## Elements of Recovery

### Neale Study
**Substance Use**
- "Drunk too much"
- "Used street drugs"
- "Had cravings"

**Self-Care**
- "Eaten a good diet"
- "Slept well"
- "Had a good daily routine"

**Relationships**
- "Got along with others"
- "Felt supported"
- "Treated others with respect"

**Outlook on Life**
- "Felt happy with QOL"
- "Felt positive"
- "Had realistic hopes"

**Material Resources**
- "Had stable housing"
- "Had regular income"
- "Been managing money"

### Kaskutas Study
**Abstinence in Recovery**
- "No use of alcohol"
- "No misuse of medications"

**Essentials of Recovery**
- "Honest with myself"
- "Taking care of my mental health"

**Enriched Recovery**
- "Improved self-esteem"
- "People count on me"
- "Developing inner strength"

**Spirituality of Recovery**
- "Being grateful"
- "Feeling connected to a spiritual being"

### Similarities and Differences
- **Substance Use** and **Self-Care** focus on personal care and habits.
- **Relationships** are similar to **Self-Care** in terms of interpersonal interactions.
- **Outlook on Life** shares **Spirituality of Recovery**'s focus on mental and emotional well-being.
- **Material Resources** include aspects of **Self-Care** and **Enriched Recovery**.

**Notes:**