**Big Ed: What is Recovery?**

Recovery is not simply about abstinence from drugs and alcohol. Recover is about building a live that you deserve without the albatross of addiction.

**Saving your live**

* Recognizing the problem
* Taking action
* Detoxing
* Learning how to stay clean

**Repairing your life**

* Dealing with legal, financial, emotional “wreckage”
* Discovery the “Whys”
* Dealing with feelings
* Learning new coping skills
* Who am I?
* Building a new identity

**Enjoying your life**

* New places and playmates
* OK, I’m sober, now what?
* What makes me happy?
* What is my purpose in life?
* Relationships – who do I want to be with?
* This job sucks! New careers.

**Prolonging your life**

* Diet
* Exercise
* Smoking
* Making the most of your life
* Unfulfilled potential

**What are my dreams?**

* Spirituality – God, Allah, and the winds willing….