

ESSENTIAL RECOVERY DEFINITIONS

- **ADDICTION** is a habit that's become so powerful the person can't stop despite desperately wanting to, and despite severe and escalating consequences.
- **SOBRIETY** is the absence of harmful and unwanted acting out behaviors; doesn't by itself transform thought or change the habit.
- **RECOVERY** is the active practice of healthy and life-affirming behaviors; transforms thinking over time – transforms the habit over time.