

THE DEAD-END ROAD IN RECOVERY

Keeps you spinning your wheels and going nowhere

Below are a series of statements that describe those people who are struggling to stay sober or struggling to find emotional sobriety. Read each one and answer honestly from where you are at right now in your recovery.

1) You have quit booze, drugs, sex, gambling, or any other primary addiction, and you believe that stopping is enough.	YES	NO
2) You have switched your addiction to some other area of your life.	YES	NO
3) You stay so busy all the time, that you don't have time for your recovery.	YES	NO
4) You keep secrets that you are too ashamed to discuss.	YES	NO
5) You won't ask others for support or help.	YES	NO
6) You are emotionally numb or unable to connect emotionally.	YES	NO
7) You have uncontrolled outbursts or are on an emotional rollercoaster.	YES	NO
8) You feel increasingly resentful, depressed, or confused about your life.	YES	NO
9) Your marriage is in trouble.	YES	NO
10) Your children are strangers to you.	YES	NO
11) You want peace of mind but don't know how to get it.	YES	NO
12) You deny your problems and ignore others' complaints about you.	YES	NO
13) You blame others for your unhappiness.	YES	NO
14) You isolate yourself from acquaintances and friends.	YES	NO
15) No one understands you're struggles with addiction.	YES	NO
16) You think about using your drug of choice again or are engaging in other addictive behaviours.	YES	NO

If you answer “Yes” to 3 or more of these statements, then you may very well be on the dead-end road to nowhere in Recovery. You feel miserable, despite being sober, or you may be continually relapsing, unable to get any long-term contented sobriety.

Here are some things you can do today, to get yourself unstuck:

- Be willing to open your mind to the idea that you will limit your success if you continue to do recovery alone.
- Be honest with yourself about how you have switched addictions.
- Work less.
- Tell someone something about you that you have been keeping to yourself.
- Admit you have a problem that won't go away.
- Download a feelings chart and spend time each day identifying and connecting with your feelings.
- Be kind to those closest to you, even if you don't feel like it.
- Take responsibility for your own happiness and engage in some activities that bring you a feeling of joy.
- Take your spouse out on a date.

These are a few simple changes that can help you break free from the stalemate you are experiencing in your recovery. This can be a beginning and help you set your sites on what more is waiting.