

## *Seven Stages of Early Recovery*

Over my years of counseling drug addictions I have derived what I believe to be a clear set of Stages in early Recovery, that occur for those truly making the effort to gain control of their lives once again. These Stages generally occur over the first 6 months.

These Stages are:

The 1st thing one must do to begin Recovery from Drug Addiction is to Admit that they have a Problem. Then...

The 2nd thing one must do to begin Recovery from Drug Addiction is to accept that they need help! You can't do it all on Your own! Then...

The 3rd thing needed to achieve Freedom from Drug Addiction is to Accept Help, (Self Help or Professional Help) & stop using! Then...

Fourth: Once One has found Acceptance of their Problem, Accepted some kind of help & has Stopped using, they must have a Support System! Then...

Fifth & very essential, is to take Recovery One-Day-at-a-Time! It is a Daily battle, but Anyone can stay clean for ONE Day! Then...

Sixth: After getting through A Day & continuing Daily, a Day becomes a Week & a Week becomes a Month! As you go you find that YOU Can Do It! Then...

Seven: Having a Support System & having remained "Clean" for a while, You can no longer need or associate with Old People, Places & Things! You will now find that You can help others struggling to get where You now are! This is the Key to Long-Term Sobriety; Sharing It with Others!

As a counselor I have witnessed this progression time and time again as being characteristic of a successful excursion into Recovery! In my experience, Success very seldom strays far from this path, and I as well, am a Recovering Addict who traveled the path!!!

If you have an addiction and need help my resource box will give you contact info for my web site. If you feel that you may benefit from using these stages as a guideline of sorts, please contact me and let me know. I have much more info and help available to all for FREE.