WE STRIVE TO:
Accept each individual as valuable in their own right
Accept each individual unconditionally without judgement
Trust in the ability of each individual to discover their own solutions to their situation
Recognize individual strengths and efforts to change
Focus on the individual, not on the behaviour
Provide feedback and comments that are validating and focus on observable situations rather than judgments
Use language and communication that focuses on strengths
Treat each individual as equal, with dignity, compassion, and mutual respect

~ Adapted from Wellness Recovery Action Plan