



PROGRAM OVERVIEW

For Self-Awareness & Stability™

PROGRAM STRUCTURE

Duration: 8 Weeks **Sessions per week:** 2 **Total Sessions:** 16 **Session Length:** 60 Minutes

Delivery Options: Onsite or Virtual

PROGRAM PURPOSE

The purpose of Self-Awareness & Stability™ is to support individuals in early recovery by strengthening self-awareness, developing healthy routines, and building emotional and behavioral stability. This structured peer-led program helps participants recognize patterns, understand triggers, and develop recovery-focused habits that support daily stability.

PROGRAM OVERVIEW

Self-Awareness & Stability™ is an early recovery life skills program designed to help individuals transition from crisis or early treatment into stable recovery routines. This program focuses on developing emotional awareness, strengthening coping skills, and establishing daily structure that supports long-term recovery success. Participants are guided through activities that increase awareness of personal behaviors, strengthen responsibility, and build confidence in maintaining recovery-focused routines.

PROGRAM FOCUS AREAS

- Self-awareness development
- Emotional awareness and regulation
- Trigger identification
- Routine and structure development
- Coping skill development
- Behavioral pattern recognition
- Personal responsibility strengthening
- Stability-focused habit building

EXPECTED OUTCOMES

Participants may:

- Increase self-awareness
- Strengthen emotional regulation skills
- Identify personal triggers
- Develop healthy coping strategies
- Establish daily routines
- Improve recovery stability
- Strengthen confidence in maintaining recovery

IDEAL SETTINGS

This program is appropriate for:

- Residential treatment programs
- Intensive outpatient programs (IOP)
- Partial hospitalization programs (PHP)
- Sober living environments
- Community-based recovery programs
- Re-entry and transition support programs