

I require the freedom and self-determination

To proceed under my own power,

To succeed or fail

Through my own efforts,

To have my dreams and visions

Meet the risk and uncertainty of daily life.

**This is RECOVERY**

*Adapted from Alan Lunt*

Recovery is...

- The pursuit of better health
- The pursuit of purpose, fulfillment, happiness and usefulness that everyone seeks.
- The pursuit of our inner potential

The concept of recovery is rooted in the simple and yet profound realization that people who have been diagnosed with mental illness are human beings...The goal is to become the unique, awesome, never to be repeated human being that we are called to be. Those of use who have been labeled with mental illness are not de factor excused from this fundamental task of becoming human. In fact, because many of us have experienced our lives and dreams shattered in the wake of mental illness, one of the most essential challenges that face us is to ask who can I become and why should I say yes to life”

Patricia Deegan, 1996