The #1 thing that helped you win a clean recovery
Posted by DavidT - 04 Dec 2019 15:31

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Hi All.

As there are so many good people here that are starving to be from the winners who finally got into the real recovery mode, I think if we would get some simple to follow top tips from the winners it would help a lot.

?So to start: my humble opinion is that the most effective tool is coming out of the shadows. Depending on how deep the issue is (addiction or just bad desires). It can mean going to meetings or just posting about it and talking to other people and having accountability partner(s).

Please post what actually helped you and how others can put the same thing into practice.

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Re: The #1 thing that helped you win a clean recovery
Posted by DavidT - 30 Dec 2019 21:06

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The key to beating any addiction is to remember that *you want* to break the addiction. Those two words are critical: "***you want***." You can help yourself resist temptations by reminding yourself that stopping addictive behaviors is **for you**, and that you **reallywant** to stop.

Unfortunately, it just doesn't work to try and break an addiction for someone else. **You** have to really really want it.

The second part is reminding yourself, especially in the heat of the moment, of what you really want. What you really want is to be clean, not to engage in the addictive behavior.

Visualization is another great tool you can use. Sit in a comfortable place. Take a deep breath, and close your eyes. Imagine yourself having the temptation. Really see yourself, feel the feelings, as if you really were having those temptations right now. Now see yourself withstanding the temptation, getting up, doing something else. Feel how wonderful it feels to be clean and victorious. Do those visualizations a few times a day—maybe every hour. You'll be training your brain to derail your addiction.

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