THREE DEEP RECOVERY

ONLINE COURSE

The Compassionate Recovery Project

#	MODULE	CORE CONCEPT
1	**RECOVERY MOVEMENT** Beyond Abstinence: Redefining Recovery	
1	**Voices, Choices, and The Freedom Scale**	*Awareness Creates Choice*
2	**Sobriety is the Foundation**	*Addiction Has a Job*
3	**The Hidden Cost of Self-Control and Management**	*Self-Management Has a Cost*
2	**RECOVERY MOVEMENT** Noticing the Pattern	
4	**Why Recovery Can Plateau**	*Recovery Can Plateau*
5	**The Beliefs That May Be Running Your Life**	*Beliefs Shape Experience*
6	**The Neutral Observer**	*The Neutral Observer Creates Space*
3	**RECOVERY MOVEMENT** Shame Identity, False Identity, and Parts	
7	**The Deeper Wound: Addiction as Disconnection**	*Shame Creates Disconnection*
8	**The Seed of Addiction**	*The Shame Identity is the Seed of Addiction*
9	**Introducing Parts**	*Parts Carry the Work of Self-Management*
4	**RECOVERY MOVEMENT** Learning Self Leadership	
10	**Noticing Parts**	*The First Step in Unblending is Noticing a Part*
11	**Practicing the Pause**	*The Second Step in Unblending is the Pause*
12	**Monitoring Access to CORE Energy**	*Access CORE Energy to Address Concerns*

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5	**RECOVERY MOVEMENT** **Living from CORE Energy**	
13	**Tending to Activated Parts**	*Tending is Not Managing*
14	**Core Energy and Personal Power**	*CORE Energy Generates Effortless Power*
15	**Helping Parts Relax and Restoring Access**	*Help Your Parts So That They'll Help You*
6	**RECOVERY MOVEMENT** **Creating the FIT Vision**	
16	**Leveraging Your Challenges**	*Start With What Is So*
17	**Writing the FIT Vision**	*Let Yourself Dream*
18	**The FIT Vision Activates Parts**	*Success Can Feel Dangerous to Parts*
7	**RECOVERY MOVEMENT** **Practicing Self Leadership**	
19	**Use CORE Energy to Address Concerns**	*Focus on One Concern at a Time*
20	**Understanding and Addressing the Concern**	*Suspend Your Agenda and Listen*
21	**Inviting Cooperation or Permission**	*You've Earned the Right to Ask*
8	**RECOVERY MOVEMENT** **Building the Internal Alliance**	
22	**Translating the FIT Vision into Steps**	*Your Parts Need Your Leadership*
23	**Identifying External Challenges and Internal Activation**	*Expect and Celebrate Activation!*
24	**Building the Internal Alliance for Action**	*When Your Parts Trust You, They Will Let You Lead*
9	**RECOVERY MOVEMENT** **Living FIT Recovery**	
25	**Review and Recognize What Has Changed**	*Look at How Much Has Changed and Celebrate*
26	**Updating the FIT Vision**	*As Parts Relax, The Vision Gets More Clear*
27	**Declare What Comes Next**	*Unstoppable Momentum – Keep it Going*

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