

Three Deep Recovery

COURSE OUTLINE · HIGH LEVEL OVERVIEW

The Compassionate Recovery Project Curriculum Overview

A guided path through the three layers of recovery — 27 modules organized across 9 Recovery Movements.

9

RECOVERY MOVEMENTS

27

MODULES

27

CORE CONCEPTS

Join the Interest List

Registration is not open yet — join the interest list to receive your registration link.

1 Beyond Abstinence: Redefining Recovery

Module 1 — Voices, Choices, and The Freedom Scale

Core Concept 1 — Awareness Creates Choice

Module 2 — Sobriety is the Foundation

Core Concept 2 — Addiction Has a Job

Module 3 — The Hidden Cost of Self-Control and Management

Core Concept 3 — Self-Management Has a Cost

2 Noticing the Pattern

Module 4 — Why Recovery Can Plateau

Core Concept 4 — Recovery Can Plateau

Module 5 — The Beliefs That May Be Running Your Life

Core Concept 5 — Beliefs Shape Experience

Module 6 — The Neutral Observer

Core Concept 6 — The Neutral Observer Creates Space

3 Shame Identity, False Identity, and Parts

Module 7 — The Deeper Wound: Addiction as Disconnection

Core Concept 7 — Shame Creates Disconnection

Module 8 — The Seed of Addiction

Core Concept 8 — The Shame Identity is the Seed of Addiction

Module 9 — Introducing Parts

Core Concept 9 — Parts Carry the Work of Self-Management

Recovery Movements 4-6

4 Learning Self Leadership

Module 10 — Noticing Parts

Core Concept 10 — The First Step in Unblending is Noticing the Part

Module 11 — Practicing the Pause

Core Concept 11 — The Second Step in Unblending is the Pause

Module 12 — Monitoring Access to CORE Energy

Core Concept 12 — Access CORE Energy to Address Concerns

5 Living From CORE Energy

Module 13 — Tending to Activated Parts

Core Concept 13 — Tending Is Not Managing

Module 14 — CORE Energy and Personal Power

Core Concept 14 — CORE Energy Generates Effortless Power

Module 15 — Helping Parts Relax and Restoring Access

Core Concept 15 — Help Your Parts So That They'll Help You

6 Creating the FIT Vision

Module 16 — Leveraging Your Challenges

Core Concept 16 — Start with What is So

Module 17 — Writing the FIT Vision

Core Concept 17 — Let Yourself Dream

Module 18 — The FIT Vision Activates Parts

Core Concept 18 — Success Can Feel Dangerous to Parts

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Be the first to know when registration opens.

Recovery Movements 7–9

7 Practicing Self Leadership

Module 19 — Use CORE Energy to Address Concerns

Core Concept 19 — Focus on One Concern at a Time

Module 20 — Understanding and Addressing the Concern

Core Concept 20 — Suspend Your Agenda and Listen

Module 21 — Inviting Cooperation or Permission

Core Concept 21 — You've Earned the Right to Ask

8 Building the Internal Alliance

Module 22 — Translating the FIT Vision into Steps

Core Concept 22 — Your Parts Need Your Leadership

Module 23 — Identifying External Challenges and Internal Activation

Core Concept 23 — Expect and Celebrate Activation!

Module 24 — Building the Internal Alliance for Action

Core Concept 24 — When Your Parts Trust You, They Will Let You Lead

9 Living FIT Recovery

Module 25 — Review and Recognize What Has Changed

Core Concept 25 — Look At How Much Has Changed and Celebrate

Module 26 — Updating the FIT Vision

Core Concept 26 — As Parts Relax, The Vision Gets More Clear

Module 27 — Declare What Comes Next

Core Concept 27 — Unstoppable Momentum — Keep it Going

Ready to Explore the Deeper Work?

Registration is not open yet. Join the interest list for the Compassionate Recovery Project and you'll receive a registration link as soon as enrollment opens.

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