



A Guide to Overcoming Addiction

“When you get into a tight place and everything goes against you, till it seems you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.”

—Harriet Beecher Stowe—

Trauma can make you more vulnerable to addiction. You can manage your addiction by practicing the 5 Strategies to Reclaim Hope as well as other proven recovery strategies from the addiction treatment field.

Using the 5 Strategies to Reclaim Hope to Overcome Addiction

- **Awareness.** Living more fully in the present moment will allow you to be aware of what is going on inside and outside of yourself.
- **Acknowledgement.** Admitting the truth of your addiction, no matter how difficult that may be is a key part of recovery.
- **Power Through Surrender.** You can make an informed decision on how you want to respond when triggers and cravings come over you. Recognize them for what they are and let them be.
- **Mindfulness.** Focus on empowering thoughts and choose healing actions.
- **Faith.** One of the strongest things you can do is believe that you can heal. Believe that you can overcome your addiction.

Components of Addiction

1. **Craving.**
2. **Loss of control.**
3. **Negative consequences.**
4. **Continuing involvement despite adverse consequences.**

Addiction is a chronic brain disorder. Recovering from addiction involves adopting healthy coping strategies, which typically include establishing positive relationships, psychotherapy, rehabilitation, and self-care.

Suggested Reading

[A Woman's Way Through the Twelve Steps Workbook](#) by Stephanie Covington