

Thoughts on Addiction from Someone in Recovery

- ♥ No matter how hopeless you are, you can always find a way out with the right support systems.
- ♥ Always do the next right thing – one step at a time.
- ♥ Temptation NEVER ends. Recovery is never over.
- ♥ Don't forget the struggles even when things are great. ... “play the tape all the way through – even the parts that are hard and make you sad, especially those parts”
- ♥ You are really only one mistake or bad decision away from potentially erasing years of progress

Lamont Pfaff - BSBA - PCAI

Patient Care Assistant I, Griffin Memorial Hospital



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Thoughts on Mental Illness from Someone in Recovery

- ♥ You can get better – your body can heal over time, especially if you take care of it through abstinence from substances and healthier lifestyles
- ♥ Some mental illness is a result of losing loved ones and turning to substances to numb/cope instead of reaching out for support
- ♥ Mental health issues can improve if you learn how to find happiness in the “ordinary”...working a job, caring for houseplants, thrift shopping, giving back, eating at local restaurants, etc.
- ♥ Have the courage to face what you have to face. If you don't feel courageous yet, lean on others for the courage you don't have – eventually that courage will be your own.

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