

A 10-Point Checklist to Help Your Recovery Clients Get the Best Results

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- 1 ✓ Abandon the Moderation-or-Bust Approach to Wellness**
Addicts tend to take an all-or-nothing approach to everything. Insisting they tone down their newfound health-focused obsessions may do more harm than good.
- 2 ✓ Rethink Rewards**
Help your client focus on the mental and physical peace and empowerment he feels after a solid strength-training session.
- 3 ✓ Table the Long-Term Goals**
Today is the only time frame a client in recovery feels she can manage. Help her focus on the goals she can meet before bedtime.
- 4 ✓ Remind Her What She's Capable Of**
When she starts to doubt herself, remind her how hardcore she is. She's a living testament to the power of determination.
- 5 ✓ If He's Open to a Daily Habit, Support It.**
Many find exercise to be the perfect daily supplement to their recovery work. If your recovering client wants to do it, be her cheerleader as long as it lasts.
- 6 ✓ Spell Out Your Terms, and Stick to Them**
Sell sessions in packages to encourage commitment, and be crystal clear about your strict cancellation policy.
- 7 ✓ Be Honest**
Folks in recovery can sniff out B.S. from 100 yards away. Don't make promises that are too good to be true.
- 8 ✓ Share Your Experience, Strength, and Hope**
Open up about your struggles and how you overcame them. It'll help her feel more connected to you, and inspired by you, than she might otherwise.
- 9 ✓ Recognize Your Own Limitations**
As you get closer, your client may confide in you. Encourage her to reach out to her other support people, like a recovery sponsor or therapist.
- 10 ✓ Understand that Different Addictions Are Not Equally Destructive**
Getting hooked on recovery or fitness may not seem like a good idea, but the benefits are likely to far outweigh any potential problems.

