

## The Danger of Complacency

***“The arrogance of success is to think what you did yesterday will be sufficient for tomorrow” – William Pollard***

In recovery, complacency can be an easy trap to fall into when your guard is lowered. People become overconfident with their recovery and take abstinence or better control of alcohol or drug use for granted.

Being abstinent or getting the control you want over your alcohol/drug use for a longer period of time, could be a few months, or even a year or two. But after a while, it becomes a habit. People can forget that they had a problem in the first place or forget what their lives used to be like.

After maintaining recovery for a while people can feel excited with experiencing strong emotions, both good and bad when they aren't numbed by substances. But they can have a smooth patch in life, and everything feels fantastic, the future is bright and optimistic.

It might seem strange to say there's something wrong with feeling good, but if things in your life start going wrong and this honeymoon period ends it can make reality seem harsher and everything seem more disappointing. And someone can question if recovery is worth it. This links in with leaving our comfort zone from a couple of weeks ago. It prepares you to cope better with unexpected life events. Life is full of ups and downs, and nobody can stay up forever.

