



A Guide to Overcoming Addiction

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.

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—

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



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