

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 habits over time.

ESSENTIAL RECOVERY DEFINITIONS

- **RECOVERY IS:**

- not only a focus on what you're recovering from, but also a focus on what you're recovering to.
- not only the absence of unwanted or damaging acting out behaviors, but also the increasing practice and presence of healthy and life-affirming habits and routines.

ESSENTIAL RECOVERY DEFINITIONS

- **WORKING A PROGRAM** is the increasing intentional awareness and rejection of unwanted thoughts, emotions, attitudes and behaviors through repeatable practices over some period of time.
- **FREEDOM (RECOVERED)** 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.**

ESSENTIAL RECOVERY DEFINITIONS

Where does **‘WORKING A PROGRAM’** fit in the Addiction-Recovery space?

