

## TOOL: YOUR INNER ALLY – CREATING A RECOVERY AVATAR



In your recovery journey, there will be moments when you face strong urges or find yourself in risky situations. During these times, having a source of internal support can be incredibly valuable. This is where the concept of a 'Recovery Avatar' comes into play. Think of this avatar as an imaginary friend – a persona you create who embodies the qualities you need most in your recovery.

*THIS TOOL IS INSPIRED BY A MEMBER OF THE SMART RECOVERY COMMUNITY WHO FOUND SOLACE AND GUIDANCE IN AN AVATAR HE NAMED "BIRDIE." YOUR AVATAR CAN BE ANYTHING YOU CHOOSE – AN ANIMAL, A FICTIONAL CHARACTER, OR EVEN AN ABSTRACT REPRESENTATION OF YOUR INNER STRENGTH.*

### THE BENEFITS OF HAVING A RECOVERY AVATAR

**Personalized Support:** Your Recovery Avatar can be tailored to your specific needs and preferences, providing personalized support that resonates deeply with you.

**Constant Availability:** Unlike human support, your avatar is available 24/7, offering comfort and guidance whenever needed, regardless of the time or situation.

**Safe Space for Expression:** Engaging with your avatar creates a safe, judgment-free space for expressing emotions and thoughts that you might feel hesitant to share with others.

**Enhanced Coping Strategies:** The avatar can help reinforce positive coping strategies by mentally representing strength and resilience in challenging moments.

## TOOL: YOUR INNER ALLY – CREATING A RECOVERY AVATAR (CONTINUED-1)

**Creative Outlet:** Creating and interacting with an avatar is a creative exercise that can be therapeutic, helping to channel emotions and thoughts constructively.

**Reduces Feelings of Isolation:** Having an avatar can lessen the loneliness and isolation often felt in recovery by providing a sense of companionship.

**Strengthens Inner Dialogue:** Regularly communicating with your avatar can enhance your inner dialogue, promoting self-reflection and self-understanding.

**Encourages Positive Affirmations:** Your avatar can be a source of positive affirmations and encouragement, bolstering self-esteem and confidence.

**Visualization of Goals and Aspirations:** The avatar can embody your goals and aspirations in recovery, serving as a constant reminder and motivator to stay on your path.

**Stress and Anxiety Reduction:** Engaging with your avatar during stressful times can help reduce anxiety and manage stress more effectively, providing a mental escape and comfort.

**Aids in Decision Making:** Consulting your avatar during decision-making processes can help you think through choices more clearly, considering various perspectives and consequences.

**Symbolizes Personal Growth:** As you evolve in your recovery journey, so can your avatar, representing and reflecting your personal growth and achievements.

## UTILIZING YOUR AVATAR IN RECOVERY

**In Moments of Temptation:** Turn to your avatar for strength and guidance when facing urges or cravings. Imagine it helping you navigate these challenging moments.

**During Decision-Making:** Use your avatar as a sounding board for decisions. What would it advise you to do? How can it help you see situations more clearly?

**In Times of Reflection:** Reflect on your recovery journey with your avatar. Use it to gain insights into your progress and areas where you need more support.

## WRAP-UP: YOUR COMPANION ON THE JOURNEY

Your Recovery Avatar is more than just an imaginary friend; it manifests your inner strength and resilience. It represents the qualities you aspire to and the support you need as you navigate your recovery. This tool is a reminder that you are not alone in your journey and that you have the power and wisdom within you to overcome any challenge.

## TOOL: YOUR RECOVERY AVATAR – STEPS TO CREATE YOUR IMAGINARY ALLY

**Define the Qualities:** Start by thinking about the qualities you'd like your recovery avatar to have. Do you need someone who is wise, compassionate, strong, or maybe a combination of these? Write down these qualities.

**Give Them a Persona:** Create a vivid image of your avatar. What do they look like? How do they speak? Imagine their personality in detail. The more vivid, the better.

**Name Your Avatar:** Giving your avatar a name makes them more real and personal. Choose a name that resonates with you and your journey.

**Develop a Backstory:** If it helps, create a backstory for your avatar. Where do they come from? What experiences have they had? This can deepen your connection with them.

**Interact with Your Avatar:** In moments of need, turn to your avatar. Ask them for advice, share your feelings, or imagine them offering support.

**Reflect on Their Responses:** After consulting your avatar, take some time to reflect on the guidance or support they provided. How does it align with your recovery goals? How can you apply it to your situation?