



Recovery Dojo Veteran Feedback

We are so proud of the effort you have put into training to recover your balance, strength and serenity. As you continue to train you will continue to gain in these essential qualities that make a human life bearable and even enjoyable again. Please take the time to give back to the dojo your personal reflections on what has been helpful or not so helpful during your time here. Your input will help us continue to improve the dojo.

Psychotherapy Group

Arriving practice: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Check-ins: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Hotseats: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Mindful Movement: (Balance & focus postures; mindful walking; yoga, laughter yoga)

Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Peer Support Sessions: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

ACA Groups: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Ear Acupuncture: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Playing games: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Education topics: (Nutrition, brain chemistry & brain hygiene basics, stages of change model of addiction & 5 short chapters poem, relapse prevention workbook, picking up the pieces of your life collage, videos on habit loops, craving, R.A.I.N.)

Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Mindfulness Training: Body scan, Loving Kindness, breathing, 5 senses drill, Mindful eating, R.A.I.N., using the apps on the mobile tablets, R.A.I.N.)

Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Health Coaching: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

24 Hour plans: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Candle ritual: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Closing Fire ritual: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

Time in nature: Very helpful___ Somewhat helpful___ Not so helpful___ Unhelpful___

Please say more_____

May you live with ease, may you be balanced & strong, may you care for yourself joyfully,
May you be happy!