Can You Find the Capitalized Words?

RECOVERY is LEARNING to ENJOY life - without the abuse of alcohol or intoxicating drugs. It is to ACCEPT - and to get HONEST about the problems that substance abuse or addiction have brought to your life. Recovery often begins at a moment when you hit a BOTTOM - a time when you REALIZE - that the CHOICES you have made - have not taken you where you wanted to go. It is a time to be OPEN to the POSSIBILITY - that you may not have all the ANSWERS - and a time to LISTEN to the EXPERIENCE and WISDOM of others. Recovery is a WILLINGNESS to get ACTIVE - to DO what you need to do - to BELIEVE in the POWER of recovery - and to TAKE the time that you need to HEAL in MIND, BODY and SPIRIT.

You may require medical TREATMENT to assist with your recovery. If so - make sure to attend to your APPOINTMENTS on time - and to take any MEDICATION as directed. But for a recovery to take hold - you will need to YOURSELF - to set BOUNDARIES with others who continue to use - and to TALK with others in recovery. Mutual SUPPORT can WORK for you - as it has for so many others. ASK for HELP to find MEETINGS and GROUPS where those in recovery gather TOGETHER - and then RELATE to the PEOPLE you meet.

TODAY is your PRIORITY. No matter what else - make sure that you stay SAFE. Learn to take things one STEP at a time - to put FIRST things first - and to keep life SIMPLE for now. WRITE a brief SCHEDULE of what you need to do - and try to add some ROUTINE to your day. Get up at a REGULAR time - and take some QUIET time first thing in the MORNING - to SETTLE and READY your self for the day. Keep a JOURNAL - and write a GRATITUDE list each day. Be MINDFUL of the PRINCIPLES and the WAYS of addiction recovery - and PRACTICE them in your EVERYDAY life. Make time to CARE for, CALM and EXPRESS your SELF. Take an INVENTORY of what you've done RIGHT - and REFLECT on where you could be BETTER. Your personal PROGRAM of daily ACTIVITIES provides a FOUNDATION of SAFETY, STABILITY and SECURITY to your recovery.

REMEMBER - that if you only do things the same way as before - you are likely to end up in the same place - over and again. CONSIDER this a time to try NEW ways. POSITIVE self talk - MEDITATION and PRAYER will EMPOWER your recovery. These help to FREE your mind from worry and fear - and will GROUND you with a CENTERED sense of PEACE - and SERENITY. Wear a WALKMAN orMp3 player - to fill your head with RELAXING music or books. EXERCISE - to build your ENERGY and to RELIEVE anxiety. Then have a good REST afterwards - and READ more about recovery on SUPPORTNET.ca - to PREVENT more problems - before they occur.