

# Embracing VULNERABILITY in Addiction Recovery

1. **Write Letters to Your Past Self:** Reflect on your journey and write letters to your younger self, expressing forgiveness and understanding.
2. **Host a Personal Storytelling Night:** Gather friends or support group members and share personal stories of struggle and triumph in a safe space.
3. **Create Art from Your Emotions:** Use painting, drawing, or sculpture to express the emotions tied to your recovery.
4. **Start a Gratitude Jar:** Write down moments of gratitude and vulnerability on slips of paper and collect them in a jar to revisit on tough days.
5. **Record Audio Diaries:** Speak openly into a recorder about your feelings, progress, and setbacks. Listening to them later can offer new perspectives.
6. **Host a Vulnerability Workshop:** Organize a workshop where participants explore vulnerability through creative exercises and group discussions.
7. **Participate in Improvisational Theater:** Engage in improv activities that require you to be spontaneous and authentic in front of others.
8. **Write and Share Poetry:** Express your journey through poetry and share it with a supportive audience.
9. **Create a Vulnerability Playlist:** Compile songs that resonate with your experiences and emotions and share the playlist with others.
10. **Volunteer for a Cause:** Offer your time to help others in need, sharing your story as a source of inspiration.
11. **Host a Book Club:** Choose books that deal with themes of vulnerability and recovery and discuss them with others.
12. **Design a Personal Mantra:** Create a mantra that encapsulates your journey and share it with your support network.
13. **Share on Social Media:** Post authentic updates about your recovery journey on social media to inspire and connect with others.
14. **Practice Mindful Cooking:** Cook meals with intention, using the process as a meditation on vulnerability and self-care.
15. **Create a Vision Board:** Visualize your goals and dreams for recovery and share the board with trusted friends or group members.





# Embracing VULNERABILITY in Addiction Recovery

**16. Facilitate a Meditation Group:** Lead a meditation session focused on embracing vulnerability and openness.

**17. Host a Movie Night:** Watch films that explore themes of vulnerability and discuss them with friends or support group members.

**18. Start a Blog:** Share your recovery journey and insights on a blog to connect with a wider audience, or help me build mine! ;-).

**19. Engage in Nature Therapy:** Spend time in nature, reflecting on your journey and sharing these experiences with others.

**20. Organize a Memory Box:** Collect items that represent significant moments in your recovery and share the stories behind them.

**21. Write Letters to Your Past Self:** Reflect on your journey and write

**22. Create a Personal Documentary:** Film your recovery journey, capturing both the highs and lows, and share it with a supportive audience.

**23. Perform Spoken Word:** Write and perform spoken word pieces that convey your experiences and emotions.

**24. Initiate a Buddy System:** Pair up with another person in recovery to share daily or weekly check-ins and support.

**25. Organize a Photo Project:** Document your recovery through photography and create a visual diary to share with others.

**26. Attend Open Mic Nights:** Share your story, poems, or songs at open mic events to foster connection and vulnerability.

**27. Host a Craft Night:** Create crafts that symbolize different aspects of your recovery and discuss their meanings with friends.

**28. Facilitate a Workshop on Failure:** Lead a workshop where participants share their experiences of failure and the lessons learned.

**29. Participate in a Dance Class:** Use dance to express your emotions and connect with your body in a vulnerable way.

**30. Create a "Letter to Future Self" Capsule:** Write a letter to your future self, expressing hopes and fears, and revisit it later in your recovery journey.

**31. Be your amazing self with no apologies:** You are AMAZING! Never apologize for who you are!

