NEW DAY RECOVERY
Session 37 Handout

# Received and Passed On

*From Session 37. A recovery that only receives eventually stalls; a recovery that gives keeps growing.*

**Name:** _____ **Date:** _____

Session 32 named your strengths and gifts; this phase puts them to work. Recovery capital is the sum of resources a person can draw on to sustain recovery — relationships, roles, community standing, useful work.

| What I have received (rides, meals, patience, a bed, a second chance) | How I can pass it on |
|---|---|
| | |
| | |
| | |
| | |

My one marked act of service: _____ Day I will do it: _____

Homework: do the one marked act this week, on the day you named. Write two lines about it: what you did, and what it was like to be the giver.