

Don't Face Recovery Alone Get in the herd!

How we choose to handle this feeling of vulnerability is at the heart of how we approach recovery

We know that recovery means changing practically everything about our lives. Our relationships with others and ourselves, our environment, our habits, our outlook - all of it changes when we choose recovery. As much as we want to make that change, it's still daunting and intimidating. Naturally, we feel vulnerable, a necessary outcome of changing practically everything about our life.

Recovery is always possible and you don't have to face it alone

In recovery, working within our herd and practicing self-care like exercise, therapy, meditation, 12-step group participation, and mindfulness can accomplish the same purpose for us. We're at the center where we're protected by the more experienced members, keeping us safe from predators, in this case, addiction. We develop positive techniques and build our psychological and emotional strength, which helps protect us as individuals and adds strength to a sober community against the threats of active addiction.

The only thing that changes when you get sober is everything



When we connect with each other with a common purpose, to stay sober and safe, we're better supported and protected from people, places, and decisions that pull us away from recovery. Alone, though, we're weak and vulnerable to attack and continued suffering in addiction.



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