**Recovery Conclusion**

Recovery is not an event.

Recovery is a process, so be patient with yourself.

When people internalize recovery as an event they think “Once I finish treatment, I’ll experience the event of recovery and be cured. I’ll have no more problems.”

An event has a beginning, middle, and an end. Once an event has taken place, it is unchangeable.

A graduation is an event. A wedding is an event.

A process is ongoing, can be changed, and can be interrupted at any time. It is not fixed in time. Be patient and nurturing with the process of your recovery. There is room for setbacks, as well as successes.