

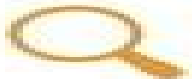
Addiction Recovery CHECKLIST



STEP 1

Decide to Get Help

The most important step you can take on the road to recovery is to admit that you have a problem and need help. There's no shame in this — it means you have the strength to pull yourself out of the cycle of behavior that's been hurting you and your loved ones.



STEP 2

Explore Your Treatment Options

Depending on the nature of your addiction, your treatment options may include counseling, medication or both. Addiction recovery professionals and therapists can help you find the treatment plan that will work best for your situation.



STEP 3

Build Your Support Network

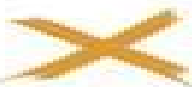
Recovering from addiction isn't something most people can do by themselves. You'll feel the temptation to return to your self-destructive behavior at one point or another. When those dark days come, you'll need the support of friends, family and fellow addicts to help you find strength. You may want to look for support groups in your area, and cut ties with people in your life who enabled your addiction.



STEP 4

Improve Your Coping Strategies

Because your addiction is strong, you'll need coping strategies that are stronger to help you overcome it. Learning how to manage stress in healthy, effective ways will help keep your impulses under control — making it easier to avoid temptation and weakness. Finding a new hobby, getting more exercise and spending time with people who support you are all effective strategies for coping with stress.



STEP 5

Avoid Temptations

Although it's easier said than done, actively avoiding what enabled your addiction is an essential part of reclaiming your life. Stay away from bars and clubs, and avoid spending time with people who continue to use drugs or alcohol. It's also important to let your doctor know about your addiction when seeking medical treatment for anything, as prescription medications could open the door to other debilitating addictions.



STEP 6

Stay Positive

You must remember that some recovery options may not be right for you. What's more, there are many ways to overcome addiction. While relapses are common, they don't mean your addiction is permanent. Maintaining a positive outlook and a healthy attitude about your recovery process is indispensable to a successful recovery.

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