

## Recovery Story Outline

At Lifeline Connections, we strive to provide high quality programs through well trained and dedicated staff, to inspire hope and support life saving changes for people affected by substance use and mental health conditions. We hope you have found the skills necessary to live a life of wellness during your time at Lifeline Connections. Would you be willing to share your story? You can help inspire others to make the change.

The outline below is just that--an outline. It may assist you in composing your thoughts. Feel free to answer all or just part of the questions. If writing is not your thing, let us know and we will video tape you. If you are uncomfortable in front of the camera, and would prefer to write but are not confident in your spelling or grammar skills, don't worry. We are happy to edit and provide a proof for you to review, once edits have been completed.

Please sign a media disclosure form (attached). With your permission, we would also like to take your photo to have on file with your story. Stories, videos, and photos may be used for a variety of marketing projects such as: brochures, newsletters, social media, television, annual reports, presentations, etc.

Thank you in advance for your willingness to share!

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### OUTLINE:

What age and/or stage of life were you when your substance use or mental health disorder started?

What life events were taking place that caused you to begin using?

How did your addiction or illness progress?

What "losses" did you experience along the way?

What events resulted in you seeking treatment?

How many times did you seek treatment prior to arriving where you are today?

What role did Lifeline Connections play in helping you overcome obstacles?

What Lifeline Connections staff members played a significant role in your recovery process?

What were two significant barriers you overcame while in treatment?

What skills did you learn at Lifeline Connections that you still use today?

How has sobriety impacted your personal/family and/or work/community life?

CONGRATULATIONS ON LIVING IN RECOVERY!

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