

#### 4 LEVEL RECOVERY PROGRAM

1. God (Higher Power): First we admit that we don't have all the answers, lost control, or are powerless over our own negative or self-defeating mental health behaviors. This can be written down in a list any of the behaviors we deem not to be working for us anymore with regards to our mental health. This is kind of like acceptance that we have a problem and need help. We have come to find that no human power can relieve our mental illness so we need to have God's help. By first believing that there is a God who can help us and then turning our will and life over to Him, we can achieve mental health recovery. This is the foundation and the cornerstone of our recovery.
2. Making an Inventory: Once we believe that God can help us, we can make an inventory of all our faults, strengths, fears, resentments, past and present traumas, or anything that comes up regarding our mental health struggles. We tell someone about it who can listen without judgment or criticism and has some knowledge of this program (usually our peer counselor). Then, we ask God to remove our faults, increase our strengths, let go of our fears, resentments, traumas, or any struggles we may have.
3. Our relationships: Next, we need to fix our relationships which may have been affected by our mental health issues. We need to ask forgiveness if we harmed anyone, and make sure that we are sincere and willing to go to the

person we harmed. No stone should be left unturned as we go out and mend our relationships with other people.

4. Carrying the message: Once we make the inventory and make amends, we can now continue to take inventory and continue to make amends on a daily basis, pray and meditate on God's Will for us, and carry the message to others who suffer with mental health struggles and help them the way we have been helped. We can't keep what we don't give away and that is the idea behind this level.

