

# ESSENTIAL RECOVERY DEFINITIONS

- the role of thoughts | emotions | **attitudes** | behaviors

- **Attitude:** *a real-time stable and enduring assessment of a person, place or thing, based on a subjective judgement and measured on a scale ranging from negative to positive.*
  - *they can form and stabilize quickly from an abrupt experience, or*
  - *they can form more slowly from an accumulation of smaller experiences (e.g., frustration, resentment, perceived injustice, etc.), and*
  - *they tend to remain in place until deliberately changed, and*
  - *become cemented in place just like thinking patterns and behaviors*