“Map of Recovery”
(Working Step #2: Defining Being Restored to Sanity)

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date:</th>
<th>Group:</th>
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1. harmony in personal relationships

2. we can control our emotions

3. we are not a prey to misery

4. and depression

5. we can make a living

6. we have a feeling of usefulness

7. we aren’t full of fear

8. we are happy

9. we can be of real help to other people

Adapted by Lance Echo-Hawk, MA, www.ehcounseling.com from video presentation by Don Coyhis, White Bison