



Recovery College Blogs
A collection of personal reflections on the recovery
college experience

Recovery College West 2013

Being a recovering addict, I know how fear and trepidation can paralyse and isolate you and lock you into destructive behaviour. You feel powerless and insignificant and this can lead to apathy and resentment, and when an individual feels like this the whole of society suffers.

People in recovery are miraculous and have unlimited potential THIS IS FACT. The recovery college is the perfect environment to unleash this potential. Inspiration is found through community, not in isolation and society as a whole will be inspired from your participation.

THE SKY IS THE LIMIT!

Fae Germiston

Coming to the college is a big journey to take. Gaining the knowledge to push through fear of not knowing others can be daunting, but you are not alone. I felt like this. Sharing a common goal, we are all worthwhile people who can change. This and the courses are uplifting. Steps to Excellence can be very good but for me just the positive people in the room are priceless, we can and do help each other to overcome fear. So I would advise anyone to get involved. Also don't be alone get up, get involved and be part of the college.

From Posso

A couple of close friends suggested I attend the SRC as a means to opening doors into employment. One stated that I would at least become motivated, even inspired. The thought alone was enough to unsettle me, strangers in a strange environment.

Fortunately I have learned in recovery to face fears. As usual, some of the best connections were made during smoke breaks. I found out about a guitar workshop I will start attending. Another suggested a good site for camping. I detect 'potential friends'. As for the course content, at first I was sceptical to the benefits of the Steps to Excellence for those in early recovery. Is it only positive information that will not be able to be applied due to deeper issues? On the bright side though, it is definitely a step in the right direction, bringing people seeking recovery together in an encouraging environment. The workshop on sharing was a good exercise, again facing fears & accepting compliments. Probably the most interesting part, so far, has been the 'media' section, which showed why SRC have taken the stance they have. I admire this attraction rather than promotion philosophy. All in all, it is so far good. I count myself as an activist & hope to become part of the SRC in the future.

Taking Flight

**The steps gave us wings
recovery college taught us to fly
we learned great things
together we can reach the sky!**

**It gave us all hope
it gave us all choice
we met new friends
and we shared a voice**

**Ready to thrive
no need to be sedated
fully alive
and now graduated!**

From Kilmarnock & Troon

I came to recovery college and I was scared, as I've always felt less than. But when I got here I was made to feel welcome, I get a lot of identification and we are all here fighting the same thing, trying to stay clean.

My peers are so positive we all inspire each other.

So thank you for all being part of my journey.

I love this recovery college my confidence is growing daily & we are all a great team.

I would recommend this to anyone it will open doors and meet positive people, people we need to be around.

Before I came to the college fear ruled my life. It has helped me with my confidence. I have got to meet good people as well as challenging my life and have set out new goals for my future. It has opened doors for me and I can take what I have learned back to my community. I enjoyed every part of the college from start to finish. I would recommend it to anyone to make good positive steps in their recovery.

From Hamilton

With great honesty the college course has been extremely inspiring. I was really nervous beforehand, but I had no need to be nervous as I have met the friendliest and enthusiastic – like minded bunch of people and I even made friends.

The course itself is very enjoyable and sometimes very funny, the banter was amazing and I am so looking forward to many more great times with the Scottish Recovery Consortium and also I have friends who I can count on. “Bring on the rest of my future. I am ready and willing and I am clean.”

From Motherwell

I was fearful of new situations and groups of new people and didn't think I had much to learn or give but my fears were gone in a very short time of arriving. I felt I wasn't alone. Welcomed and worthwhile and part of a bigger picture it opened my eyes to the fact that I was negative in my thinking and actions. It showed me how I could change my outlook and the positive impact small changes can and has had on my life. I feel more capable and ready to carry out the things I have wanted to do that will get me where I want to be in life. It made me feel more accepted and comfortable about who I am, who other people are and where we are all going on our journey that is recovery.

From Hamilton

If you're unsure, wary or apprehensive about recovery college don't be. In my personal experience it has motivated, inspired and given me direction. It has enabled me to take this new found vision back to my own recovery community and encourage others we can continue on this recovery path "together".

From Greenock

I wish I could bring everyone here; it's been such an inspiration. I would recommend it to all organisations from all walks of life. It's been one of the happiest times so far in my recovery and looking forward to the future with all the great people at recovery college.

From Inverclyde and Stewarton

My experience

When I came to Recovery College I had no idea what to expect. We met Kuladharini as her usual eccentric self, buzzing with recovery.

We got to know each other. The diversity was amazing with so many different walks of life, so many different opinions yet all quite similar ‘recovery’.

I was in the grip from the moment we started. The Steps to Excellence was absolutely brilliant. I was identifying with everything that was being said, my confidence was building day by day.

I started to realise how much better my life could be, now thanks to the recovery college, I can’t wait to get started.

From Dundee and Glasgow

Why you should attend the recovery college

Firstly you will be made to feel very welcome and comfortable with a relaxed approach to learning and plenty of breaks for refreshment and conversations with other students.

With the Steps to Excellence and other content of the programme you will learn about choices in life i.e. business, family etc all with concern to your recovery. The college will help move you into your future with renewed insight and goals, educated with the tools needed to go forward achieving everything that is purposeful to you and inspiring people around you as you go.

With a sense of achievement, feeling fulfilled and with a zest for new horizons you will reach your full potential.

Good things happen to people that push their boundaries.

From Kilmarnock



I was nervous in anticipation for starting recovery college. Shortly into the first day I felt welcome and realised I could relate to these like minded colleagues. The course has been interesting and I have thoroughly enjoyed experiences and stories from my associates. So far it has been an emotional rollercoaster as previous exploits in the past have resurfaced but in a positive way. I am keen to attend every day and have food for thought for the rest of the week. The facilitators through the Steps course re-affirmed and enhanced my self esteem and confidence. I am looking forward to all other topics that we will receive at college with my peers and colleagues.

From Stewarton

Why should you attend recovery college?

I attended the recovery college to enhance my own recovery and make new contacts. On my first day I felt anxious, nervous and excited at what we would be doing.

Once the group started I got to know some of the people who we share our experiences with. Now weeks into the course I have got to know everyone and we are now working and sharing together as a team. Small things make big changes and lead to growth.

From Glasgow