

Recovery Process

Pretreatment: This is a precursor to the recovery process. The person's drug or alcohol use begins to show them through consequences that their use is out of control. This is when the person ends up having a *motivational crisis (an event that results in the person recognizing that something is seriously wrong)*.

Stabilization: Includes a period of detoxification, and a period of motivational counseling. During this stage the person works towards stabilizing physically and psychologically so that the person can recognize the emerging pattern of crisis in their life. This is when the person enters an initial period of abstinence and seeks out long term treatment.

Early Recovery: A person in early recovery works towards completing the task of processing the crisis and stabilizing behaviors. The person must take an in-depth look at life problems caused by their drug or alcohol use. The person needs to acknowledge that they are an addict, along with becoming motivated to recover through lifestyle changes.

Middle recovery: Occurs after the person has made a commitment to long term treatment. The person needs to overcome feelings of demoralization that comes along with the decision to recover. The person in this part of recovery must face negative views of oneself and their drug or alcohol use. In middle recovery people must face themselves honestly. Acceptance of their problem needs to occur. The final step of middle recovery is the person building a structured self-regulated sobriety plan.

Recovery Process (continued)

Late recovery: the person stabilizes drug and alcohol related life problems, along with identifying and resolving other life problems that may be unrelated to their use. The person also learns to distinguish between drug or alcohol centered values and sobriety centered values. During this period the person begins to learn to live again in a way that is productive and free of drug or alcohol use, thus gaining peace of mind.

Maintenance: The person realizes that full recovery is the life-long need to stay with a strong plan consistent with a daily program of ongoing recovery and positive personal growth.

