

The Many Gifts of Recovery

Why Sobriety Is Worth It

When you are the midst of addiction, recovery can be a frightening prospect. Not only does getting sober seem like an exhausting process, life without the escape of drugs and alcohol can seem bleak and empty. In reality, the benefits of sobriety are nearly endless and recovery is an opportunity to create a richer, more fulfilling life in which your true potential can be reached. Here is a sample of what you can look forward to when you embrace a life in recovery:

Increasing Honesty, Integrity, and Connection

Drug and alcohol addictions thrive on secrecy, deception, and denial. Whether you're calling in with the flu when you're really recovering from a bender, telling your wife you only had two beers when you had nine, or asking your mom for rent money when you actually need it for cocaine, addiction eventually turns most of us into liars. As a result, you create a distance between yourself and those around you; even seemingly small lies prevent your loved ones from truly knowing the real you, and hiding or feeding your addiction often requires drastic measures that deeply impair your ability to authentically connect to others. Not only does this taint your interpersonal relationships, it also compromises your ability to honor and feel good about yourself.

When you're sober, your life is no longer controlled by secrets, deception, and lies. You are free to show the world your true self, without shame. This means you can:

- Form deeper, more meaningful connections with those around you.
- Increase your confidence and self-esteem.
- Live in a way that reflects your true character, not your addiction.

Living Without Fear

A life of addiction is a life full of fear: fear of being found out, losing your job, looking at your bank statement, answering the phone, causing your loved ones pain and worry, getting a bad batch, running out, getting arrested, losing your kids, overdosing, withdrawal, waking up with no memory of the previous night. . . the list is endless. Often you get so used to the fear that you forget it doesn't have to be that way.

When you're sober, you no longer have to be trapped in an endless cycle of fear and anxiety; you are no longer walking around under an ever-growing cloud of potential damage. Instead, you can:

- Live without fear of judgment or rejection caused by addiction.
- Live without fear of causing your loved ones pain due to substance use.
- Stop worrying about overdosing, withdrawal, or tainted substances.
- Stop worrying about legal consequences of drug and alcohol use.

Being Part of a Community

Addiction can be a very isolating, disconnected existence. Family and friends fade away as your addiction progresses, leaving behind

broken and wounded relationships. What's more, many individuals begin hanging out with lower companions—people they ordinarily would never spend time with—who can be dangerous to your well-being.

In recovery, you have an opportunity not only to mend broken relationships with family and friends, but also to nurture healthy new relationships in recovery. Many 12-step peer support groups like Alcoholics Anonymous and Narcotics Anonymous and others are great places to meet and connect with people who are on the same path as you. Sharing stories and working together toward common solutions facilitates forming strong bonds that can last a lifetime.

In recovery, you can connect with new friends, and reconnect with old friends and family members in a new, healthy way:

- Reconnect with your family of origin
- Mend broken relationships with longtime friends and colleagues
- Make new friends in 12-step recovery programs
- Explore new avenues of spirituality that may have fallen by the wayside

Learning to Nurture Yourself

Addiction is an inherently self-destructive act that impairs your ability to care for your physical and emotional needs in a healthy, productive way; what's more, it can leave you unable to recognize what those needs are in the first place. This includes everything from basic elements of life like diet and exercise to more complex aspects like being able to maintain psychological stability and move toward the life you truly want. If you are self-medicating to cope with a mental health disorder, drugs and alcohol prevent you from healing and keep you from achieving true relief from emotional distress, leaving you in an unrelenting cycle of suffering and substance use.

In recovery, you can begin to uncover the needs addiction has kept you from tending to and develop strategies for meeting them that fortify your health and well-being. Sobriety profoundly enhances your ability to:

- Improve your physical and emotional health.
- Achieve real and sustainable relief from psychological suffering.
- Reach deeper levels of consciousness and self-awareness.
- Recognize your own strengths and talents and learn how to harness them.

– Unlocking Your Potential –

One of the most damaging characteristics of addiction is that it makes you believe you are better off using than sober. The truth is that sobriety is where you will find true joy, community, comfort, and the ability to live with grace and dignity. If you or your loved one is struggling with drug or alcohol addiction, we encourage you to contact us at any time to learn more about addiction treatment and the recovery process. We are always available to answer any questions you may have and offer you support as you explore your options for healing.

Please reach out to us at 888-475-8177.