Is Recovery International a 12-step program?
The Recovery International system is not a 12-step program. It is self-help and support
groups for mental health using cognitive-behavioral techniques. It is not intended for
drug, alcohol or addiction. However, there is no conflict between the two types of
programs, and they can be used simultaneously if applicable to a person’s specific
situation.

When can I expect to see results in my own life?
As you begin to practice the Recovery International Method and tools, you will begin to
see situations in a different light, be able to alter your responses to triggers, and reduce
symptoms. Because re-training your brain takes time, the best way to integrate these
concepts in your life is through regular attendance at meetings, where you can learn
from others’ experiences.

Are Recovery International Group Leaders mental health professionals?
No. Group Leaders are your peers. Leaders are volunteers with lived experience and
have all practiced the Recovery International Method in their lives. Leaders receive
initial training, continuing education, and periodic recertification.

How do I learn to give examples?
You will learn from listening to others give their examples and by following the Example
Outline sheet and other meeting materials available online. You can also purchase the
Better. Mental. Health. for Everyone introductory workbook to learn the main concepts
and terms used in the program, and how to develop an example with the Four-step
Method. The book also has handy lists of tools, called “spots” that can be used during
the example-giving process and applied to situations in your own life.

How many different meetings may I attend?
To get started, we suggest you attend a Welcome Meeting for Newcomers either by
phone or Zoom. You can attend any available meetings listed on our Meeting Page – in-
person, Zoom, Phone and Chat meetings are options. Some meetings, and the
Facebook Closed Meeting Group are for members only due to high demand.
Can I take notes?
Notes may be taken at any point during the meeting except when examples are being given. This assures the example-giver that no one is writing down the details of their situation.

Can I talk to someone if I have questions between meetings?
Ask the group leader for contact information for the person or people in the group who are willing to take 5-minute phone calls for assistance between meetings.

Where can I get the books that are read during meetings?
The main texts, Mental Health Through Will Training, Manage Your Fears Manage Your Anger, Selections from Dr. Low’s Works and other materials can be purchased through the store at recoveryinternational.org or on Amazon.

For other questions, contact info@recoveryinternational.org or 312-337-5661.

Contact us in Spanish: espanol@recoveryinternational.org

Recovery International
1415 W. 22nd St., Tower Floor
Oak Brook, IL 60523
Toll-free: 866-221-0302