

## **12 CHOICES**

### **Trauma Informed Substance Use Peer Support**

1. Acknowledged we had a substance use disorder and/or addiction; that we needed help & support.
2. Believed that our self-defined spirituality could help us to become empowered.
3. Made a decision to let go of our attempts to control and asked: What would my spirituality want for me today?
4. Made a list of our behaviors and patterns that had caused us and others harm, at a pace that was emotionally safe for us.
5. Acknowledged our behaviors and patterns spiritually, personally and with a safe person, at a pace that was emotionally safe for us.
6. Connected with our spirituality for guidance in releasing behaviors that no longer serve us.
7. Allowed our spirituality to help us accept our human imperfections.
8. Made a list of people we had harmed and became open to making amends, at a pace that was emotionally safe for us.
9. Made amends to people whenever possible, except when to do so would injure them, others or ourselves.
10. Learned to practice trauma informed emotional responsibility.
11. Deepened our spiritual connection asking: What would my spirituality want for me today? And the empowerment to live our truth.
12. Shared our recovery choices of abstinence, moderation and harm reduction to support our communities with trauma informed recovery journeys.