

Theoretical Foundation: Legacy Building

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Why This Matters

People don't just want to survive—they want to leave a mark. Building a legacy gives meaning, lifts self-worth, and turns recovery into a life's work, not just a checklist.

Core Research & Evidence

1. Meaning-Making and Long-Term Recovery

- **Key Point:** People who attach deep personal meaning to their work are more likely to sustain behavior change.
- **Sources:**
 - Frankl, V. E. (1984). *Man's Search for Meaning*.
 - Emmons, R. A. (2003). "Personal goals, life meaning, and virtue: Wellsprings of a positive life." *The Science of Subjective Well-Being*, 105–128.

2. Giving Back as Recovery Maintenance

- **Key Point:** Helping others (mentorship, social ventures) is proven to cement long-term recovery, reduce relapse, and boost life satisfaction.
- **Sources:**

- Pagano, M. E., et al. (2013). "Helping others in recovery from alcohol use disorders." *Alcoholism Treatment Quarterly*, 31(3), 347–362.
 - Riessman, F. (1965). "The 'helper' therapy principle." *Social Work*, 10(2), 27–32.
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3. Identity Transformation via Legacy Work

- **Key Point:** Shifting from "recovering addict" to "community builder" or "mentor" is a proven catalyst for post-traumatic growth.
 - **Sources:**
 - Tedeschi, R. G., & Calhoun, L. G. (2004). "Posttraumatic growth: Conceptual foundations and empirical evidence." *Psychological Inquiry*, 15(1), 1–18.
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Why This Matters for Legacy Rising

- Module 6 isn't "graduation"—it's "what will you build for those who come after you?"
 - The cycle-breaker legacy makes recovery contagious, self-reinforcing, and something to be proud of.
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Citations (Full List)

- Frankl, V. E. (1984). *Man's Search for Meaning*.
- Emmons, R. A. (2003). "Personal goals, life meaning, and virtue..."
- Pagano, M. E., et al. (2013). "Helping others in recovery..."
- Riessman, F. (1965). "The 'helper' therapy principle."
- Tedeschi, R. G., & Calhoun, L. G. (2004). "Posttraumatic growth..."