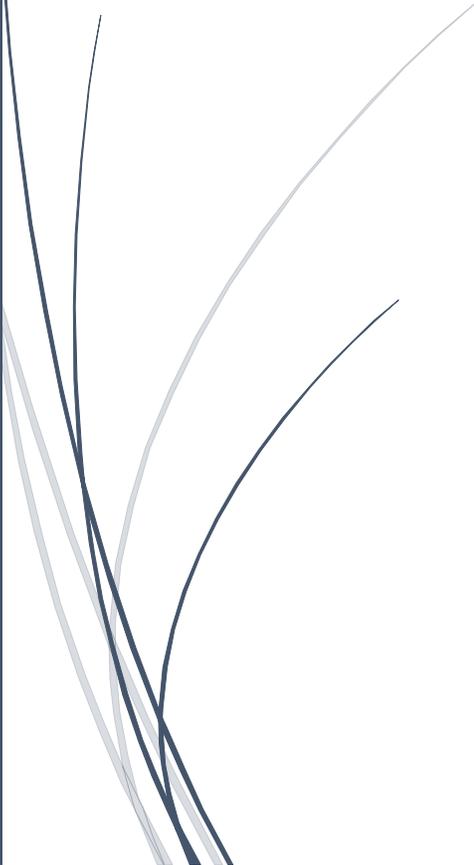


CANAM INTERVENTIONS

What is Recovery?



What is Recovery?

The Dictionary Definition states that the meaning of Recovery is: to return to a normal state of health, mind, or strength and the action or process of regaining possession or control of something stolen or lost.

“Embrace the Symptoms of Addiction - and Recovery as a Doorway to Freedom”

When you're struggling with addiction and mental health-related issues, it can seem an impossible goal to achieve recovery. Recovery is never out of reach, no matter how hopeless or desperate your situation seems. Change is possible with the right treatment and support, and by addressing the root cause of your addiction. The road to recovery often involves bumps, pitfalls, and setbacks. But by examining the problem and thinking about change, you're already on your way.

Consequences and progression of addiction: Addiction is a progressive disease. It's never easy to quit. But if you've already suffered negative consequences and don't want them to get worse, there's never a better time to quit than now.

- Decide if you have an addiction.
- Learn about the genetics of addiction.
- Read about alcohol, tranquilizers, marijuana, cocaine, and opiates.
- Learn relapse prevention skills that will improve your chances of success.
- Learn how to help a family member who has an addiction.

"Alone No More"...Many people have overcome addiction and are now enjoying a better life. It can be done. You too can do it.

If you can't "Change", your clean date will change... Ask yourself this: will more lying, more isolating, and more of the same make you feel better? The expression in AA is – nothing changes if nothing changes. If you don't change your life, then why would this time be any different? You need to create a new life where it's easier to not use.

Honesty is a "Must". You must be one-hundred percent completely honest with the people who are your supports: your family, your doctor, your therapist, the people in your 12 step group, and your sponsor. If you can't be completely honest with them, you won't do well in recovery.

When you're completely honest, you don't give your addiction room to hide. When you lie, you leave the door open to relapse.

One mistake people make in the early stages of recovery is they think that honesty means being honest about other people. They think they should share what's "wrong" with other people. But recovery isn't about fixing other people. It's about fixing yourself. Stick with your own recovery. Focusing on what you don't like about others is easy because it deflects attention from yourself.

Honesty won't come naturally in the beginning. You've spent so much time learning how to lie that telling the truth, no matter how good it is for you, won't feel natural. You'll have to practice telling the truth a few hundred times before it comes a little easier. In the beginning, you'll have to stop yourself as you're telling a story, and say, "Now that I think about it, it was more like this".

Recovery Checklist - list of important goals for your first year of recovery. Use it as a reminder and to help you stay on track in the days and months ahead:

- Accept that you have an addiction.
- Practice honesty in your life.
- Learn to avoid high-risk situations.
- Learn to ask for help.
- There are many paths to recovery. The most difficult doing it alone.
- Practice calling friends before you have cravings.
- Become actively involved in self-help recovery groups.
- Go to discussion meetings and begin to share. You are not alone.
- Get a sponsor and do step work.
- Get rid of using friends.
- Make time for you and your recovery.
- Celebrate your small victories. Recovery is about progress not perfection.
- Practice saying no.
- Take better care of yourself.
- Develop healthy eating and sleeping habits.
- Learn how to relax and let go of stress.
- Discover how to have fun clean and sober.
- Make new recovery friends and bring them into your life.
- Deal with cravings by "playing the tape forward"...What will happen if you start?
- Find ways to distract yourself when you have cravings.
- Physical activity helps many aspects of recovery.
- Deal with post-acute withdrawal symptoms.
- Develop strategies for social environments where drinking is involved.
- Keep a gratitude list of your recovery, your life, and the people in it.
- Say goodbye to your addiction.
- Develop tolerance and compassion for others and for yourself.
- Begin to give back and help others once you have a solid recovery.
- See yourself as a non-user

12 Step Groups – Recovery Website

- Alcoholics Anonymous (AA)
- Adult Children of Alcoholics (ACA)
- All Addictions Anonymous

- Al-Anon.org For family members of addicts.
- Cocaine Anonymous (CA)
- Crystal Meth Anonymous (CMA) (
- Dual Recovery Anonymous (UK): A 12-Step Program for those with a dual diagnosis
- Food Addicts in Recovery Anonymous (FA)
- Gamblers Anonymous (GA)
- Narcotics Anonymous (NA)
- Nar-Anon For family members of addicts.
- Nicotine Anonymous
- Marijuana Anonymous
- Methadone Anonymous
- S-Anon
- Sexaholics Anonymous
- Sex and Love Addicts Anonymous
- Smart Recovery
- Women for Sobriety
- XA Speakers :A collection of recordings from speaker meetings, conventions and workshops of 12-step groups.
- 12 Steps Resources for all 12 step programs. It contains an in-depth discussion and forum on the 12 steps.
- 12 Step Treatment Centers: A list of 12 Step treatment centers around the world.