**Question asked: “HOW TO HELP YOURSELF WITH YOUR DRUG ADDICTION”**

**You don't recover from an addiction by stopping using. You recover by creating a new life where it is easier to not use.**

You don't have to change everything in your life. But there are a few things and behaviors that have been getting you into trouble, and they will continue to get you into trouble until you let them go. The more you try to hold onto your old life in recovery, the less well you will do.

**Avoid High-Risk Situations**

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

* **Hungry**
* **Angry**
* **Lonely**
* **Tired**

**How do you feel at the end of the day?** You're probably hungry because you haven't eaten well. You're probably angry because you've had a tough day at work or a tough commute home. You may feel lonely because you're isolated. You don't have to be physically alone to feel lonely. And you're tired. That's why your strongest cravings usually occur at the end of the day.

**Here's another way of looking at high-risk situations. You need to change:**

* **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.)

**Coping Skills**

Two important coping skills for recovery: The ability to **relax** **and manage stress**; the ability to **change negative thinking**.

**Recovery requires complete honesty.** You must be one-hundred percent completely honest with the people who are your supports: your family, your doctor, your therapist, the people in your 12 step group, and your sponsor. If you can't be completely honest with them, you won't do well in recovery. When you're completely honest you don't give your addiction room to hide. When you lie you leave the door open to relapse.

Recovery isn't about one big change. It's about lots of little changes. (https://www.addictionsandrecovery.org/)

**NEED HELP?** Call Alcohol/Addictions Crisis Center: FLACRA, 28 E. Main Street, Clifton Springs, NY (315) 462-7070