CONNECTED
ADDICTION RECOVERY
Connect Before You Act

WE CHOOSE • WE RESPOND • WE UNDERSTAND • WE CONNECT • WE RELEASE

Nine Core Principles (CONNECTED)

CONNECTED Addiction Recovery is a practical nine-process approach to changing addictive patterns and building a healthier way of living. Recovery is more than abstinence: it means noticing what is happening, understanding the need beneath a behavior, honestly evaluating whether the response is working, connecting with safe support, choosing a workable next action, repairing harm when it can be done safely, and releasing shame while retaining accountability. Connection is encouraged and personally defined; it may be spiritual, relational, community-based, or another source of meaning and support. The process emphasizes awareness, ownership, self-discovery, honesty, change, accountability, repair, daily evaluation, growth, and service—and is practiced repeatedly, one choice at a time.

CONNECTED: The Nine-Step Path

Letter	CONNECTED step	Focus	Practice question
C	Choice & Awareness	Recognize the pattern, its short-term benefits, its costs, and where help is needed.	What is happening, and what help do I need?
O	Openness & Ownership	Open to hope and support; own the next constructive action without turning responsibility into self-blame.	What am I willing to trust, seek, and do?
N	Needs & Self-Discovery	Identify the needs, fears, resentments, strengths, and experiences connected to the behavior.	What need am I trying to meet, and what is the cost?
N	Naming & Honesty	Name patterns honestly with yourself and, when appropriate, a safe Anchor or chosen connection.	What truth am I ready to acknowledge safely?
E	Empowerment & Change	Evaluate what is working, build new responses, and practice a realistic alternative.	Is what I am doing working, and what can I try instead?
C	Connection & Accountability	Understand effects on others, use healthy boundaries, accept responsibility, and prepare appropriate repair.	Whom have I affected, and what responsibility is mine?
T	Transformation & Repair	Turn insight into behavior change and make safe repairs without causing additional harm.	What concrete repair can I make without causing more harm?
E	Evaluation & Maintenance	Review daily choices, correct mistakes promptly, strengthen Connection, and maintain recovery practices.	How did my choices work today, and what needs correction?

Letter	CONNECTED step	Focus	Practice question
D	Daily Growth & Service	Live the principles each day, protect recovery, build a meaningful life, and support others without controlling them.	How can I grow and give back while protecting recovery?

The CONNECTED nine-process pathway

1. Choice & Awareness

Recognize the addictive pattern, its short-term benefits, costs, and limits of personal control.

2. Openness & Ownership

Allow hope and support, choose a direction, and take responsibility for next actions without self-blame.

3. Needs & Self-Discovery

Explore personal inventory, unmet needs, resentments, fears, strengths, harms, and the role of addictive behavior.

4. Naming & Honesty

Acknowledge patterns with oneself and a safe Anchor, peer, counselor, or chosen connection; protect privacy.

5. Empowerment & Change

Develop willingness, humility, and new coping responses; ask for support in changing unhelpful habits.

6. Connection & Accountability

Recognize effects on others, identify boundaries, and list appropriate repairs without forcing contact.

7. Transformation & Repair

Make appropriate and safe amends, restitution, and behavior changes; release shame without denying consequences.

8. Evaluation & Maintenance

Continue daily inventory, promptly correct mistakes, strengthen chosen Connection, and sustain self-awareness.

9. Daily Growth & Service

Live the principles, support others without controlling them, and build a balanced, meaningful life.

The nine principles in practice

1. Choice & Awareness

Recognize the addictive pattern, its short-term benefits, costs, and limits of personal control.

Guiding question: What is happening, and what help do I need?

2. Openness & Ownership

Allow hope and support, choose a direction, and take responsibility for next actions without self-blame.

Guiding question: What am I willing to trust, seek, and do?

3. Needs & Self-Discovery

Explore personal inventory, unmet needs, resentments, fears, strengths, harms, and the role of addictive behavior.

Guiding question: What need am I trying to meet, and what is the cost?

4. Naming & Honesty

Acknowledge patterns with oneself and a safe Anchor, peer, counselor, or chosen connection; protect privacy.

Guiding question: What truth am I ready to acknowledge safely?

5. Empowerment & Change

Develop willingness, humility, and new coping responses; ask for support in changing unhelpful habits.

Guiding question: Is what I am doing working, and what can I try instead?

6. Connection & Accountability

Recognize effects on others, identify boundaries, and list appropriate repairs without forcing contact.

Guiding question: Whom have I affected, and what responsibility is mine?

7. Transformation & Repair

Make appropriate and safe amends, restitution, and behavior changes; release shame without denying consequences.

Guiding question: What concrete repair can I make without causing more harm?

8. Evaluation & Maintenance

Continue daily inventory, promptly correct mistakes, strengthen chosen Connection, and sustain self-awareness.

Guiding question: How did my choices work today, and what needs correction?

9. Daily Growth & Service

Live the principles, support others without controlling them, and build a balanced, meaningful life.

Guiding question: How can I grow and give back while protecting recovery?

Meeting closing mantra

Connect before you act.
We choose.
We respond.
We understand.
We connect.
We release.
And then we choose again.

Safety and scope: Peer education does not replace clinical treatment, medical withdrawal management, or crisis services. Disclosure is voluntary; direct amends must be safe and appropriate.

Important information about this peer led program

CONNECTED Addiction Recovery is a volunteer-facilitated peer education and mutual-support program. Facilitators are not acting as licensed mental-health, medical, or addiction-treatment professionals.

CONNECTED is independent of, and is not affiliated with, sponsored by, or endorsed by Alcoholics Anonymous (AA), or any other organization. We draw upon Cognitive Behavioral Therapy techniques.

Participation is voluntary. This program does not provide diagnosis, therapy, medical advice, detoxification, or crisis care, and is not a substitute for professional treatment. Seek qualified care for withdrawal, trauma, or urgent safety concerns.

Personal sharing is optional. Respect others' privacy; confidentiality cannot be guaranteed in a group setting. In an emergency, contact local emergency services.