



S.P.L.A.S.H.

into Your

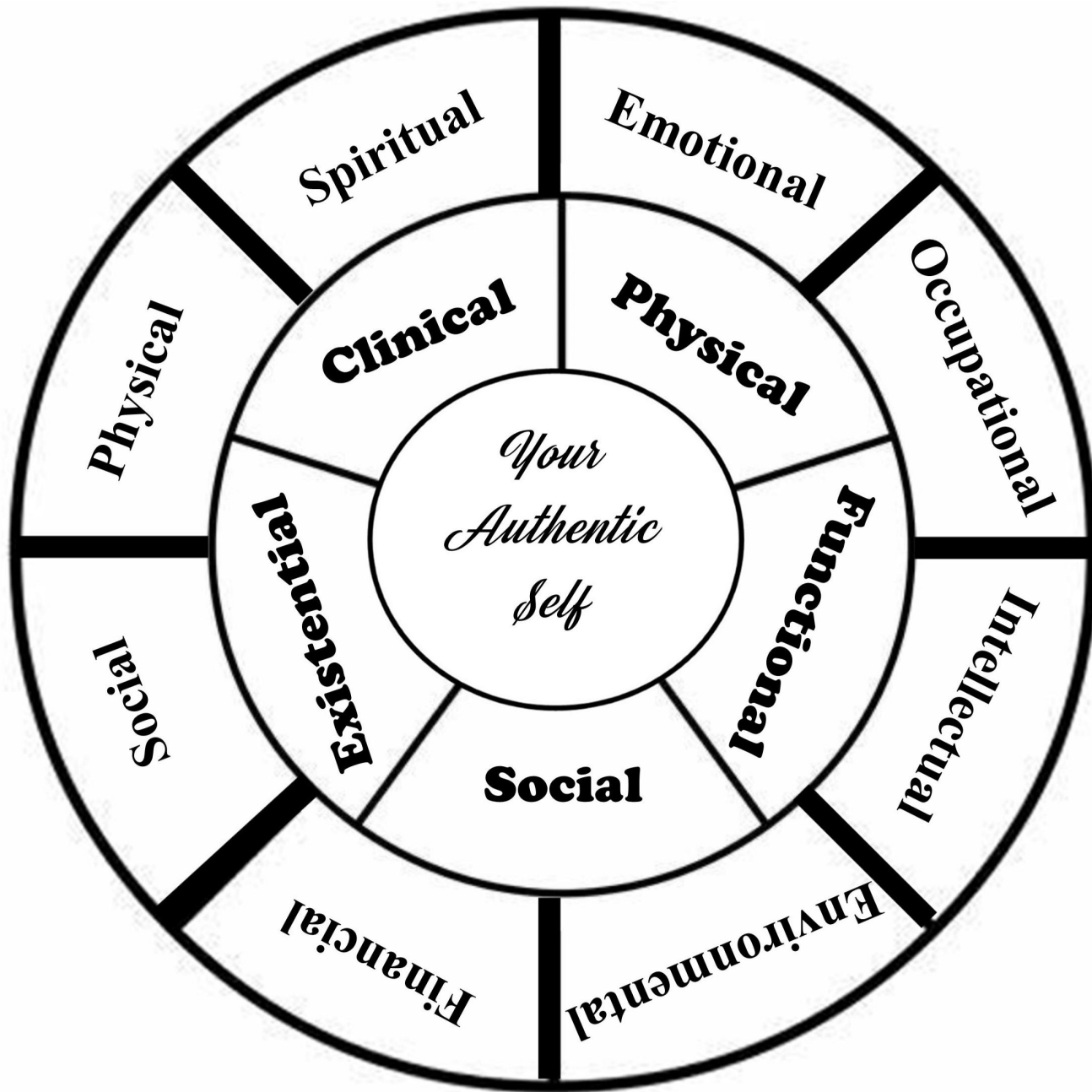
Authentic Self

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Why is authenticity important
in recovery?

What is authenticity in
recovery?



Dimensions of Wellness

Dimensions of Recovery

Your Most Authentic Self

How do we align our authentic selves in the recovery journey?

S.P.L.A.S.H. into Your Authentic Self

- **Speak** your opinions in an honest and healthy way
- **Pursue** your passions
- **Listen** to the inner voice guiding you forward
- **Allow** yourself to be vulnerable and open-hearted
- **Set** boundaries and walk away from toxic people
- **Help Yourself First**



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Fourteen Years Working in Peer Support
Almost 600 Trained Peers in Alaska
Author, Advocate, & Mentor