

Questions for Reflection

E14: Invisible Scars, What We Discover in Recovery



#1: Do you have any personal bias against people who participate in recovery programs?

#2: Did any of the 12-steps jump out to you as very challenging?

#3: Does the fact that recovery programs refer to God or a higher power discourage you from being involved? Why?

#4: Are there things in your life that have become unmanageable?

#5: Based on what you've heard today, do you think a recovery program could be beneficial for you?