

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

[Learn More about Three Deep Recovery and The Compassionate Recovery Project](#)

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

[Learn More about Three Deep Recovery and The Compassionate Recovery Project](#)

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 Learn More?

Explore Three Deep Recovery and The Compassionate Recovery Project, and the deeper work behind them.

Learn More about Three Deep Recovery and The Compassionate Recovery Project

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