

MAKE A SELF-SOOTHING OR  
SELF-CARE PLAN  
AND STICK TO IT

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Act, don't  
react.

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**Don't worry about other people's issues**

**Focus on the solutions to your issues**

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Aim For Progress,  
Not Perfection

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Not Perfection

RECOVERY IS A PROCESS,  
NOT AN EVENT

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NOT AN EVENT

F i r s t T h i n g s  
F i r s t

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F i r s t

*Live And Let Live*

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# **Recovery Is About The Feelings.**

**In your sharing please refrain from mentioning loss or gaining of weight, numbers (weight, calories or measurements), exercise plans, specific foods or diet plans. Remember it's NOT about the food or weight**

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