

## How Core Gifts Help Recovery

The substance abuse, mental health, and domestic violence movements rely on the model of Recovery to help people heal and regain healthy lives in their community. Although there are various definitions of the term “recovery”, there are four general working principles which are common across all definitions. Below are short descriptors highlighting how core gifts can be useful in helping a person to further understand and utilize each of these four elements of recovery.

### **Hope**

Hope is based in both having a vision and believing you have some chance of getting, at least part way, to that vision. Once a person identifies their core gift, they have named an important part of their vision for themselves. ***Recovery: When a person give’s their core gift, they gain hope they can be who they really are and make a contribution to their community.***

### **Authority**

Using the Latin root of Authority, “to spring from an original source”, a person’s core gift is identified as what is unique and central to who they are. ***Recovery: When a person knows his/her core gift, they can use it to stay grounded when they are disoriented, as a tool for problem solving and understanding in difficult times, and as a reminder of their unique value.***

### **Community Engagement**

Throughout history, core gifts have been used as a tool for identifying the primary strength and contribution of a community member. More than anything else, citizens were required to give their core gift in order to help sustain their community. ***Recovery: Citizens who are isolated or disenfranchised from community life can give their core gift as the primary way to regenerate feelings of belonging and engagement with others.***

### **Healing**

The final step in healing requires a person to give their core gift. This is the symbolic step of declaring you have gained a capacity from the suffering you have experienced and that you are no longer stuck in or limited by that suffering situation. ***Recovery: By giving your core gift, you are declaring you have gained strength and capacity as a result of the suffering you have experienced., and have a substantial contribution to make to others.***