

RECOVERY



12-STEP (1935 -)*

1. **Abstaining from alcohol & other non-prescribed drugs. ** *****
2. **Attending mutual aid meetings.**
3. **Committing to work the 12-steps & practice their underlying principles in all aspects of one's life.**

* Unofficial.

** Not to be confused with Tradition 3, in which the only requirement to identify as a *member* of this society is a *desire* to abstain.

*** Using prescribed opioid agonists (e.g. methadone, buprenorphine, Suboxone) is not considered recovery in Narcotics Anonymous.

CCAR (1999)

You are in Recovery if you say you are.



BETTY FORD INSTITUTE CONSENSUS PANEL (2007)

A voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship.



SAMHSA (2011)

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



RECOVERY RESEARCH INSTITUTE (2017)

The process of improved physical, psychological, and social well-being and health after having suffered from a substance related condition.

