

Recovery Road Map ~ Philosophy

1. Ultimately we are all responsible for ourselves, and the choices we make in life.
2. Part of being human, is that we make both good and bad choices, and can learn from them both.
3. As humans, we are social beings, and need a relationship with ourselves, with other significant people in our lives, and to have a spiritual connection with something greater than ourselves such as with nature or a God (of our understanding).
4. Addictions (repeated non-helpful behaviors) arise, as we try to cope with the stuck points in our lives. The stuck points can be our reactions to our various life experiences, or our frustrated attempts to cope with things in life that are beyond our control (like other people).
5. Many times addictions to alcohol, other drugs, or a variety of behaviors, begin as a choice (mental and emotional), but end up as a disease (physical need).
6. Recovery involves being true to ourselves, to others, and to God, by taking back that control over some areas of our life that we had given over to the addictive habit or behaviors. It is learning to daily: think, feel, and act, in a manner that is respectful to ourselves and to others.
7. Any kind of “*life change*” is a process - such as the Model of Change detailed on the website.