaders are your peers. Leaders have all practiced the Recovery International system in their lives. Leaders receive ongoing training and are authorized annually.

How do I learn to give examples?

You will learn primarily from listening to others give their examples, by following the Example Outline sheet and using the Sampling of Tools and Terms. The Group Leader will help you, when you are ready, by reading each of the four steps as you give your first example.

Can I take notes?

Notes may be taken at any point during the meeting except when examples are being given. This assures the example-giver that no one is writing down the details of the situation being related.

Can I talk to someone from my group between meetings?

Ask the group leader for contact information for the person or people in the group who are willing to take phone calls for assistance between meetings.

Where can I get the books?

The main texts, *Mental Health Through Will Training*, *Manage Your Fears* *Manage Your Anger*, *Selections From Dr. Low's Works* and other materials can be purchased at

www.RecoveryInternational.org

How many different meetings may I attend?

You are welcome to attend any available meetings. You can find meeting locations at

www.RecoveryInternational.org