

# Service to Others

Finding Purpose · Module 12 of 15

## Key Ideas

- Service to Others & Purpose
- 1. Multifaceted Benefits
- 2. Recovery Community
- 3. Broader Community
- 4. Leveraging Experience
- 5. Random Acts of Kindness
- 6. Professional Helping
- 7. Advocacy & Awareness
- 8. Skill-Based Service
- 9. Family Service
- 10. Global Service
- 11. Sustainable Practice
- Conclusion

## Worksheet — Service to Others Worksheet

- Assess
- Recovery
- Community
- Experience
- Kindness
- Strengths
- Barriers
- Goals
- Reflect

## Mind Map — Service Mind Map

**KEY IDEAS****Service to Others & Purpose****A Catalyst for Recovery**

Engaging in acts of service is a powerful tool for maintaining sobriety. It shifts focus from self to others, builds self-esteem, and cultivates a deep sense of meaning and connection.

**1. Multifaceted Benefits****Why Serve?**

Service provides purpose beyond personal struggles, enhances self-efficacy, offers social connection, reinforces recovery principles, and fosters a shift from self-centeredness to other-centeredness.

**2. Recovery Community****Helping Peers**

Leverage your experience to support others. Sponsorship, sharing stories, volunteering at treatment centers, or facilitating workshops strengthens your own recovery while helping others heal.

**3. Broader Community****Expanding Impact**

Extend help beyond recovery circles. Volunteer at charities, participate in clean-ups, or support vulnerable populations. Connecting with the wider community reduces isolation.

**4. Leveraging Experience****Transforming Pain**

Your history is a resource. Identify transferable skills and share insights on overcoming adversity. Providing empathetic understanding to those facing similar challenges gives meaning to past struggles.

**5. Random Acts of Kindness****Daily Generosity**

Practice small, unexpected kindnesses. Developing awareness of others' needs and practicing anonymous giving cultivates a spirit of compassion that uplifts both giver and receiver.

**6. Professional Helping****Career Pathways**

Channel recovery into a career. Explore addiction counseling, social work, or peer support roles. Professionalizing your desire to help can provide long-term purpose and stability.

## 7. Advocacy & Awareness

### Systemic Change

Use your story to effect change. Speak publicly, engage in policy advocacy, or contribute to awareness campaigns. Reducing stigma creates a better world for everyone in recovery.

## 8. Skill-Based Service

### Sharing Talents

Utilize specific talents for good. Offer professional skills pro bono, teach classes, or provide creative services. Using your unique strengths benefits the community and boosts your confidence.

## 9. Family Service

### Healing Home

Focus on immediate circles. Support family members, mend damaged relationships, and cultivate a nurturing home environment. Being present for loved ones is a profound act of service.

## 10. Global Service

### Worldwide Reach

Engage in virtual or global initiatives. Online forums, crowdfunding, or awareness movements allow you to make a difference beyond your physical location.

## 11. Sustainable Practice

### Avoiding Burnout

Balance service with self-care. Set boundaries and regularly reassess your commitments. A sustainable approach ensures you can continue to serve without compromising your own well-being.

## Conclusion

### A Legacy of Kindness

By embracing a service-oriented mindset, you unlock the potential for meaningful contribution. You discover that in helping others find their way, you often find your own.

## WORKSHEET

# Service to Others Worksheet

Making a Difference

## ASSESS

## Assessment

Current involvement level (1-10):

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3 Current Service Activities:

Activity 1

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Activity 2

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Activity 3

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## RECOVERY

## Recovery Community

3 Ways to help others in recovery:

Way 1

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Way 2

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Way 3

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**COMMUNITY****Broader Community**

3 Causes to support:

Cause/Org 1

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Cause/Org 2

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Cause/Org 3

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**EXPERIENCE****Leveraging Experience**

3 Recovery Skills/Insights:

Skill 1

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How it helps others

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Skill 2

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How it helps others

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Skill 3

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How it helps others

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#### KINDNESS

### Random Acts

5 Acts of Kindness for this week:

Act 1

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Act 2

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Act 3

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Act 4

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Act 5

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How did a daily act make you feel?

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#### STRENGTHS

### Personal Strengths

3 Strengths & Service Application:

Strength 1

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Use in service

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Strength 2

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Use in service

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Strength 3

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Use in service

## **BARRIERS**

### **Barriers**

Challenges to engaging in service...

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Strategies to overcome...

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## **GOALS**

### **Service Goals**

Short-term Goal (1 mo):

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Long-term Goal (1 yr):

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3 Action Steps:

Step 1

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Step 2

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Step 3

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## REFLECT

### Reflection

How does helping others support your recovery?

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Describe a time service positively impacted you...

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Plan for balancing service and self-care...

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Visualization of service impact (1 year)...

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## MIND MAP

# Service Mind Map

Mapping Your Impact

## Service

Helping Others

## Recovery

Helping peers?

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## Community

Volunteering?

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## Skills

Talents to share?

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## Kindness

Daily acts?

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## Advocacy

Using voice?

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## Professional

Career help?

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## Family

Home service?

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## Global

Wider reach?