

The Power of WE – Participant Handout

Together we can do what we could never do alone.

Welcome & Opening

We begin together with the Serenity Prayer and a moment of quiet.

Theme: The Power of WE

Take a moment to reflect on what 'WE' means to you in recovery.
Write one word or phrase that comes to mind:

Reflection & Writing

Take time to reflect and write about these questions:

1. Where have I tried to do recovery alone, and what happened?

2. Where has “WE” lifted me up, supported me, or carried me?

3. What new possibilities open when I lean into “WE” today?

Group Sharing

As you listen to others share, notice what touches your heart.
Write down a phrase or insight you want to remember:

Experiential Activity

Together we'll experience the Power of WE through a group activity. Notice how it feels to connect, share, and support one another.

Closing Reflections

Take a few moments to reflect on what you're taking with you today.

One word or phrase I'm carrying forward:

One action I can take to strengthen WE in my recovery:

Inspiration

"Together we can do what we could never do alone."

"I put my hand in yours, and together we can do what we could never do alone."