

## *Abstinence: What It Is and What It Isn't*

### **What It Is:**

**Abstinence** is stopping and remaining free of any further drug or alcohol use.

### **What It Isn't:**

**Abstinence** is not recovery. It is a step towards recovery, but remaining free of drug or alcohol use does not mean that the person is recovered. *Recovery is a process*, which includes long term abstinence, but must also include changes in all aspects of the person's life.

