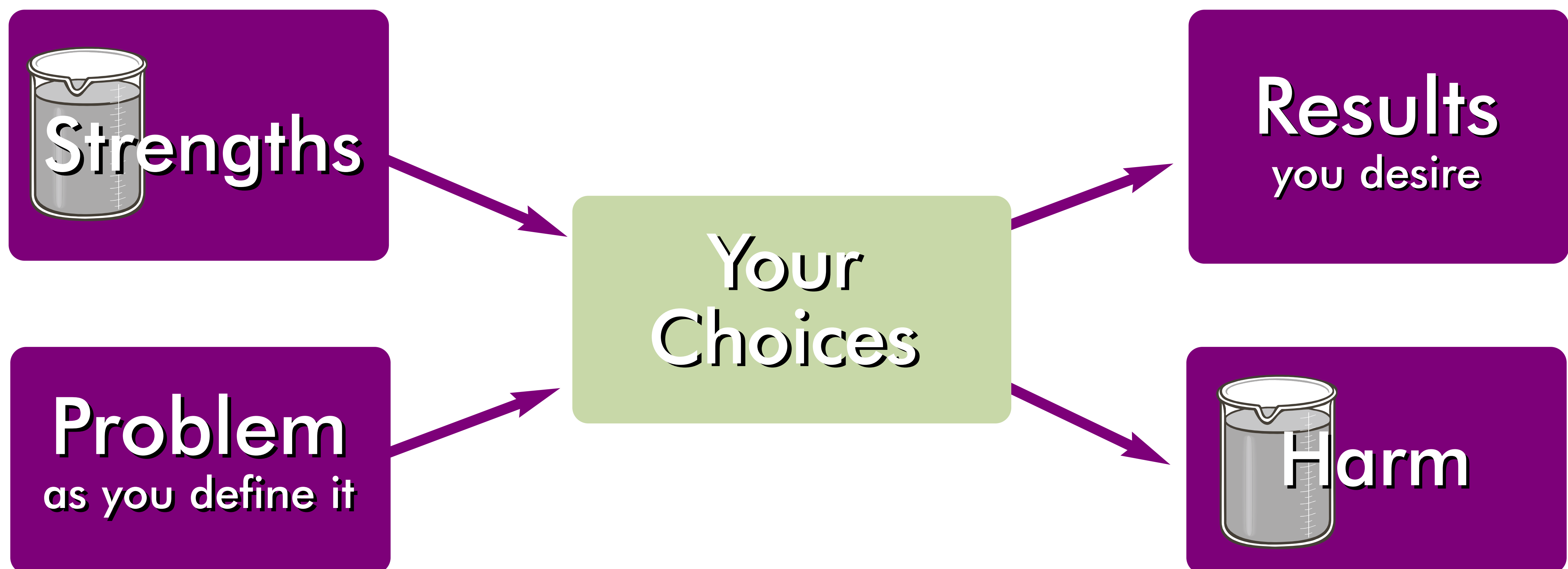


IT'S YOUR CHOICE

Harm Reduction/Strength Enhancement Model



When things are working well, a person makes choices using their personal strengths to achieve what they want (the desired result). People have problems that may get in the way of making good choices. When problems get larger, a person's choices are more likely to result in HARM instead of helping them get what they want in life. As people make choices that work for them, the amount of harm decreases and their strengths increase.

Desired Result: This is what you want in your life. It is often what you used to think about achieving, before the problem caused you to give up hope of ever getting it.

The Problem: That thing that keeps you from getting what you want in life and causes you to make choices that cause harm in your life. The presence of the Problem diminishes your personal strengths.

Harm: What you get instead of what you want when you make choices influenced by the Problem. It may be harm caused to you, or to others.

Recovery: A deeply personal, unique process of changing one's attitudes, values, feelings, and goals, skills and/or roles. It is a way of living a satisfying, hopeful and contributing life, even with the limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life.
(Anthony)

Choices: The range of possible actions you can take when facing a situation when you are about to do something. A Choice can build your Strengths and help you achieve your Desired Results, or it can increase the amount of Harm in your life.

Strengths: The talents, goals and confidence that you have that make you who you are.

Beakers: The picture of a beaker means that there is a measure of the amount of something in your life — for example, the amount of Strengths you have, or the amount of Harm in your life. The rating is from 0% (empty) to 100% (full). As you develop your personal Strengths, the number will increase. As you decrease the amount of Harm in your life, the number will decrease.