



**GOOD LIFE  
RECOVERY**

**Open-mindedness in Recovery**

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**Open Mindedness Defined**

1. Having or showing a mind receptive to new ideas or arguments
2. unprejudiced; unbigoted; impartial

(note: bigoted = utterly intolerant f any creed, belief, or opinion that differs from one's own)



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**Why is it Important in our Recovery?**

- ❖ There are so many ideas and perceptions that we acquire as we grow up about what life – about how we are supposed to behave, how we are supposed to make others proud or happy, about what it means to suffer from alcohol or drug addiction.
- ❖ These ways of thinking and acting become ingrained in us and it can be a huge challenge to let new ideas about ourselves and the world get in and rearrange our internal make up.



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### The Consequences of Being Closed Minded

- ❖ We don't grow because we are running on outdated data and need a reboot, but stubbornly refuse to either see it or change it.
- ❖ We limit our exposure to the potential of what is waiting for us, and fail to expand our circle of friends or colleagues.
- ❖ We become rigid and this leads to being stuck in our recovery.
- ❖ Our emotional sobriety is stagnant at best, and we feel more isolated at worst.



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### The Consequences of Being Closed Minded

There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a person in everlasting ignorance...

That principle is 'contempt prior to investigation'.

Herbert Spenser  
(English philosopher)



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### The Benefits of Being More Open Minded

- ❖ When we open to new ideas, attitudes and perceptions about recovery, our relationship to the world, to others, and to ourselves becomes more positive.
- ❖ We learn how to handle things that used to baffle us.
- ❖ We begin to let go of fears and insecurities and embrace joy.
- ❖ We actively seek out people and activities which add value to our lives



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### Self Assessment

On a scale of 1-10 – 1 being the least & 10 being the most most:

1. How open minded would you say you are, generally speaking?
2. When it comes to addiction and recovery, how open would you say you are to new ideas that differ from what you already believe?
3. How open minded are you when it comes to believing in a life in your future that is happy, joyous and free?
4. How actively do you seek out others to influence you in your recovery and in life?



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