01 Closing Statement from HWYW

I’d like to close with a quotation from the How Was Your Week handbook.

“The outside world little understands or appreciates our recovery journey. They tend to believe that we can “Just Say No” and be done with it. But, we who fight this battle every day know the inner struggles we go through and the step-by-step work that’s involved in rebuilding our lives.

If someone among us has tripped or fallen, we appreciate the incredible strength and courage it takes to come back. We applaud them in hope that we will make the same decision if we are in the same position.

We know the sweetness of the victory that each sober day signifies. Let’s applaud ourselves for our success in being here clean and sober today. Go make it a good week!”
02 Closing Statement

Recovery does not happen simply when substance abuse stops. Recovery is achieved by creating a new life, where "using" is no longer an acceptable choice. Otherwise, the factors that led to your addiction will eventually resurface.

You don't have to change everything in your life... just almost everything. Old habits, behaviors and associations will continue to bring trouble unless you let them go. The more you try to hold onto the "old way", the harder your recovery will be.

Many of us have drifted through Our lives without having to think about who we are, or what we want to be. Addiction changes that. It forces us to "wake up".

You have an opportunity to make changes that are both difficult and rewarding. Take advantage of this opportunity and use it to fundamentally improve your life. Don't just stop using.

People in recovery often describe themselves as grateful. Why would someone be grateful to have an addiction? Because they realize that the process of recovery has helped them find out who this amazing person really is, and what a peaceful existence is all about.

LifeRing can help you achieve an active state of meaningful sobriety by empowering your Sober self.
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Go make it a good week!