



# WHAT IS “RECOVERY” ?



# FRC definition of Recovery

An ongoing process by which a person restores a **positive, meaningful life & way of living**

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# FRC definition of Recovery

...this includes a clear **sense of self & sense of belonging to community**



# FRC definition of Recovery

This occurs **despite**, or **within**, any limitations imposed by their behaviour(s), dependencies or other human condition(s)



# WHO DECIDES IF RECOVERY PROCESS IS OCCURRING?



The primary person who defines the success or not of a Recovery process is  
.....the person in  
Recovery