Helping Others

Finding Purpose · Module 3 of 15

Key Ideas

- Helping Others in Recovery
- 1. The Value of Altruism
- 2. Volunteering
- 3. Sponsorship & Mentoring
- 4. Sharing Your Story
- 5. Professional Development
- 6. Challenges & Boundaries
- 7. Skill Development
- 8. Measuring Impact
- 9. Integrating Service
- Conclusion

Worksheet — Helping Others Worksheet

- Self Assessment
- Volunteering
- Mentoring
- Sharing Story
- Action Plan
- Reflection

Mind Map — Helping Others Mind Map

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KEY IDEAS

Helping Others in Recovery

A Pathway to Purpose

Altruism and service are powerful tools for maintaining long-term sobriety. By helping others, you reinforce your own commitment, develop life skills, and cultivate deep self-worth.

1. The Value of Altruism

Helper Therapy Principle

Helping others increases self-esteem, reduces self-preoccupation, provides perspective on personal challenges, and reinforces recovery principles through teaching and modeling.

2. Volunteering

Community Service

Engagement in service develops time management, expands social networks beyond recovery circles, and fosters a sense of community integration and belonging.

3. Sponsorship & Mentoring

Deepening Recovery

Taking on a mentor role reinforces your own recovery principles, provides accountability, develops leadership skills, and creates a legacy of positive impact.

4. Sharing Your Story

Inspiration & Hope

Narrating your journey provides hope to others, reinforces your commitment, develops public speaking skills, and creates a profound sense of shared experience.

5. Professional Development

Careers in Helping

Many find purpose in addiction-related careers like counseling, working in sober living facilities, research, or advocacy, turning experience into professional expertise.

6. Challenges & Boundaries

Maintaining Balance

Balance altruism with self-care. Avoid overcommitment, maintain appropriate boundaries, and address potential triggers to ensure your helping remains healthy.

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7. Skill Development

Effective Helping

Maximize benefits by developing active listening, empathy, compassion, boundary-setting abilities, and understanding ethical considerations in helping roles.

8. Measuring Impact

Reflecting on Growth

Regularly assess the effects of helping on your recovery. Journal about experiences, seek feedback, and adjust your involvement to align with your recovery needs.

9. Integrating Service

Part of the Plan

Incorporate service into your formal recovery plan. Set goals for mentorship or volunteering and celebrate service milestones as key recovery achievements.

Conclusion

Transformative Power

Helping others transforms challenging experiences into valuable resources. It shifts you from being helped to being a helper, signaling a move towards empowerment and purpose.

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WORKSHEET

Helping Others Worksheet

Purpose Through Service

SELF ASSESSMENT

Current Involvement

Current involvement level (1-10):

Importance to recovery (1-10):

3 ways I helped someone recently:

Way 1

Way 2

Way 3

How did helping make you feel?

VOLUNTEERING

Exploring Opportunities

3 organizations to volunteer with:

Organization 1

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Specific contribution idea

Organization 2

Specific contribution idea

Organization 3

Specific contribution idea

Commitment: Contact one this week

Which organization?

MENTORING

Sponsorship & Mentoring

Ready to mentor? (Yes/No/Not Sure)

If not, what steps are needed?

If yes, list 3 qualities you have:

Quality 1

Quality 2

Quality 3

Potential challenges:

SHARING STORY

Sharing Your Story

Comfort level sharing story (1-10):

3 key points of my story:

Point 1

Point 2

Point 3

Message of hope for others:

ACTION PLAN

Action Plan

This week, I commit to:

This month, I will explore:

3-month goal for helping others:

REFLECTION

Reflection & Balance

How does helping support my recovery?

Skills I hope to develop:

Alignment with values/goals:

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MIND MAP

Helping Others Mind Map

Visualizing Service & Purpose

Helping Others

Purpose

Volunteering

Where can I give my time?

Mentoring

Who can I guide?

Sharing Story

What is my message of hope?

Professional

Career in helping?

Skills

What skills am I building?

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Boundaries

How do I maintain balance?

Impact

How does this help me grow?

Community

My role in the community?

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