**What is Recovery?**

Recovery is the process that involves both abstinence from addictive substances as well as positive life changes to have a healthy and meaningful live.

Importance of T. Gorski’s work with Stages and Treatment – there is real recovery and people can change and do change.

The first has to be a problem to recover from ‘no problem no need for treatment.’

First big step is seeing our own denial and the need to make a lifestyle change.

Myths of recovery – magic thinking.

**Process:**

Problem (SUD) – Abstinence -detox/withdrawals- sobriety- recovery- transformation – (time and work.)

(Substance use disorder)

**Realistic expectations of the process-Recovery is possible but it will take time and commitment to change.**

Going from false/pretend/------to real, which is hard.

Being aware of ‘stuck points’ and asking for help.

|  |  |  |
| --- | --- | --- |
| Using\Recovery | Phases | Stages |
| Social/Recreational Use | Warning | Early stage of addition |
| Social/Recreational Use | Crucial | Middle stage of addiction |
| Social/Recreational Use | Chronic | Late stage of addiction |
| Social/Recreational Use | Excuses Exhausted | Late stage of addiction |
| Recovery | Call for help | Early stage of recovery |
| Recovery | Relapse>Recovery Cycles | Early stage of recovery |
| Recovery | Abstinence | Middle stage of recovery |
| Recovery | Sobriety | Late stage of recovery |