



Recovery Principles

The tenets for those with a mental health challenge are in blue and the tenets for loved ones are in green.

TENET I

My life is affected by a mental health issue and can become unmanageable and hopeless, especially if ignored or untreated. Therefore, I choose the help and support of others to overcome the struggles and find more joy in life.

My loved one's mental health challenge has also left me feeling helpless and hopeless. Therefore, I choose the help of others in learning about the disorder and choosing healthy boundaries for myself.

Together, we have understanding. We remind each other of the Lord's love, and that He alone can do all things. He is the source of our hope, and in Him we can overcome all things.

"I can do everything through Him Who gives me strength." — Philippians 4:13 (NIV)

TENET II

My mental health challenge has also affected my relationships and the lives of those around me. Therefore, I choose to overcome for both my own good, and the good of those who love me.

I haven't always responded to my loved one's mental health issue in ways that were good for the relationship. Therefore, I choose to learn better ways to communicate with, support, and encourage my loved one.

Together, we commit to speaking the truth in love, healing broken relationships and viewing each other as the Lord views us.

*"So let's pursue those things which bring peace and which are good for each other."
Romans 14:19 (God's Word Translation, 1995)*

TENET III

My disorder can become an excuse. Therefore, I choose to believe I can live a full and rich life in spite of my disorder. I choose the support of people who will urge me to "push through".

At times I don't understand my loved one and can allow them to either wallow in their excuses, or push them too hard. Therefore I choose to learn healthy, appropriate ways to contribute to my loved one's recovery.

Together we do better than trying on our own. We will hold one another accountable for learning, growing, and choosing to push through in hope.

"Therefore, encourage one another and build each other up." — 1 Thessalonians 5:11 (NIV)

TENET IV

My disorder can lead me to feel hopeless. Therefore, I choose to believe, regardless of my feelings, that there is help and hope for my physical, emotional, psychological and spiritual well-being.

At times I also feel hopeless, letting my loved one's actions and recovery define my happiness. Therefore, I choose to live with healthy emotional boundaries, and I choose my own joy despite the ups and downs of my loved one.

Together we remind each other that our hope and joy come from the Lord. He alone is able to fulfill our needs in every aspect of our lives.

"For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future." — Jeremiah 29:11 (NIV)

TENET V

While medicine is a key component in my recovery, it is not the only answer. Therefore, I choose to explore new ways of thinking and acting in my relationships and daily living.

I, too, have been part of the cycle of dysfunctional living, either thinking I had all the answers or thinking the problem didn't belong to me. Therefore, I choose to submit myself to learning new behaviors and taking responsibility for my own healthy, balanced living.

Together we choose freedom over suffering, and joy in living through self-knowledge in action.

"We demolish arguments and every pretension that sets itself up against the knowledge of God and we take captive every thought to make it obedient to Christ." — 2 Corinthians 10:5

TENET VI

At times I have allowed myself to become a victim, "defined" by my disorder. Therefore I choose to overcome and live in hope and joy, in spite of my disorder.

At times, I have viewed myself as a victim of my loved one's behavior and disorder, living in resentment, anger, unforgiveness, or self pity. Therefore, I choose to separate the disorder from the person I love, forgive and let go of the past, and live as a contributor to successful recovery.

Together, we share in each other's victories and celebrate the whole person.

"For God has not given us a spirit of fear, but of power and love and a sound mind." — 2 Timothy 1:7

TENET VII

At times, my mental health challenge has caused me to focus only on myself and my needs, leading me to believe the lie that I don't have much to offer to others. Therefore, because focusing on others will help me grow, I choose to give back, sharing my story with others, that my past pain might provide insights for someone else's journey to living well.

I, too, have become focused on my loved one's situation and how it has affected me. I can easily become so consumed by our issues that I fail to see those around me who would benefit from what I've learned. Therefore, I choose to give back by seeking opportunities to help others by sharing my insights and experiences.

Together we recognize that sharing helps both us and others heal. Sharing helps us find our voice and becomes empowering as we see our pain redeemed by the Lord. As we share, it helps reaffirm our own hope while also giving hope away to others.

"(The Lord) helps us in all our troubles, so that we are able to help others who have all kinds of troubles, using the same help that we ourselves have received from God." — 2 Corinthians 1:4 (Good News Translation)

Our purpose is to encourage one another to choose
God's fresh hope for our daily life and future.

Who we see here remains confidential. What is said here stays here.
We don't judge; nor do we lecture. We listen, we share, and we grow.

