



# ADDICTION RECOVERY

RECOVERY IS MORE  
THAN JUST STOPPING



Stopping is the first step - but recovery  
is the journey that builds your life.

## WHY RECOVERY IS MORE THAN STOPPING

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- ✓ Stopping ends the behaviour  
Recovery transforms the life around it.
- ✓ Recovery strengthens mental & emotional health  
Healing happens when support, therapy, and reflection begin.
- ✓ Recovery rebuilds identity  
Confidence, purpose, self worth -  
Rediscovered, not lost.
- ✓ Recovery creates healthy habits  
Structure, sleep, nutrition, exercise, boundaries.
- ✓ Recovery reconnects people  
Community, peers, mentors, and supportive relationships

## THE RECOVERY JOURNEY

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### ABSTINENCE

Beginning physical & emotional healing.

### ASSESSMENT

Understanding risks, strengths & triggers.

### RECOVERY PLANNING

A personalised roadmap for change.

### THERAPY & SUPPORT

Learning new coping tools & healing trauma.

### CONNECTION

Support from peers, meetings, trusted people.

### AFTERCARE

Ongoing support to stay motivated.



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