



# Recovery Roadmap

## How Do You Handle Differences of Opinion?



### **What are some things you can do if you and your team disagree on something?**

- Listen carefully to each other. Try to understand what the other person wants and why. Sometimes the input of someone you care about may change your opinion on something and you may decide to revise your plans.
- If not, let the other person know that you hear what they are saying but that you have other ideas.
- Present your idea(s), but even more importantly, explain why it is important to you and why you think it can work.
- If a team member has concerns, ask them what might help them to get on board. For example, a person who is worried about you might like to stay in closer touch while you take the next step in your recovery. This may feel good for both of you.

### **When disagreements or tensions continue, and you feel like you might be getting stuck, what are some things to try?**

- Ask another person to help mediate or assist in resolving the disagreement. For example, remember the story of Julie. Julie had made a plan in advance that her peer specialist, Grace, would step in and play that role if things were breaking down in the meeting. Consider asking someone who you trust to play that role for you if things don't go as planned and you have a hard time getting your point across.
- Agree to disagree and move on to the next topic. Sometimes it can help to “table” something for a while.
- Unless there are legal restrictions on your decision making, remember, you have a right to make decisions about your treatment and your life.