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Foreword

This e-Book will take you all the way from somebody who's still blindly stuck in addictions, without any thought about quitting....the whole way to living a full life in originative recovery.

There are many different ideas about recovery. There is a plan of attack to recovery that is called the creative theory. It's a bit different from "traditional" recovery which is commonly 12 step programs like Alcoholics Anonymous and Narcotics Anonymous. These ideas are not totally incompatible with 12 step recovery, but I'd challenge anybody who utilizes those programs to begin thinking of creative recovery and how they may begin pushing themselves to mature personally, without the answerability of a group scruples or a sponsor.

Effective Resolutions To Quit Smoking, Drinking & Gambling!

Resolve To Live An Addiction Free Life This Year!

Chapter 1:

Phases Of Recovery

Synopsis

Recovery is better distinguished in two separate stages: early on recovery, and long-run sobriety. Let's have a look at each.

Know The Stages

Early on recovery begins a little bit before you even become clean and sober. You're in the mental process of arriving at the decision to alter your life. Then you really go through with the conclusion and take true action. This sets in motion a roller coaster of an emotional ride that we may simply describe as becoming a furious, up and down ride.

Early on recovery is like that. Your emotions are helter skelter, because you're ultimately feeling them once again (on the face of it for the first time), and you're essentially in shock from merely becoming sober.

A lot of individuals will spend this beginning part of their early on recovery in a treatment center, and that's a reasonably good idea for a list of reasons. For one thing, you'll unquestionably benefit from having a secure environment with which to take your opening move toward a life of sobriety, without becoming tempted to relapse immediately. 2nd, treatment maybe helpful as you'll get much addiction help from all of the peer support that you'll acquire while in rehab.

You'll likewise benefit from the counselors and therapists there who may help to school you about recovery and help guide you toward a fresh way to live. Early on recovery is all about soaking up fresh info, and so you have to have teachers who may guide you in this early on stage.

Long-run recovery:

Now contrast this early on stage with long-run recovery. In long-run sobriety, you're no longer depending upon your peer support group to preserve your state of being clean and sober like you were in the early on stages. At this point you've likely learned quite a bit, you've a couple of years (or more) of clean time beneath your belt, and as a matter of fact you're likely actively helping other fledglings in recovery in some manner. This being the case, what you've got to do in order to remain clean at this point isn't the same that you were doing in early on recovery.

The truth is that you've got to change, mature, and advance as you mature personally in recovery. Anything less than this and you run a risk sliding back toward your previous habits.

The true fact of the matter is that complacency is your greatest obstacle in long-run recovery, so you have to take calculated action on a uniform basis in order to keep growing. This implies you have to form sound habits that use sound recovery strategies, like treasuring self, helping other people, and pressing yourself to grow in fresh ways.

What is the most beneficial long-run technique for recovery?

A few would state that spiritual growth and development is the paragon approach, and recommend pursuit of this growing with a 12 step platform. Now in general this has the potential to make for good results but it isn't inevitably the most beneficial solution for everybody. The reason for this is that addiction isn't simply a spiritual un-wellness as it's described in some platforms, but is in reality a holistic disease that impacts every part of an individual. The answer,

therefore, is holistic, not spiritual. It's much greater than just a “spiritual” answer.

We need only view the overall success ranges in 12 step programs to ascertain that the spiritual solution isn't adequate for most individuals. It works for a few but the huge majority don't make the connection.

These are the three strategies that may better guide you in recovery. They're fundamental in that anybody who's actively working a plan of recovery is really utilizing them, whether they recognize it or not.

- 1) Treasuring self - we must put our health and our own well-being first. It has to get to be a priority in recovery. This includes physical wellness, emotional equilibrium, spirituality, and so forth.
- 2) Networking with other people - peer support is vital, particularly in early on recovery. Helping other people in recovery is especially mighty.
- 3) Holistic maturation - this is where the activeness is. Pressing yourself to grow in different manners is the best long-run prevention against backsliding.

These three strategies are all-inclusive too. They address the full spectrum of your recovery and if you are able to employ these concepts in your life then you don't have to look outside of them for additional help. The hurdle is in really applying the strategies.

Most individuals who relapse in traditional recovery don't even decently diagnose what occurred. The common response that you hear is “I quit attending meetings.”

This is a misdirected analysis and does not get to the heart of the issue. If somebody has been sober awhile and they quit attending meetings and consequently relapse, the issue isn't that they quit attending meetings. The issue is that they were still dependent upon them as a solution.

This is a vital distinction here so consider it for a minute. If all it takes for you to backslide is that you quit attending meetings, really-what sort of quality sobriety is that? Those who discover themselves in that state of affairs have failed to make the changeover from early on recovery to long-run sobriety. Put differently, they're still stuck in early on recovery and that's why they relapsed due to a deficiency of meetings.

The most beneficial technique for long-run recovery is to switch your focus from heavy networking in early on recovery toward a strong accent on holistic maturation as you progress. If you remain stuck with a dependency on a “social answer” then you're much more vulnerable to relapsing. Those who turn personal growth into the chief mainstay of their recovery are in a better place to accomplish long-run sobriety.

This is a solid clue to what your long-run technique ought to be. It's not that you have to quit attending meetings or quit networking, as those things may still be of value to your recovery. But realize that when you've a couple years or more in recovery, your main technique ought to be one of holistic growth. This

is what will drive back complacency and pressing yourself to keep on growing is what will keep you sober for the long-term.

A few ideas for holistic maturation:

1) Physical fitness, nutrition, eating more intelligently, diet and physical exertion. Center on formulating healthy habits. Do away with the bad, i.e., stopping smoking.

2) Emotional equilibrium. Get rid of chaos from your life. Look for peace.

3) Spirituality. Meditate. Look for a higher power. Look to assist other people.

4) Human relationships. Center on cultivating sound ones. Do away with the toxic.

These hints are merely the tip of the iceberg and you'll discover additional ways to grow and challenge yourself. This is the key to long-run sobriety.

Chapter 2:

Errors And Correct Choices In Early-On Recovery

Synopsis

Everybody makes errors in early on recovery. Some make quite a few, but luckily some don't make so many that they relapse. Some are fortunate enough to remain clean and sober, while a lot of others end up screwing up.

It may be helpful for individuals if they know what sort of errors can be made early on. If you are able to prevent these, your recovery will be firmer for it.

Lessons

Don't wait too long to begin assisting other addicts, and this is truly the foundation of strong recovery. If you're reaching out to other people in recovery on a steady basis, then it will be really difficult for you to relapse. It isn't likely that you'll do so if you're involved with helping other people.

Don't overly believe that the answers were out there and go on a spiritual quest for ultimate knowledge. You can get led astray for a long time and believe that the whole point of recovery is to go through a spiritual conversion of some type. This is really not the case-the aim of recovery is to begin living a real life once more, a meaningful life filled up with passion and purpose. If you are able to manage that, this equals a spiritual experience. This present of freedom, can be right under your nose the entire time.

Don't stay stuck in the fundamentals for too long. Don't get isolated in your little recovery world, and I wish to simply go to meetings daily and center on your recovery. You can really hold yourself back from exploring life out of fear. Recovery is life. Don't mix up recovery support strategies with your real life (although there might be a lot of overlap in the early on stages, which is all right).

Don't trust that a program may allow you to recover from addiction, when as a matter of fact there can be addicts relapsing all around you. You see recovery is an inner job....you have to discover your own path or you're not going to pull through. Traditional recovery platforms may only take you so far.

Correct choices:

Remaining clean and sober doesn't occur by accident for an addict. Early on in recovery you have the opportunity to make some vital decisions and you can make a whole bunch of great ones. If you don't make these choices correctly you won't stay clean and sober for as long as you would like. What are these things? Let's have a look:

1) Think about rehab - not everybody chooses rehab, and several will obstinately avoid the idea on the whole, Taking a firm stand that they may do it on their own. Many can't. We require help in order to recover.

2) Follow through with proper aftercare. Treatment centers usually advise this. If you become willing to take their advice and attend long term treatment it can be was the best decision you ever make it and it may set you up for success in recovery.

Long term treatment might sound like a death sentence. It is nothing of the sort. It's an amazing opportunity and I highly advocate it. You may think it's like imprisonment, and that you'll lose my freedom if you checked into long term rehab. Rather, you can gain back the entire world, and truly become free as they can teach me a fresh way to live.

3) shift from a dependence on group therapy toward a life of holistic maturation - what does that imply? It implies that you decide to begin looking beyond meetings and peer groups and researching a new way to recover.

Rather than attending meetings daily and discussing struggles in life, shift your focus to one of personal growth. You can become more goal oriented and start challenging yourself to accomplish new things.

Chapter 3:

Seek Your Path

Synopsis

It's crucial to discover your own unique course in recovery. What does this imply?

It implies that if you merely try to follow a recovery plan without taking possession of it and making it into your own then you're setting yourself up to fail. This implies that you have to become active in the way you plan your own life. If somebody tells you to go to 12 step meetings and you merely abide by what they tell you then there's no long-run success in that. You may remain clean and sober awhile but unless you begin choosing deliberate action in order to drive yourself towards growth in recovery then you're not going to remain clean.

What's Right For You

Now realize that this may mean a number of things. For instance, it may mean that you'll make 12 step meetings a huge part of your recovery and you may quest after the meetings and the companionship that comes along with the meetings as an avenue of maturation in your life. This is all right if this is your decided path.

I've one friend who's made this his charge in recovery and it's serving him rather well. He sponsors many individuals and yet attends a meeting almost daily. This is his path and he's living it to the fullest, attempting to supply addiction help to other people. But realize that he selected this path consciously after having had it proposed to him. Put differently, he did it as a suggestion initially, but over time he possessed it as his own way of growth. He made it into his own calculated way of recovery.

There are others who are trying to work a plan of recovery but they're not thinking for themselves or acting in their lives based on passion or intent for living. They're like robots that go to meetings and utilize it as a sick sort of group therapy. They sound off and whine about their lives and utilize it as a sick tool to acquire a little relief in their life. They do this merely enough so that they don't wind up relapsing. This is no way to cultivate a recovery.

The option to this commonplace existence is to discover that in recovery which brings in passion. Discover your purpose. If you can't discover it, then begin by attempting to help other people in recovery. If you are able to accomplish this consistently and make it into a habit then you'll likely discover your stride in recovery and great things will begin happening for you.

Almost all traditional recovery is comprised of group therapy.

Now those who are to a great extent involved with the 12 step programs will announce that AA and NA meetings are not group therapy. They identify a difference between the meetings and group therapy, stating that in meetings, they “share their experience, power, and hope with one another.” They say that this makes a 12 step meeting immensely unlike group therapy. Actually, they're not so different. From a wide perspective, 12 step encounters are one sort of group therapy.

Now this isn't to say that 12 step encounters are not helpful, or that you ought to desert them completely. But for true addiction assistance in your life, you have to look on the far side of group therapy and discover additional means by which you can drive yourself to grow as an individual.

Think about the fact that a lot of individuals who begin attending 12 step meetings sooner or later relapse. As a matter of fact, if you really consider the numbers, the huge majority of those who go to 12 step meetings will relapse. Even the released numbers from AA's 10 year census data demonstrates that long-run success rates can't possibly be better than five percent.

This isn't stated to discourage anybody, but simply to point out the restrictions of group therapy as a recovery technique. A 12 step society makes a fantabulous support system for early on recovery, but doesn't inevitably supply the best motivation for long-run, personal maturation in recovery.

I've seen so many individuals relapse while attempting to stick to the 12 step plan. I've witnessed other people who have branched out from the rigorous dogma of 12 step wisdom and discovered success through additional means in their lives. This isn't to state that you have to stop attending meetings. What I'm saying is that you may wish to quit depending upon meetings, as that's really a weakness that isn't necessary for you to hang on to in long-run recovery.

The freedom that you acquire from specifying your own creative life in recovery is amazing. It isn't so much that you are free from 12 step plans, but that you're free to live your life how you've purposefully made it in recovery, no matter whether or not that includes involvement in the fellowship.

I'm not knocking the 12 step plans here. They're potent and helpful and you ought to utilize them and participate if that's your calling. Simply recognize that there are limits involved with maturing in those plans, particularly when you're centering on long-run, holistic growth.

Chapter 4:

You Must Take Action

Synopsis

Recovery is all about results. If you remain clean and sober and you're living a satisfying life then that's good. You've discovered your calling and whatever plan (or lack thereof) that you're working appears to be the correct fit for you.

Put differently, if you're attempting to recover from an addiction, the most beneficial thing to do is to do what figures out for you.

Get Going

Rather than taking a hard-line on precisely what needs to be accomplished in order to recover, traditional wisdom states you ought to explore and find what works best.

So if somebody acquaints you with a recovery program--any plan at all--you must be realistic about it. Realize that any plan for recovery is truly just a collection of suggestions. If a recovery plan is going to work out for you, do you think it's the actual promptings of the program that bring about the results, or do you believe that the results bank more heavily on your personal actions? Just how complicated is a plan of recovery, truly? It's not what you do; it's how you accomplish it. Consider what a great recovery plan truly consists of. We could break it down like this:

- 1) Abstinence
- 2) A blueprint for living
- 3) Support and networking (assisting other people)
- 4) Personal maturation

Truly, where is the mystery in this? Certainly, it's a lot of stuff. And no, it's not inevitably simple to accomplish. Individuals fail at recovery over and over. But my point is that there's no grand mystery in the plan itself. The answers are in the action.

There's a shift that happens when the struggling addict in early on recovery is no longer battling to remain clean; they discover a

particular peace about themselves and matters begin clicking for them. Either that or they relapse. However the idea of transition is genuine.

Recovery is split into short-run and long-run recovery. We do particular things in the beginning to remain clean. If we don't alter our technique eventually and make the transition to long-run recovery, we relapse. We must change in order to pull through over the long run.

We must accomplish particular things in early on recovery to remain clean. These are different matters for everybody, but the precepts are the same: we require a strong support system, much structure; a few require protection from the outside world (like a treatment center). However these things won't keep you clean five years down the road or even one year out. Those who don't transition to long-run, holistic living will unavoidably slide back into their old behaviors.

No one consciously knows when they're making this jump from short-run to long-run sobriety. It simply occurs. You are able to retrospect, naturally, and discover how you grew through the stage.

So how may we know what to do? How may we help the transition? The answer to this is what the originaive theory is all about. The answer lies in the three primary strategies:

- 1) Treasuring self
- 2) Networking with other people
- 3) Push for holistic maturation

Particularly, the push for holistic maturation is a vital component of the transition. I'm not so certain that you are able to plan this sort of growth out specifically, however. What's important is to get past the mentality of "I'm just going to center on my plan and not get distracted with schooling or career or additional things right now." Many traditional recovery plans don't encourage holistic maturation so if you center on them then you're going to be doing so at the exclusion of additional growth opportunities.

However maturation involves change. We either move onward in recovery or we slide back.

So my proposition is to seek holistic growth opportunities right from the beginning. Discover ways to diversify and grow or learn outside of the limits of "traditional recovery." This may include things like physical fitness, nutrition, meditation, training, the arts, learning fresh skills, building fresh relationships, etc.

The transition happens when you grow beyond the minute focus of your early on recovery efforts. When we're working a traditional plan of recovery, we tend to have a restricted visual field in that we perceive all potential growth as being linear. Maybe the 12 step model has facilitated this idea as the 12 steps are plainly ordered and are in sequence.

However in holistic living, maturation may be expansive and non-linear. No matter what program you're working, most individuals don't grow at a regular pace in recovery. Many of us stagger around for a while to begin with, attempting to detect our footing and simply get through the cravings and urges of every day. Afterwards, when we

have been making holistic growth attempts, our maturation in recovery may be explosive.

Put differently, occasionally we have to slog through a tough time in recovery when we see small results from our attempts. The final payment comes eventually when all of our holistic maturation attempts begin paying off down the road at some point.

The only true enemy in long-run recovery is complacency. After living clean and sober awhile, we no longer battle with daily urges or even with more elusive threats to recovery like resentments or self-pity. Rather, the true challenge in long-run recovery is to continue challenging ourselves to mature.

Center on the three primary strategies and continue pushing yourself to grow, and complacency will take care of itself. When we're first beginning in recovery, there are a few high impact matters that we may do in order to get moving on the right foot. These are action oriented matters we may do, like:

- 1) Attend treatment
- 2) Attend 12 step meetings daily
- 3) Call our sponsor or additional recovering addicts
- 4) Examine recovery literature or write up step work

Etcetera. These are the sorts of things that are normally suggested to fledglings in recovery. How come? Because they work. They help individuals get clean.

But what occurs after a recovering addict has made it to three months clean, to six months clean, to two years clean.....do they need to keep

executing these same things, again and again? Are we essentially supposed to remain in “novice mode?”

It's my belief this isn't healthy. Now, there are a few in recovery who will debate that we ought to “stick to the basics,” and that it's crucial for us to keep imposing these same recovery tactics, no matter how long we have been going. I take issue with this based on what I've observed in other people.

The reason for this is individuals appear to get wedged in early on recovery. They abide by the 12 step plan and wind up utilizing the daily meetings as a sort of group therapy. A few of these individuals in recovery get wedged in the same patterns, attend the same meetings again and again, and essentially continue to live in recovery without making much true growth in their life. This isn't the ideal way to live in recovery. If you're simply treading water, trying to recover, then what sort of recovery is that? Not a really great one, in my view.

Best is to challenge yourself to mature in your recovery and develop as a spiritual being. What does this imply? It implies that rather than ditching your issues and sniveling in a 12 step meeting daily, you ought to be spending your energy in more fertile ways as you advance in recovery. One way to accomplish this would be to provide addiction help to other people in recovery.

You may likewise seek to discover fresh ways to grow outside of the limits of traditional recovery. For instance, the 12 step plan typically centers on spiritual growth solely. This is a shortsighted point of view and to really recover you have to heal your life in additional ways as well, including physically, emotionally, socially, etc. But naturally these are simply ideas. In order to recover, you have to live this way.

Chapter 5:

What's Next

Synopsis

If you've been practicing these suggestions then finally you'll get to a spot in your recovery where you've determined some level of stableness. Does this imply you're cured? Naturally not, as the menace of relapse is forever there.

But if you're practicing these suggestions then you'll have some insurance against the menace of relapse. You might not be unshakeable, but at least you'll be driving back complacency with plenty of maturation and purposeful action in your life. As long as you make a habit out of the abiding by strategies you'll eventually transition into long-run sobriety.

Now What?

So let's suppose that you accomplish these things and fall under a routine with them and therefore transition into long-run recovery....what next? Let's have a look at a few possible answers:

1) The techniques themselves are open ended, they're not destinations that you are able to arrive at. Consequently, you never "arrive" in recovery, you never "graduate," there's no ultimate remedy.

This is uniform with traditional recovery plans likewise. You are able to always force yourself to accomplish more, to develop in a fresh direction, to learn something different, and so forth. Personal maturation has no bounds. Consequently, "what's next" is forever going to be "additional growth."

2) Switch toward purposeful creation - what do I imply by "purposeful?" Well, all creation has intention, but commonly in early on recovery we're centering on ourselves.

What I've found in living by these strategies is that the focus finally swings towards creating for the purpose of reaching other people. In traditional recovery terms, this would imply that a few individuals would begin sponsoring fledglings, or they may volunteer to take a 12 step meeting into a jailhouse or institution. The thought is to utilize creation to assist other people or to reach out to other people in some manner.

This is particularly powerful as a long term technique for originaive recovery. Make a habit out of assisting other people in recovery and you'll beef up your own recovery immeasurably.

But even after you've "arrived" at this point, there's always a different level to pursue....never let complacency take charge and make you believe you've got this matter beat! Forever return to the 3 techniques and continue to press yourself to work at them.

Wrapping Up

There are things that anyone can do to assist in recovery, but they're likely not as direct as you'd like. The issue is that the direct routes to assisting are for the most part ineffective. What you are able to do is to alter your own behavior so as not to enable the individual or further their addiction. Put differently, you are able to do your part and then leave the shifting up to them. Here are a few ways to alter your own behavior so as to assist the struggling addict:

- 1) Don't enable them
- 2) Don't save them
- 3) Exercise detachment
- 4) Specify healthy limits

We hope the suggestions in this book will be able to help yourself or someone else in beating any addiction.