



Recovery International Frequently Asked Questions

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.

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