

A GRADUATE'S PERSPECTIVE OF THE FOUNDATIONS OF LIFE

The Foundations of Life (FOL) programme has proven to be a life-changing experience for many individuals on their recovery journey.

Foundations of Life (FOL) is the final stage of the Foundations of Recovery programme. FOL offers individuals a comprehensive and transformative experience designed to cement their personal growth.

Jo, our FOL facilitator, explains: "FOL is offered to clients who have reached a stable place in their recovery. The subjects we explore range from beauty within and around us to the importance of community and self-compassion. FOL helps participants reinforce their hard work and achievements. We work through the grief we face around substance use and celebrate the acceptance and commitment clients have achieved in their recovery."

Participants have shared the profound impact FOL has had on their lives. By focusing on key areas such as self-compassion, community connection, and effective feedback, the programme empowers individuals to embrace their potential. One particularly inspiring story comes from a former participant who, after completing the programme, now works for Change Grow Live, using her experience to support others on their recovery journey.

Starting from Scratch

"Attending a group called 'Foundations for Life' may sound a bit strange to some, if like me, you have lived on this earth for quite some time," she shares. "However, as someone who had come into recovery from an alcohol dependency that had stripped me of anything positive in life, leaving me only the negatives, I was quite literally starting my



life from scratch, despite my biological age."

She emphasizes the importance of change, growth, and ultimately living a fulfilling life. She acknowledges how the programme helped her take small, meaningful steps toward recovery, which in turn led to tremendous personal growth and an "amazing life."

A Solid Foundation for a New Life

Reflecting on her experience, she describes the FOL programme as "interesting, informative, and fun" with a strong focus on sustainable, positive change. "The potential for positive and permanent change was clearly emphasized as we were gently guided through each session. I knew that this was something I had to work at in order to be healthy, but the difference in my attitude, now I no longer existed for my next drink, was that I wanted to work at it."

She credits the programme with igniting a hunger for knowledge and serving as a stepping stone in her recovery journey. "The course offered what I most needed, a solid foundation on which to build my new and precious life."

Addressing Deeper Issues

Beyond addiction, she faced trauma and childhood abuse—issues she had never fully addressed. "I didn't realize what was wrong, but alcohol made it

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better... until it didn't! Having completed the Foundations of Change course, I engaged with a wonderful counsellor and I was able to work at becoming well, instead of waiting to be fixed." Completing the FOL course enabled her to seek counselling and adopt a proactive approach to becoming well. "The course taught me that I was a person of value, that I mattered, and that it was OK to be me."

She credits the programme with helping her break free from unhealthy co-dependency and people-pleasing tendencies, allowing her to take accountability for her life and actions. "The course taught me to be accountable for myself and my actions: I had become 'comfortable' in my victim role, but no more, that person no longer exists."

Restoring Self-Worth

"In addiction, we lose many things such as jobs, relationships, children, driving licenses, our freedom, respect from others... The list is endless. For me, the biggest losses were self-esteem, self-confidence, and self-belief," she explains. The FOL programme signposted her toward self-worth, which she describes as "truly liberating."

She found the courage to reclaim her identity, pursuing a career that brought her joy and surrounding herself with people who shared her values. "For years I had changed myself to fit in with jobs that were expected of me, but now I have a fulfilling and purposeful full-time job that I love. I may have lost or had to let go of relationships, but I have

forged firm friendships with those who share my interests and values."

A Life Transformed

Since embarking on her recovery journey, she has rebuilt her life in remarkable ways.

"I have enjoyed a beautiful relationship with my daughter, I have a home I can call my own, and I was approved for a modest mortgage." She also celebrates having a reliable car and, most importantly, a newfound sense of independence and contentment. "I happily live alone because I choose to do so. I enjoy being me and need no one else to 'complete' me."

Looking Back with Gratitude

She attributes much of her success and happiness to the Foundations of Life course. "The course was the catalyst for my transformational recovery, and I look back on it with much fondness and gratitude." Her journey stands as a testament to the profound impact the programme can have on individuals seeking to rebuild their lives.

For anyone considering the FOL programme, her story serves as an inspiring example of how a solid foundation, coupled with dedication and support, can lead to a fulfilling and purpose-driven life.

**FOR MORE INFORMATION ABOUT OUR
FOUNDATIONS OF LIFE PROGRAMME CONTACT
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