

ESSENTIAL RECOVERY DEFINITIONS

- **Addiction** is a habit that's become so powerful the person can't stop despite desperately wanting to, and despite severely escalating consequences.
- **Sobriety** is the absence of harmful and unwanted acting out behaviors; *doesn't by itself transform thought.*
- **Recovery** is the active practice of healthy and life-affirming behaviors; *transforms thinking over time.*
- **Freedom** is the complete elimination of the overwhelming obsession and compulsion which drive the addict to use despite not wanting to. When the obsessive thought and compulsive drive are gone, *the addict is truly free.*