Recovery from addiction is a lifelong journey. You are in control of when you begin your journey. It will be challenging, but the view at the top is worth the climb. Find your pathway to hope and healing today.

How to Begin Your Journey

Recognize Recovery Takes Time
Recovery is a lifelong process in which you are likely to experience multiple periods of abstinence, treatment, and relapse. It may take many years until you can remain fully drug free. However, simply beginning will take you along the path toward becoming the healthy, happy, and loving person you want to be.

Face Challenges
When you are in recovery, there will always be challenges. It's okay if you stumble along the way. In fact, approximately 60% of all people in recovery relapse at some point. While there will be periods of relapse, there will also be many gradual improvements.
Ask for Help

You don't have to do it alone. Find a support system of people who are sober or are also in recovery. Having a strong social support system is a key factor in recovery success.

Turn the Curse of Addiction into a Blessing

You can turn the curse of addiction into a blessing for others by helping them along the path to recovery. In doing so, you will bring the hope and healing you have found to others in your community.

Tap into Cultural and Religious Traditions

Use your cultural and religious traditions to tap into the spirituality that has helped many people on the pathway to recovery.

Reach Out

If you or a loved one is struggling with addiction, please contact your Tribe's health department.

For more information visit:

recoveryinme.com

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