

Key Themes

Recovery from drugs and alcohol is not about just stopping using. You recover by creating a new life where it is easier to not use.

The following are some key themes that have been discussed in groups and with keyworkers.

These themes continue in the Recovery Checklist, which we'll come on to next.

Managing High-Risk Situations

Some common high-risk situations are described by the acronym, HALT:

- Hungry
- Angry
- Lonely
- Tired



Another way of looking at high-risk situations:

- People. (People who you use with or who are related to your use. People who you have conflicts with, and who make you want to use. People who you celebrate with by using. People who encourage you to use either directly or indirectly)
- Places. (Places where you use or where you get your drugs or alcohol.)
- Things. (Things that remind you of your using.)

Learn to Relax

There are a few reasons why people use drugs and alcohol.

They use to:

- Escape
- Relax
- Reward

Everyone needs to escape, relax and reward themselves. Those are essential coping skills for a happy life. But people who have problems with drugs and alcohol can struggle to do these things without using.

Relaxation is not an optional part of recovery. It's essential to recovery. There are many ways to relax. They range from simple techniques like going for a walk, to more structured techniques like meditation. Use any of these techniques, or a combination but do something every day to relax, escape and reward yourself, and turn off the chatter in your mind.



Show common sense.

Not everybody is your best friend. And not everybody will be glad to know that you have a dependency issue or that you're doing something about it. There may be some people who you don't want to tell about your recovery. But don't be reluctant to tell the people close to you about your recovery. You should never feel ashamed that you're doing something about your drug and alcohol use. (Reference: www.AddictionsAndRecovery.org)

Remember if you always do what you've always done – you will always get what you've always got.