



**RECOVERY REPUBLIC CIC**

# **Beliefs & Values**

**Come regularly to the Recovery Republic even when you are angry, depressed, tired or simply bored.**

Ask for and accept the support of other Members.

**Let the Recovery Republic become an important part of your life.**

Feel safe and secure.

**Feel you are valued and trusted.**

Feel a sense of connection.

**Feel a sense of belonging.**

Gain better self-control.

**Learn to like yourself.**

Gain more confidence.

**The Recovery Republic will accept and nurture each person who attends.**

What support can this community offer you?

**Help make the Recovery Republic a safe community in which each person is accepted and strangers are welcome.**

Be ready to receive help.

**Be ready for acceptance as the person you are.**

Be ready for integration into the community of the Republic.

**When you feel safe make time to express your feelings to others.**

Develop a deeper sense of empathy for others.

**Be ready to give help to visitors, volunteers and Members alike.**

Help the Recovery Republic become a pillar of support for all visitors, volunteers and members.

**Do you give sufficient time to sharing with other Members and to understanding the importance of commitment?**

Don't make harsh and thoughtless judgments about the lives of others.

**Avoid hurtful criticism and bad language.**

Treat each other with dignity and respect.

**Sometimes there is a need for forgiveness.**

What helpful knowledge and strengths do you have that can be encouraged and passed on to others?

**Use your life experiences to help others to continue their journey of recovery.**

Be honest with yourself and with others; think you may be wrong.

**Encourage better relationships with yourself and with others.**

So say, so do.

**Help those in times of distress, physical and mental illness, loss & bereavement.**

Make time to develop your relationship with others.

**Help others to make sense of their life, including illness distress and loss.**

With bereavement and loss, give yourself and others time to grieve.

**When others are distressed support them, when they mourn let your love embrace them.**

Losing something or someone important to you hurts. Remember it takes time to heal.

**Getting better can be easier if distress is shared.**

Take comfort from the joys of the past for this can help you heal.

**A new sense of meaning, hope, and peace of mind will help you accept and live with your continuing problems.**

**Every stage of our lives offers fresh opportunities.**

Live adventurously; dare to be different.

**Encourage meaningful activity, physical & emotional.**

Consider turning the TV off one or more nights a week.

**Become more creative with art, gardening and cookery.**

Join in activities that involve co-operation and trust.

**Don't judge others; listen quietly and carefully.**

Keep, renew & treasure good family relationships.

**Make friendships; invest in them, keep them.**

**Consider which of the ways to happiness are truly fulfilling and which are destructive.**

Look at the harm done by the use of drugs, alcohol and tobacco.

**Consider whether you should limit your use of them or refrain from using them altogether.**

Try to live simply. A simple lifestyle, freely chosen, is a source of strength.

**Do not be persuaded into buying what you do not need or cannot afford.**

We do not own the world, so show care and consideration for it.

**Enjoy the beauty and variety of the world and work to maintain it.**

