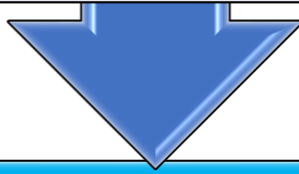


Stages of Recovery

Abstinence Stage

- ➔ Starts immediately after a person stops using.
- ➔ Usually Lasts for 1 to 2 years.
- ➔ Main Task: Dealing with cravings and not using (Improved physical and emotional self-care).
- ➔ Concern: Post-acute withdrawal (mood swings, anxiety, irritability, variable energy, low enthusiasm, variable concentration, and disturbed sleep).



Repair Stage

- ➔ This stage usually lasts 2 to 3 years.
- ➔ Main Task: Repair the damage caused by addiction.
- ➔ Use cognitive therapy to overcome negative self-labeling and catastrophizing; Understand that individuals are not their addiction; Repair relationships and make amends when possible; Improve self-care and make it an integral part of recovery; Develop a balanced and healthy lifestyle; Develop more healthy alternatives to using
- ➔ Relapse Risk: Common causes of relapse in this stage are poor self-care and not going to self-help groups.



Growth Stage

- ➔ Usually starts 3 to 5 years after individuals have stopped using substances and is a lifetime path.
- ➔ Main Task: Move Forward
- ➔ Identify and repair negative thinking and self-destructive patterns; Understand how negative familial patterns have been passed down, which will help individuals let go of resentments and move forward; Challenge fears with cognitive therapy and mind-body relaxation.; Set healthy boundaries.; Begin to give back and help others; Reevaluate one's lifestyle periodically and make sure the individual is on track