

Examples of each recovery capital section

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| <p>Physical Capital: External</p> | <p>Benefits, Bus fare, Bike Housing/Flat/Dry House Phone, I-pad Hobbies: Guitar, Gym, Gardening</p> |
| <p>Human Capital: Internal</p> | <p>Desire to have own home/Family/Job Work ethic Ambition Good Communication, Commitment Determination, Awareness Ability to identify areas of self-improvement A trade, Education Problem solving abilities Ability to prioritise self-e.g. health needs</p> |
| <p>Social Capital:</p> | <p>Fellowship, Home group, Sponsor, Friends in recovery Counsellors, workers, Group attendance Dry House meetings Speaking to family, Someone at the end of the phone Online groups Find a place of support and praise Comradery- Tribe</p> |
| <p>Cultural Capital:</p> | <p>Keeping you grounded/focused Higher power/God/Spirituality Ability to be honest, Knowing your boundaries Treat people how you would like to be treated Not lying/manipulating, Intuition Recognising your own values, understanding other rights to theirs (knowing right from wrong) Kindness, Self-Belief, Open mindedness Assertiveness, Self-Awareness</p> |