



THE GROUPS ADDICTION RECOVERY

Playbook

A guide to kickstart your recovery

groups
recover together

INTRODUCTION

You've taken a huge step today simply by reading this. Inside, there are plays (or exercises) designed to help you organize your life and overcome opioid addiction. Some pages have tasks to work through, success stories you can relate to, or suggestions from our staff to help guide you. Take what you want and leave the rest.

CHAPTER 1

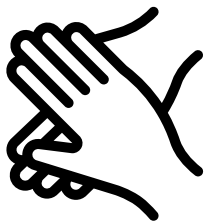
What you need to do to stop feeling sick.

CHAPTER 2

Making long lasting changes in your life.

CHAPTER 3

Figuring out the next steps for your recovery.



It's not easy, but as we always say -- the only thing harder than beating opioids is doing it alone.

You're never alone.



Understanding the playing field

CHAPTER 1

Education & Identification

In this chapter, you will learn:

- » How did you get here?
- » How do you know if your drug use is a problem?
- » Why do you feel sick?
- » What are your treatment options?
- » How long should you be in treatment?

HOW DID YOU GET HERE?

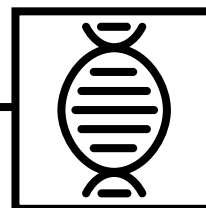
Addiction is a **chronic disease**. You do not lack willpower. Rather, prolonged substance use has altered your brain's reward system, which is triggering biological and behavioral responses.



DID YOU KNOW?

Your genes account for about half of your risk of developing an addiction.

Source: <https://www.addictionsandrecovery.org/is-addiction-a-disease.htm>





EXERCISE 1:
HOW DO YOU KNOW IF YOUR DRUG USE IS A PROBLEM?

You may be contemplating getting treatment but you aren't sure you're ready. That's normal. Here's a handy checklist for you to fill out that will help identify the signs of drug addiction.

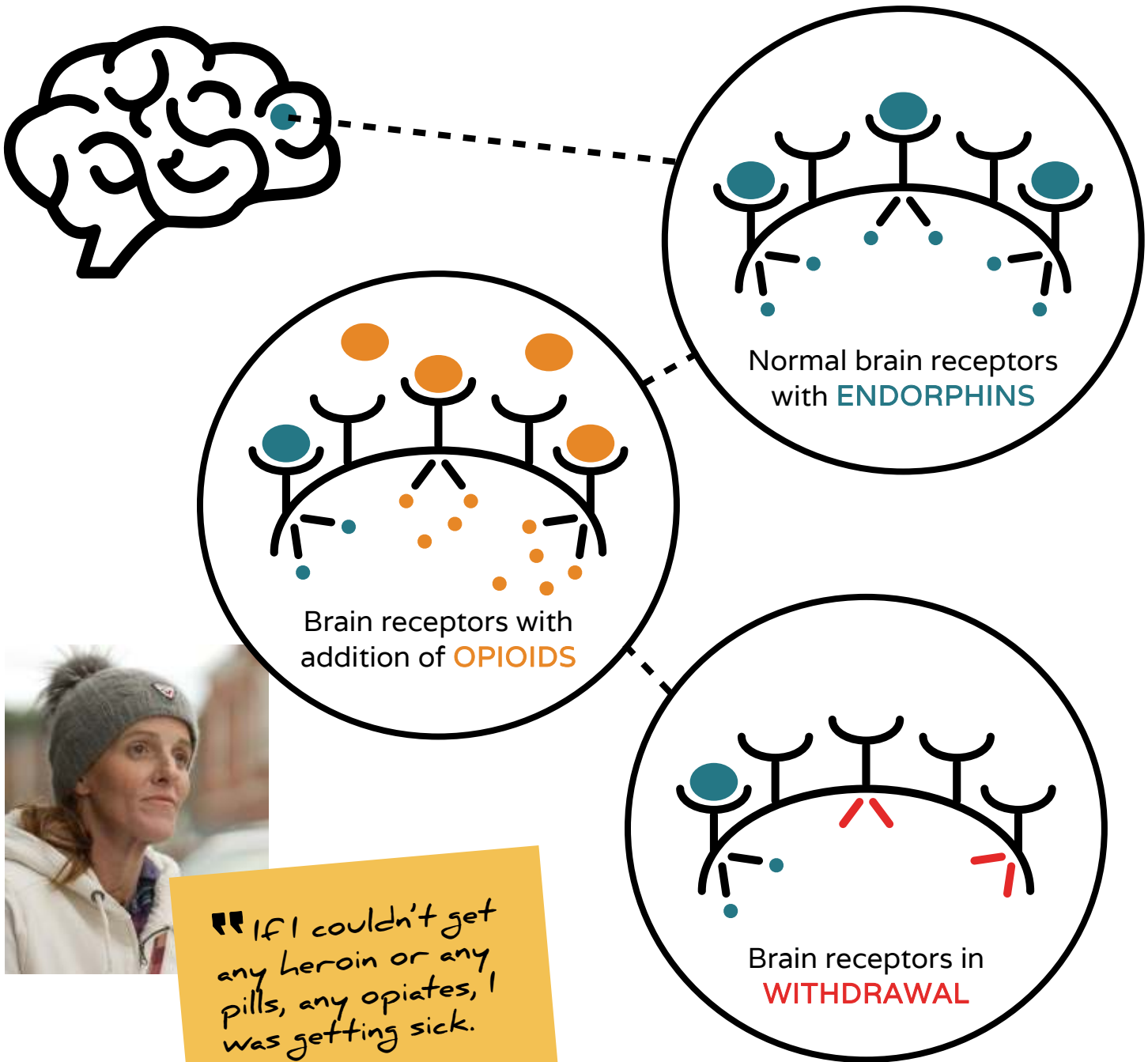
YES NO

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | You need more and more of a substance to get the same effect. |
| <input type="checkbox"/> | <input type="checkbox"/> | You feel strange when the drug wears off. This may include feeling shaky, depressed, sweating, or feeling sick to your stomach. |
| <input type="checkbox"/> | <input type="checkbox"/> | You spend a lot of time thinking about the drug: usually how to get more, or how good you'll feel if you take it. |
| <input type="checkbox"/> | <input type="checkbox"/> | You hide the drug use from your friends and loved ones. |
| <input type="checkbox"/> | <input type="checkbox"/> | You've lost interest in things you once liked to do. |
| <input type="checkbox"/> | <input type="checkbox"/> | You're having trouble getting along with those you interact with. And they complain more about how you act. |
| <input type="checkbox"/> | <input type="checkbox"/> | You have made mistakes at work or school because of your drug use. |
| <input type="checkbox"/> | <input type="checkbox"/> | You have not taken good care of yourself (such as practicing good hygiene or eating well) because of your drug use. |
| <input type="checkbox"/> | <input type="checkbox"/> | You keep trying to cut back or quit drug use but you were not able to. |
| <input type="checkbox"/> | <input type="checkbox"/> | You borrow or steal money to pay for drugs. |

If you answered "YES" to any of the questions above, it's time to think about your treatment options. But first let's talk about why you're feeling sick.

WHY DO YOU FEEL SICK?

Prolonged opioid use has affected the way your brain is wired and the way your body is responding. You may be using opioids to stop feeling sick. But know that you have options from here -- and hope.



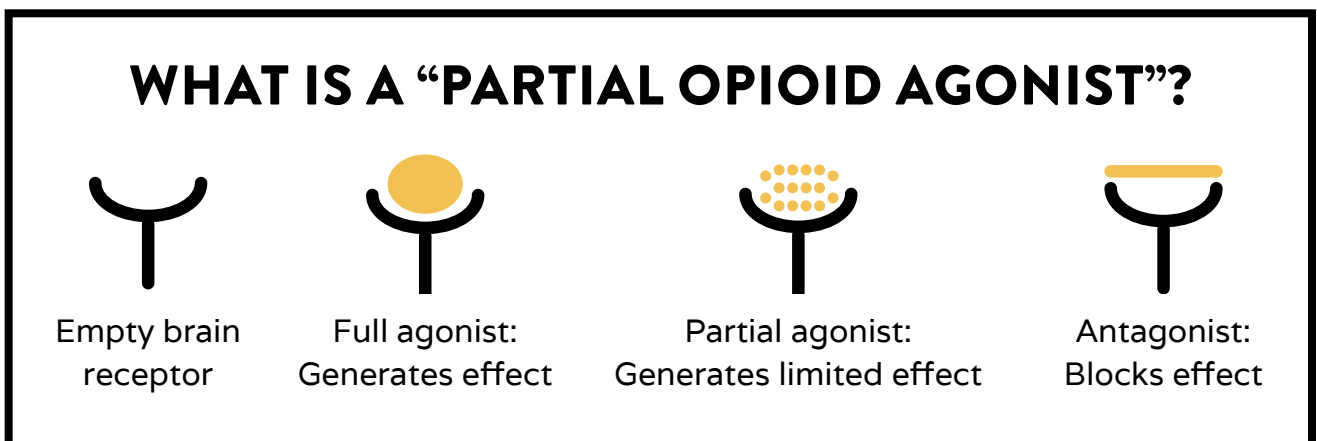
“IF I couldn't get any heroin or any pills, any opiates, I was getting sick.”

WHAT ARE YOUR TREATMENT OPTIONS?

Medication-assisted treatment is widely considered the gold standard for the treatment of opioid use disorder. The medication options are methadone, Buprenorphine (or Suboxone®), and Naltrexone (or Vivitrol).

1. METHADONE IS A FULL AGONIST; it's the strongest and most dangerous, and because of that it's the most highly regulated and the least convenient for people to take. It can only be dispensed at highly regulated opioid treatment programs. For many, methadone clinics can be hours away, but because they need it every day, they have to make that drive. For those who work, that can mean waking up at 3 am, driving two hours to a methadone clinic, and doubling back in time for work.

2. SUBOXONE IS A PARTIAL OPIOID AGONIST, meaning it is not as strong as a full agonist like methadone and thus significantly safer. Suboxone is prescribed and can be picked up at a local pharmacy, which is much more convenient for those who take it.



3. VIVITROL IS A PURE ANTAGONIST, but real-world data shows that it's not as effective as the other two options. It's the most convenient of the three, as it's not highly regulated and not considered a controlled substance.

Alternatively, some people opt for abstinence-only treatment, often with support groups like Narcotics Anonymous (NA). While group therapy is an effective recovery tool, research shows that as many as 90% relapse within 1-2 months of detoxification if they aren't also treated with medication (1). Cutting opioids off cold turkey doesn't work. In fact, it's harmful and could lead to relapse.

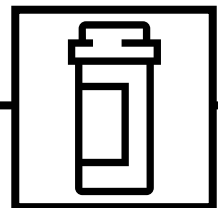
When managing any chronic disease, **successful treatment relies on a combination of medication, counseling, and lifestyle changes.**



HOW LONG SHOULD YOU BE IN TREATMENT?

This is the number one question that people ask. The risk of relapse is extremely high if people in recovery stop taking their medication, so it's important that you continue treatment as long as it takes to make significant progress in other areas or your life (including relationship building, job responsibilities, or housing to name a few). But the absolute answer to "what is the optimal length of treatment" is unknown and varies from person to person.

"I tried to get help and nothing seemed to work. When I took Suboxone though, I was able to function -- no sickness, no anxious feeling, no crawling out of your skin."



DID YOU KNOW?

While group therapy is an effective recovery tool, research shows that as many as 90% relapse within 1-2 months of detoxification if they aren't also treated with medication.

Source: <https://pcssnow.org/resource/best-treatments-opioid-addiction/>

WHAT ARE SOME OF THE BIG MYTHS OF SUBOXONE?

At Groups, we prescribe Suboxone, but we have to go to great lengths to dispel the myths swirling about the medication. Here's the truth behind it.



Dr. Gus

MYTH #1

“Suboxone just substitutes one drug for another.”

Dr. Gus Says: Suboxone, if used as directed, is a medication, not a substance. It is a stable, safe, long-acting medication with a ceiling effect. That means it's hard to abuse and nearly impossible to overdose on.

MYTH #2

“Taking Suboxone is a “failure of willpower” or “giving up.”

Dr. Gus says: Addiction is a medical disease, not a moral failure. Treatment with a medication like Suboxone allows stabilization of opioid receptors in the brain, which means the person can finally start to focus on making wholesale changes to their lives instead of feeling sick. Just like other diseases, such as diabetes and heart disease, medication is needed to manage the symptoms associated with sickness. The medication is simply a tool used to recover.

MYTH #3

“People can get high on Suboxone.”

Dr. Gus says: Intoxication from Suboxone does not occur if the person is opioid dependent. Intoxication occurs only when Suboxone is combined with other substances, not taken as directed, or improperly used to medicate withdrawal between episodes of other opioid abuse.

CHAPTER 1 SUMMARY OF LEARNING



You now know:

- » What treatment options are available, how they affect your body, and how to stop feeling sick.
- » How long you should remain in treatment is contingent upon the other areas in your life that need adjustment, and counseling can help outline your plan.
- » That change is needed and change is possible.

Now that you understand the playing field and the equipment you need to be successful, continue to chapter 2 to learn more about strategies to get in the game and become an active player in managing your addiction.



READY TO TAKE BACK CONTROL FROM HEROIN OR PAIN PILLS?

Want to stop feeling sick?

Call us at **(888) 225-6661** to get started with Groups and to get your prescription for Suboxone.

It's completely confidential.

We'll ask you a few quick questions and then move you into treatment quickly. It's a simple process that can have a huge impact on your life.



The right mindset
to play your best

CHAPTER 2

Reflection & Mindset

In this chapter, you will learn how to:

- » Find your anchor points to avoid relapse drift
- » Reflect on your situation
- » Find your authentic self again

Playing the game is not just about getting back out on the field, it's about being in the right mindset to play your best.

These might seem like huge life challenges to take on in this moment, but they're crucial to face for your progress. Our counselors can help you work through these areas of your life. In this section we've brought in some of our licensed counselors to offer up their best tips.

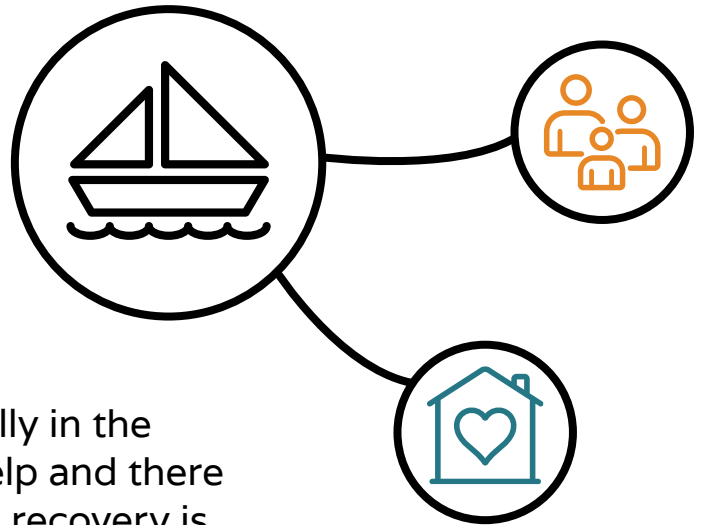
Here's a sneak peek of some of the group therapy topics



that we would address as part of a Groups program. Remember your best chance at recovery starts with medication in addition to these strategies.

FIND YOUR ANCHOR POINTS

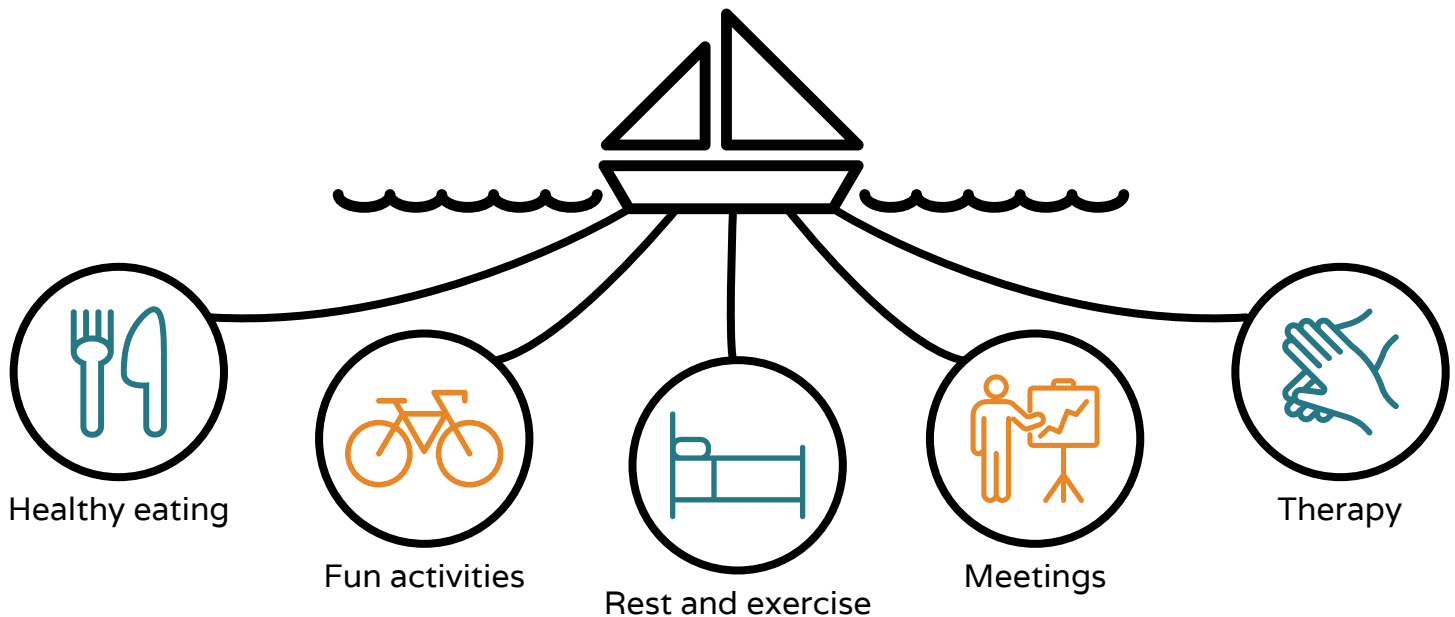
Early stage recovery can be a really scary time for a lot of different reasons. Recovery isn't easy and it's something that a lot of people struggle with especially in the first few weeks. But know that there is help and there are activities you can do to identify when recovery is becoming a challenge. In this exercise we'll illustrate relapse drift.



Recovery is much like a sailboat. When you're in recovery, it's kind of like you're in a safe harbor -- once you have your supportive people, places and things. However, it is possible to drift back into **turbulent water of relapse** without even knowing it.

WHAT KEEPS A BOAT IN SAFE HARBORS? ANCHORS AND MOORING LINES!

It's important to cast out these multiple mooring lines and anchors to settle yourself. The image below shows some healthy recovery anchors:



Counselor Nick

Counselor Nick says: “Go get a scrap piece of paper, even doodle on the back of a sheet. And you can draw a stick-figure boat, something very simple. From that boat, draw some anchor lines and write in your own anchor points.

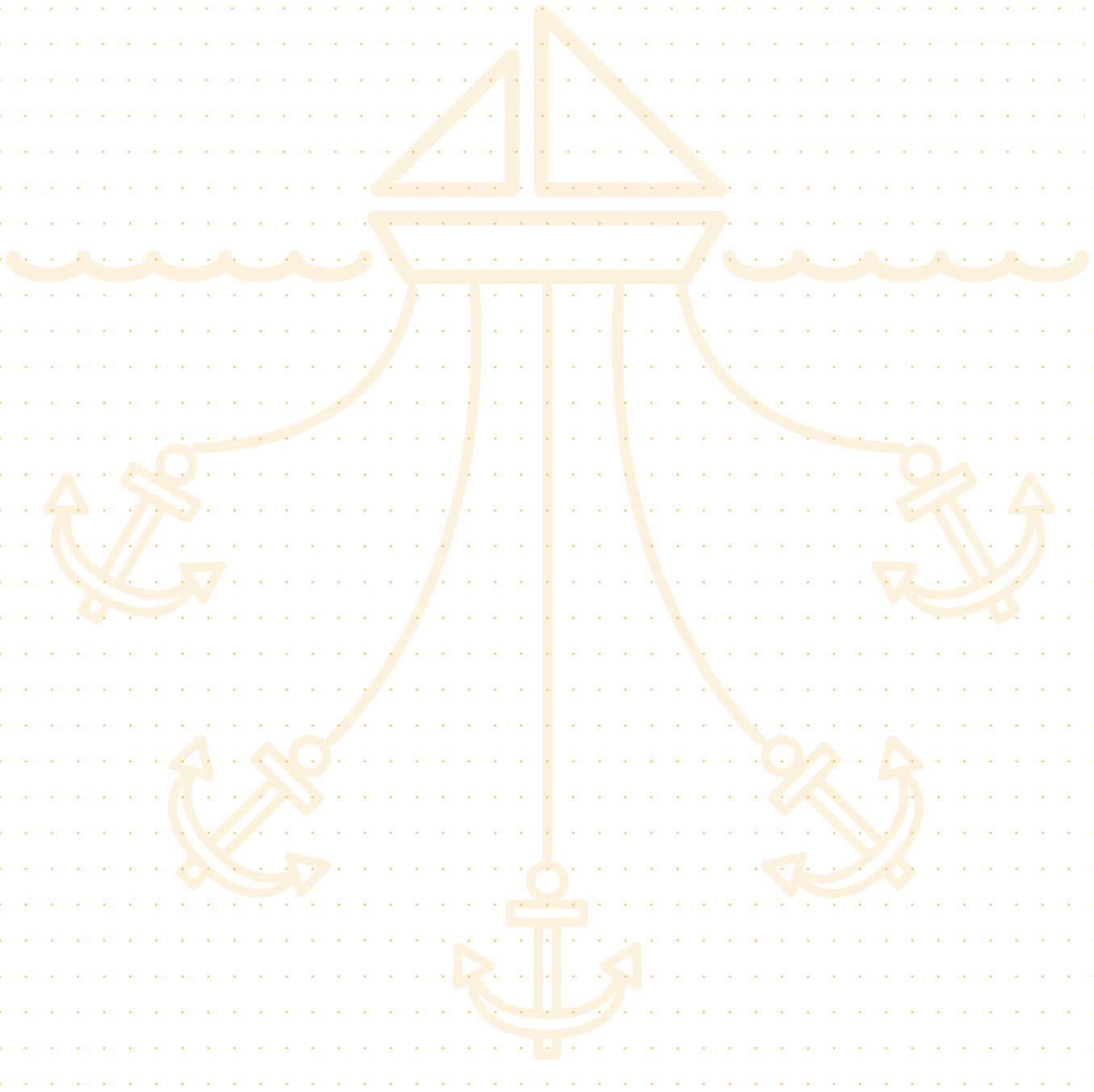
“When we have the skills and we know how to use them, that's when recovery is possible. That's when you can succeed.”

Once you have that list, keep it around you. Some people will put it on their fridge, some people put it in a wallet or a purse, put it on their phone, add it as a screensaver. The key to this is identification and practice. The more you do that, the more skills you give yourself.”



EXERCISE 2:

Try drawing your own boat and anchors in the space below. What are the things that could keep you stable or in recovery? For a mooring line like “fun activities” list what all those activities are below the anchor. Imagine your anchor getting stronger as you list more specifics around each category.



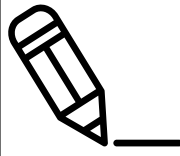
REFLECT ON YOUR SITUATION

Think beyond the immediate challenge of feeling sick for a moment. In order to break free of the cycle of use and survival instinct, you could start by reflecting on the areas of your life that you're most deficient in. To help get you started, counselor Spring asks, "If you could have three wishes right now, what would they be?"



EXERCISE 3:

Fill out the lines below with your three wishes. It could be anything from simple necessities like food or housing to something more complex like relationships or getting a job.



What are your three wishes? Write them in the space below.

1.
2.
3.

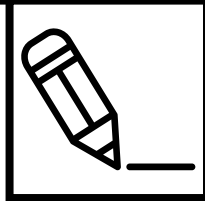
Take inventory of how your day is spent.

1. How much time did you spend looking for drugs?
2. How much money did you spend?
3. How many times did you have to lie to get what you need?

By reflecting on your current habits, you'll start to see where your time, money and energy is being spent and what to start focusing on instead.

Creating a new schedule for how you want to spend your day will bring you stability. Your schedule is your structure. You need that structure to help support you as you continue functioning in the world.

When you enter into recovery, writing down your schedule is crucially important. Schedules that are in your head are too easily revised. If you write down your schedule while your rational brain is in control and then follow the schedule, you will be doing what you think you should be doing instead of what you *feel like* doing.



EXERCISE 4:
DAILY/HOURLY SCHEDULE

Here's a scheduling template you can use to gain that structure in your life.

How many hours will you sleep? From: To:

7:00 AM	<input type="text"/>	4:00 PM	<input type="text"/>
8:00 AM	<input type="text"/>	5:00 PM	<input type="text"/>
9:00 AM	<input type="text"/>	6:00 PM	<input type="text"/>
10:00 AM	<input type="text"/>	7:00 PM	<input type="text"/>
11:00 AM	<input type="text"/>	8:00 PM	<input type="text"/>
12:00 PM	<input type="text"/>	9:00 PM	<input type="text"/>
1:00 PM	<input type="text"/>	10:00 PM	<input type="text"/>
2:00 PM	<input type="text"/>	11:00 PM	<input type="text"/>
3:00 PM	<input type="text"/>		

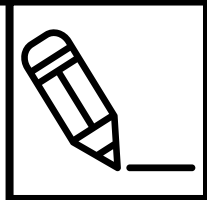
If you struggle to come up with ways to fill your time above, the next section will help you identify interests and activities to get back to your authentic self.

FIND YOUR AUTHENTIC SELF

What was life like before you started using? Do you remember things you used to enjoy? Counselor Alisa asks, “Which of these hobbies might interest you?”



By figuring out your interests, you’ll start to get back to who you truly are -- your authentic self is waiting to be rediscovered.



EXERCISE 5:

Check off in the list below activities that you used to enjoy or might interest you moving forward.

- Cooking & Baking:** *Try something new! Take a cooking class with your friends and family – the endorphins you’ll receive from spending time with loved ones can do wonders for reducing stress. Not keen on a class? There are tons of free YouTube videos that can help train you.*
- Exercise (walking, lifting weights, yoga):** *Vacuuming the house in the morning, riding bikes in the park with the kids in the afternoon, then taking a brisk walk in the evening can add up to an active day.*
- Music:** *If you want to get a release of dopamine and oxytocin in your brain, turn on a song you love. Or better yet, try making your own.*
- Crafts (children’s activities, jewelry design, model building):** *You don’t need a lot of money to do crafts. Some creative thinking with everyday items might do the trick.*
- Art (coloring, painting, pottery):** *Check out the last page of this playbook - there’s a coloring section!*
- Computer skills:** *Some public libraries offer classes. Or maybe you’ve been thinking about going back to school. What steps would you need to take to get there?*
- Sports & Fitness (tennis, golf, ping pong):** *Groups member Ben took up disc golf as a new sport!*
- Reading:** *Don’t like reading? What about listening to a free podcast online?*
- Gardening:** *Fresh air does the mind and body good.*
- Outdoors (hiking, biking, camping):** *Play fetch with your dog. Find a local playground for the kids to play.*

CHAPTER 2 SUMMARY OF LEARNING



You now know:

- » Different ways to manage your thoughts
- » How to reflect on your current habits
- » How to create new habits by doing things that interest you

Now that you understand strategies for playing the game, continue to chapter 3 to learn more about the **actions you can start taking today** to make a difference.



REMEMBER:

Although the strategies presented in Chapter 2 can be helpful to you in the short term, it can be difficult to achieve long term success without the support of medication, a counselor and care team.

These strategies just scrape the surface compared to what you'd learn in a program like **Groups Recover Together**.

If you're ready to make a change, give us a call at **(888) 225-6661** (24/7, 7 days a week)

CHAPTER 3

Action



Try it for yourself

In this chapter, you will learn how to:

- » Leverage coping skills when things don't go quite to plan as well as managing your thoughts
- » Build a supportive network
- » Identify your next step - even if it's a small one!

Even when you know what you need to do, or how to play a game, oftentimes it's scary to get out there and try it for yourself.

LEVERAGE COPING SKILLS



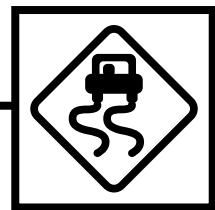
Counselor Bryan

Medication like Suboxone is one tool to use toward your recovery. It gives you relief from symptoms, which offers time for you to work on changes in your life that will sustain long-term recovery. But, things are bound to come up that are going to challenge you in your progress -- that's where coping skills come in.

"You cannot control all of your life circumstances, but you can control your reaction to it. Everything might not always go as planned, but that doesn't mean you stop making progress."

A story that counselor Bryan likes to tell: "This is a marathon not a sprint. Imagine you're driving your car and you hit a pothole. You're more than likely going to cringe, but keep driving and move on. Similarly, when you have a lapse or you are around some people who jeopardize your recovery, you have to look at that as

a pothole and not a complete crash. Erase the mentality that you've failed completely and need to start all over from the beginning. That's not what it's like here. That thinking will never bring you forward or reward how far you've come overall."



DID YOU KNOW?

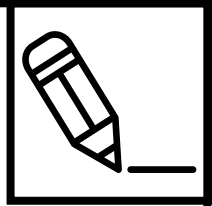
There are different types of relapse - emotional, mental and physical.

- **Emotional relapse** is when you experience things like mood swings, avoidance of loved ones, and irritability.
- **Mental relapse** may be internally justifying a return to past, harmful behaviors.
- **Physical** could be the return to drug or alcohol use. Keep tabs on your eating, sleeping, hygiene habits and reach out if you need help.



A perspective that counselor Cherry suggests:

“Change is constant. The way you feel now, may not be the same way you feel 6 months from now. Whoever you were before treatment is not who you are now. Oftentimes members get stuck on the fact that they have been to jail - you aren’t doomed and there is support available.”



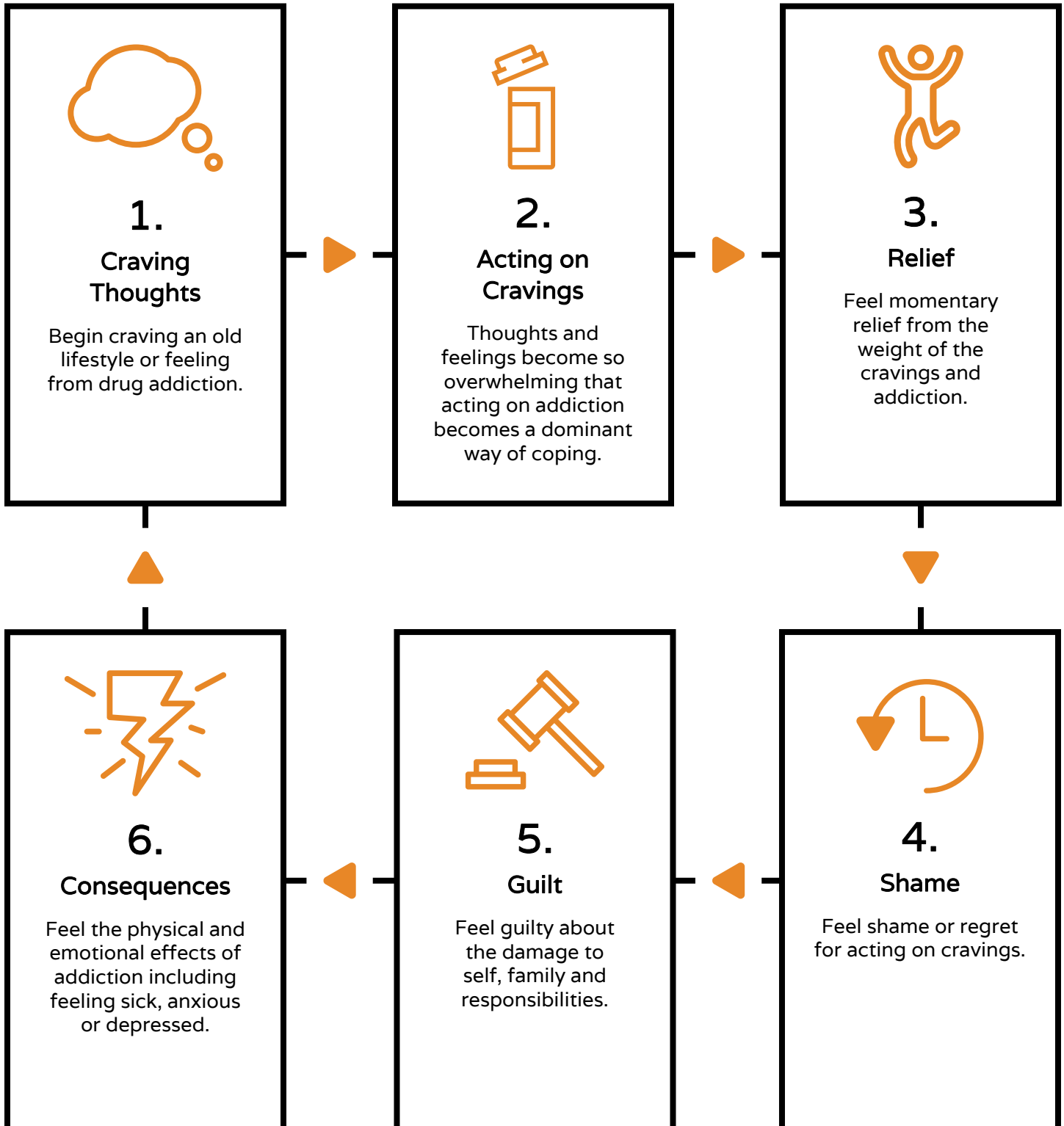
EXERCISE 6:

Which relapse justifications are you most susceptible to?

- Stress
- Negative emotions (disappointment, death of a loved one)
- Celebratory events (birthdays, weddings, cookouts)
- Boredom
- Other: _____

Thought management is another important coping skill. Oftentimes, thoughts can interfere with your recovery. *Thoughts can turn into cravings,* which can lead to temptations. The further the thoughts are allowed to go, the more tempting they can be. The image on the next page shows the addiction cycle -- how your brain follows a pattern in processing these emotions.

THE ADDICTION CYCLE EXPLAINED



In order to stop the spiral, we need to stop the thoughts. Here are a few tips from counselor Jeremy:



Counselor Jeremy

VISUALIZATION: Imagine a switch or a lever in your mind. Imagine yourself actually moving it from ON to OFF to stop the using thoughts.

SNAPPING: Try wearing a rubber band around your wrist. When you have the thought of using, lightly snap the rubber band against your wrist and say “No!” to the thoughts as you transition into thinking about something else.

PRACTICE POSITIVITY: Be careful about *the way you talk to yourself.* When you stop numbing, avoiding, and escaping, you’ll reconnect with feelings that have been covered up for a long time. That can feel scary. Take heart - think about the progress you are making. Just the simple act of downloading this playbook is you taking action to solve problems in your life and that’s something to be proud of.



(888) 225-6661

is the number to Groups Recover Together. Call us or save it to your phone. We’re here for you, 24/7 (no, really! we always have someone available to answer the phone).

CALL SOMEONE: Someone supportive and available to help when you need them. If you can’t think of anyone, call us! We are **ALWAYS** available (no, really, we never close our call center).

USE THE MEMENTO STRATEGY: Find an artifact that reminds you of why you have decided to embrace recovery as part of your life in the first place. It can be aspirational - like a photo of your family, a drawing given to you by your child, or a family heirloom; or it can be something that reminds you of

how bad things got when you were using drugs -- like an unflattering picture of yourself or a news article about an arrest. When you have craving thoughts, grab the memento and remind yourself why recovery needs to be a part of your life.

“Mindful relaxation and focused breathing techniques can be helpful in ensuring that thoughts don’t translate into use. When you have the thought, try sitting down, placing your feet flat on the floor, and closing your eyes or lowering your head. Take the next 2-4 minutes to ‘drop anchor’.

➔ **TRY IT:** *Begin taking three deliberate breaths - breathing in deeply through the nose (filling the lungs with air) and breathing slowly out through the mouth. Place your hand on your stomach and for the next three deep deliberate breaths feel the rise and fall of your breathing as you take each breath. Place your other hand over your heart and for the next three breaths be aware of your heart pumping blood and providing you life. This posture is important - it provides a feeling of safety and security. For the next three breaths, focus on the sounds inside and outside the room. Finally, open your eyes, and focus on a spot or object of your choosing and repeat three deep breaths. Rise your eyes. I hope this exercise helps anyone who needs to find a level of calm.”*

Coping skills are tools you can use on your own, but you need people as well who *have your best interest at heart.* Next, we will talk about building a supportive network of friends. Our counselors work weekly with our members to help them build their library of coping skills.

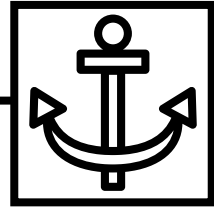
BUILD A SUPPORTIVE NETWORK



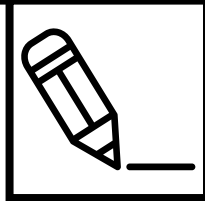
Counselor Cherry

You need a supportive group of people in your life to achieve long-term recovery. That’s not always easy, but understand and forgive yourself for the relationships that are damaged. It’s also important to establish boundaries for those who might not have your wellness in mind. Counselor Cherry suggests making a list.

DID YOU KNOW?



Another useful grounding exercise called dropping anchor is suggested from counselor Jeremy.



EXERCISE 7:

Make a list of your people and two ways they support you in your recovery. We included an example to help you get started.

NAME OF PERSON

WAYS THEY CAN SUPPORT YOU

1. *John Smith*

- *Drives me to work*
- *Babysits the kids*

2. [Redacted]

- [Redacted]
- [Redacted]

3. [Redacted]

- [Redacted]
- [Redacted]

4. [Redacted]

- [Redacted]
- [Redacted]

5. [Redacted]

- [Redacted]
- [Redacted]

6. [Redacted]

- [Redacted]
- [Redacted]

7. [Redacted]

- [Redacted]
- [Redacted]

8. [Redacted]

- [Redacted]
- [Redacted]

9. [Redacted]

- [Redacted]
- [Redacted]

Now, you may need to reevaluate your relationships with some of the people in your list. Not everyone is going to support your recovery and that's okay.

What matters is which relationships you want to improve and how. At Groups, we can help you navigate these complexities and give you the tools to rebuild a support system of people who truly care about you.

A word about group therapy: It's true that Groups Recover Together would require that you attend weekly group therapy sessions for one hour. That might seem like a lot -- especially right now. But, once you get started, you'll see how helpful it can be to **have the support of others** who are going through some of the same things that you are. If you don't have a support network, or struggled above to identify someone who can provide healthy support, fellow peers at Groups can be there for you. Here's what one member said about her experience:

Diana C *(Groups Member, California)*



I have not had many friends in my life... Since attending Groups, I have new friends that I can call friends. We don't just talk during group session, we keep in touch all week and sometimes get together. I love seeing their faces every week. I feel I have developed a relationship with all my peers in this group... I can speak openly about anything and not looked down upon.

Groups is designed to fit in your life, not the other way around. That's why we strive to schedule meetings at a convenient time for you, so you can continue working and living a normal life. All we need is an hour of your time each week -- a small commitment for a process that could have a huge impact on your life.

FIGURE OUT YOUR NEXT STEP

Groups is the best of all worlds -- medication, group therapy (just one hour per week - that's it!), and the support from a community that fights for you to succeed. One step forward is better than no step at all. Maybe you're thinking...I don't know if group therapy is right for me or I'm not sure I want to tell all my secrets to a big group of people. Let's address those concerns through our member stories. They'll tell you **what it's really like to attend weekly meetings at Groups.**

1. YOU WON'T BE JUDGED. We showed up to Groups more than a little skeptical, and usually sick. We didn't expect to be treated with dignity or respect. We didn't expect anyone to really try to help us, or even to care.

👉👉 Even with my own family, I never have had support the way I have through this route. You don't feel judged. You don't feel ridiculed. Initially, you don't feel like walking into there. I thought: This is going to be awful. I'm not going to talk. I'm just going to sit there. I'm just going to be quiet. But I told them everything. They've dedicated their lives to me for almost a year and a half. And if they can dedicate themselves to us like that, then it's only fair for me to give back and stay sober. - *Elisha*

2. YOU WON'T BE BLAMED. Sometimes we only came for Suboxone. We doubted the program would work for us. We thought we were doomed to a miserable life. We couldn't imagine life with drugs, and we couldn't imagine life without drugs.

👉👉 One time I used some Percocets and went in and told them that I had used. They didn't make me feel like crap. They said, 'What can we do to help you? Can we up your dose for you, will that help? We'll figure this out. We'll get you right back on track.' They were just very supportive instead of getting on you about why you shouldn't have done it like that. They work with you and that's one of the greatest things is *they're not out to kick you out* or not accept you even if you slip up. - *Ben*

3. YOU'LL MAKE NEW FRIENDS. When we first started, few of us had positive relationships. Even if we weren't alone, we felt alone. But at Groups, we found people just like us. People who did look like us. Who did talk like us. People who understood what it meant to be sick and exhausted from a hectic life.

👉👉 To have a group of people I could meet with once a week and hear their stories and hear their tragedies and hear where they're at. And to have people from all over - some people were just starting their journey.

Like me. Some people were two years in, there were older people, younger people. And to just know that I wasn't alone, that hundreds of other people have been through and what I felt, and it's not bad. It's not weird. I'm not an awful person. - *Chrystal*

4. **YOU'LL BEGIN TO TRUST THE PROCESS.** With the help of our counselors, we were able to start forming new relationships based on honesty, trust, and respect. We learned about addiction, and we learned about recovery. We learned that a new life is possible, and we learned how to start working towards that life.

☞ When I'm doing all the stuff I'm supposed to be doing - when I'm doing all my recovery stuff - that's when I feel the happiest. When I'm taking the time to do the self work, to make myself feel better. It's what I had to do over these past couple of years, too, is actually find out what makes me happy. And through that, I found out that I'm a happy outdoorsman. I love kayaking, camping and hiking. Make sure you try things that make you, you. - *Adam*

5. **YOU'LL FIND THE SUCCESS WE FOUND.** We found, eventually, that we had changed from being physically dependent upon opioids, to being free with choices in life. Together we were stronger than opioids. Together we found an answer that actually worked. We're not special. You will find the success we found.

☞ I think addiction recovery and the process that you put us through is the process of really examining who you are, why you use and what triggers you. It made me realize that it's the emotional triggers. It was other people's opinions of me that were making me feel bad and I was internalizing it and then trying to kill it. And so today, when somebody wants to judge me, *I have the strength again*, and they gave me my power back. My life is not perfect, but I have goals again. My goals aren't to get high and survive. We've come out of survival mode and we're living again. - *Chrystal*

CHAPTER 3 SUMMARY OF LEARNING



You now know:

- » Different coping skills and ways to manage your thoughts
- » How to build a supportive network of friends or family to help in your recovery journey

We're so glad you made it to this point in the recovery playbook. Clearly you're serious about changing your life for the better and for that you should be proud 🙌🙌🙌. We hope you learned something new or can start to think about things differently.



YOU'VE STILL GOT ONE MORE STEP!

If you're ready to start on the path to recovery, call us to book your intake appointment.

Our staff is available 24/7 - even on the weekend - to help answer any of your questions and concerns.

Call us at **(888) 225-6661**.

SUCCESS STORY: ADAM



“Addiction was my best friend and my worst enemy. It consumed me.”

Adam struggled with opioid addiction for 6 years until he decided to call Groups Recover Together. With the support and encouragement of his group and the medication he needed to get better, Adam built back all aspects of his life -- from his family to his career, even gaining the confidence to pursue competitive bodybuilding.

“Looking in the mirror when I was using, it was hard to even look up. It was hard to see that I’m destroying the one thing I take so much pride in today. It took everything from me. Addiction was my best friend and my worst enemy. It consumed me. I couldn’t do anything without it. I didn’t want to be that person anymore.”

I called Groups and they listened to me without judgement - they wanted to help me genuinely. So my first goal was getting sober - that was probably the hardest goal I ever did. I felt like a lot of it was because Groups laid this foundation for me to get better. They showed me these are the steps you need to take.



SUCCESS STORY: Adam



They gave me a prescription for Suboxone and *I felt like my normal self.* I didn't have any withdrawal symptoms. I felt like I had the energy to get through the day. I wasn't craving any other opiates.



After getting sober, weeks in, I felt confident enough that I could get a job cooking down in the Old Port. Now being sober, I really felt like I could excel at it.

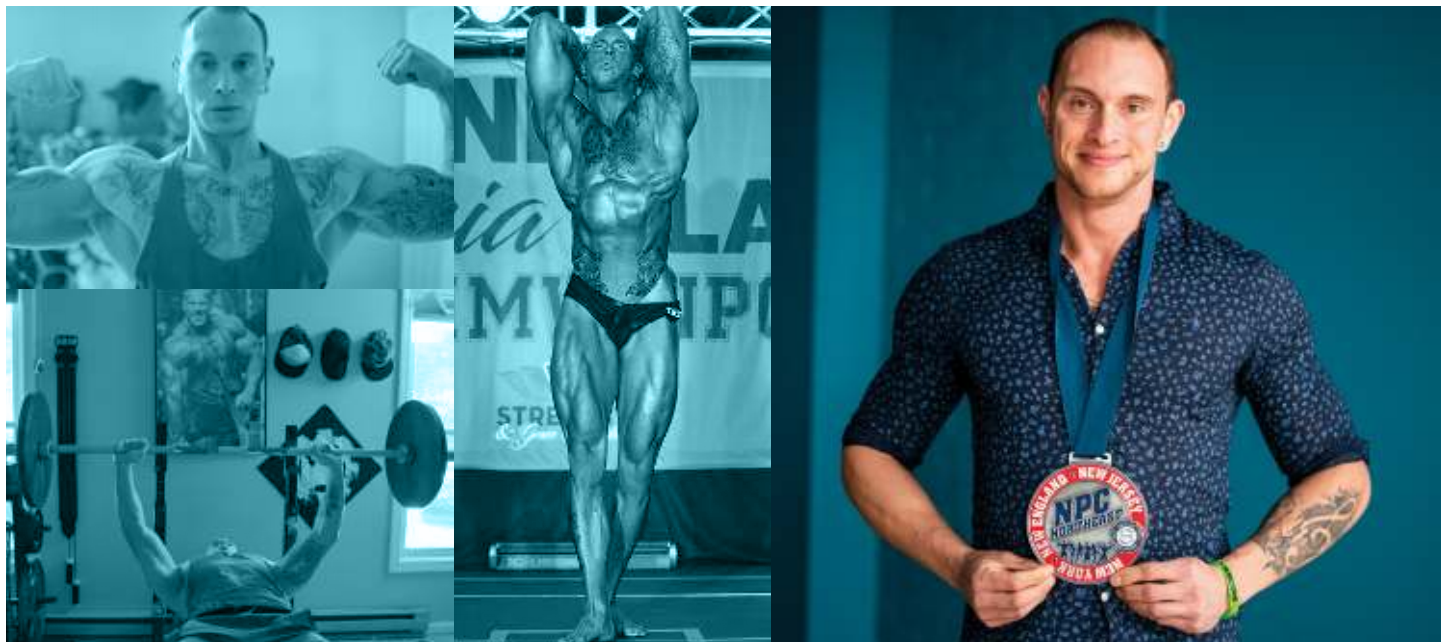
Groups helped me gain confidence in myself by other people boosting me up. They were able to love me before I could love myself.

If you asked me a year ago if I could have fathered children I probably would have laughed at you. But now, getting sober, working through this program, I feel like *I have the tools* and the ability and the confidence to be there for these kids.



SUCCESS STORY: Adam

Bodybuilding I feel like I'm building myself in every way. It takes a lot of mental focus. There were a couple times where my self confidence would drop and I would be open about my problems and what I went through at Groups and **people in the group supported me.** They wanted me to win. They wanted me to stay sober and make it through this process.



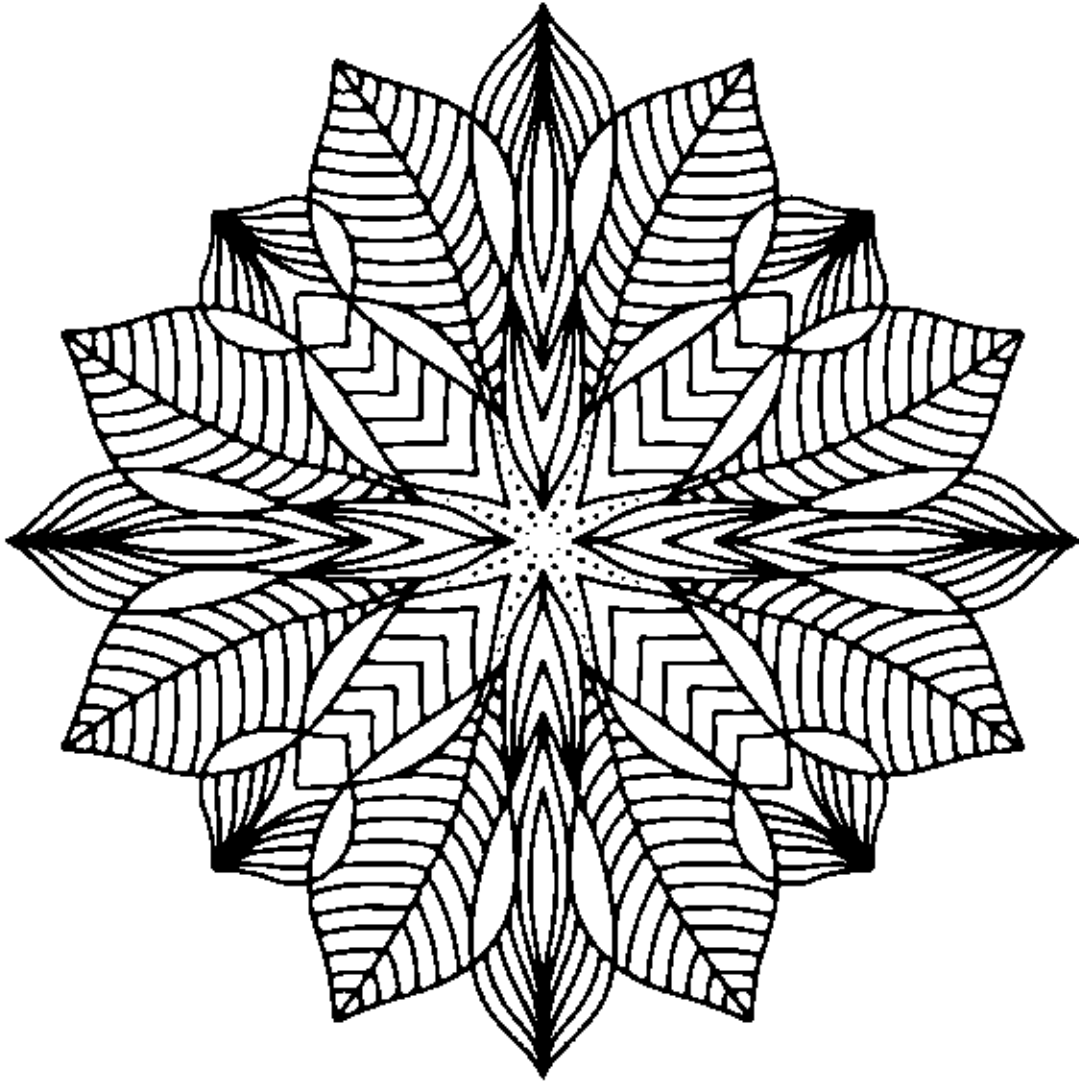
The moment I won...it was unbelievable. I felt like it was one of the best feelings in the world. My heart feels like it's overflowing with love.

The past two years for me I've built everything. I've built my recovery. I built my family. My career. I couldn't be happier. I feel like anything you really put your mind to and you really want bad enough you can achieve."

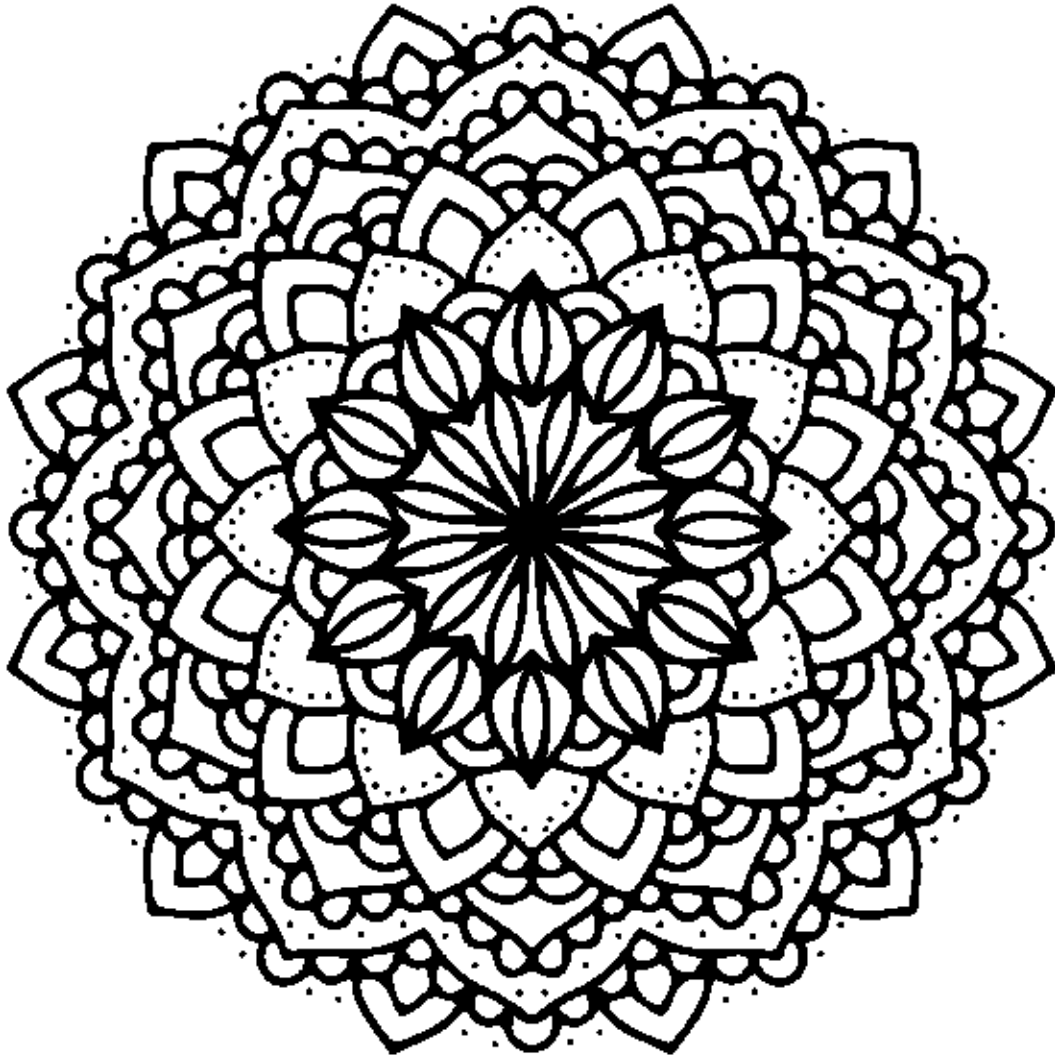


Watch Adam's story:
<http://bit.ly/AdamRecoveryStory>

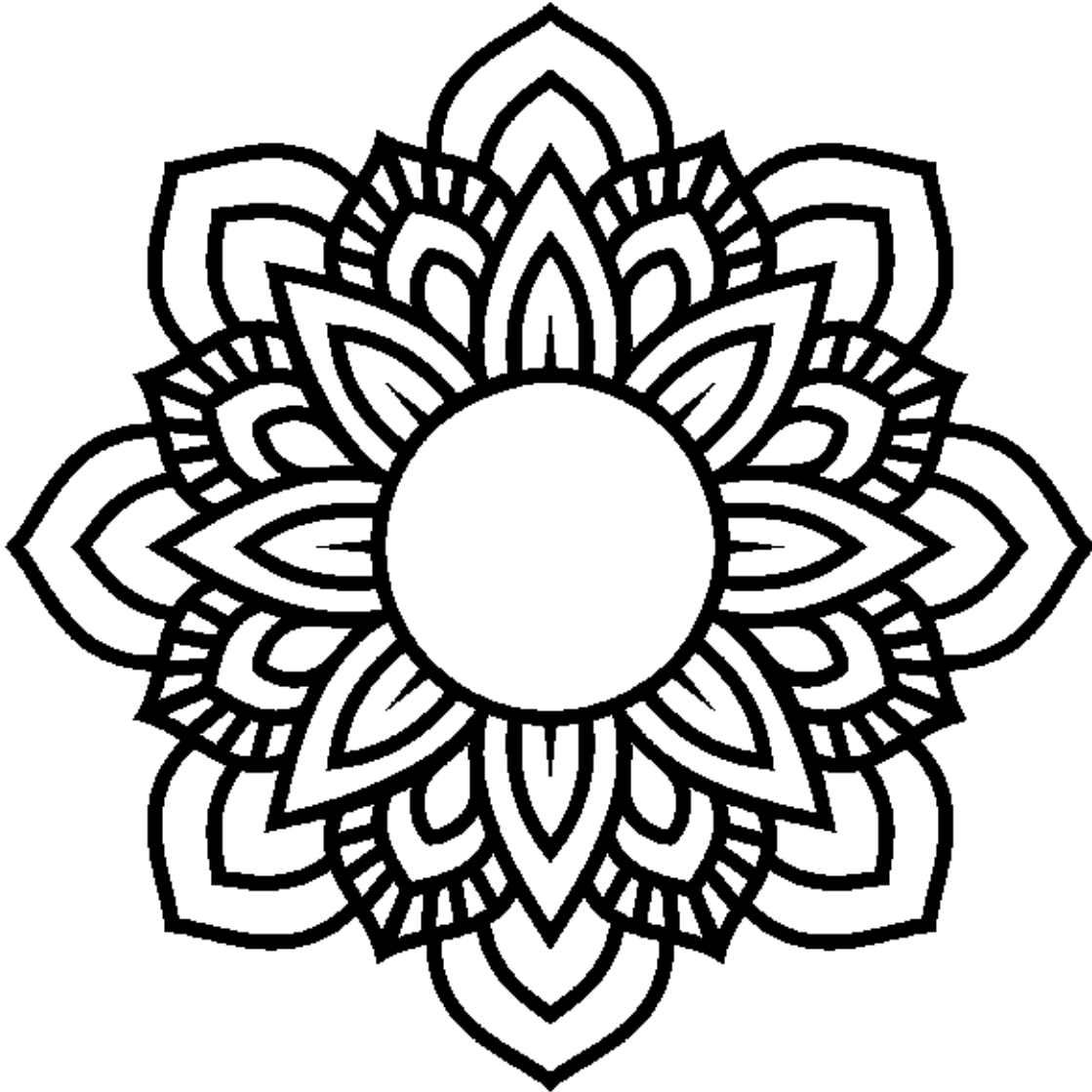




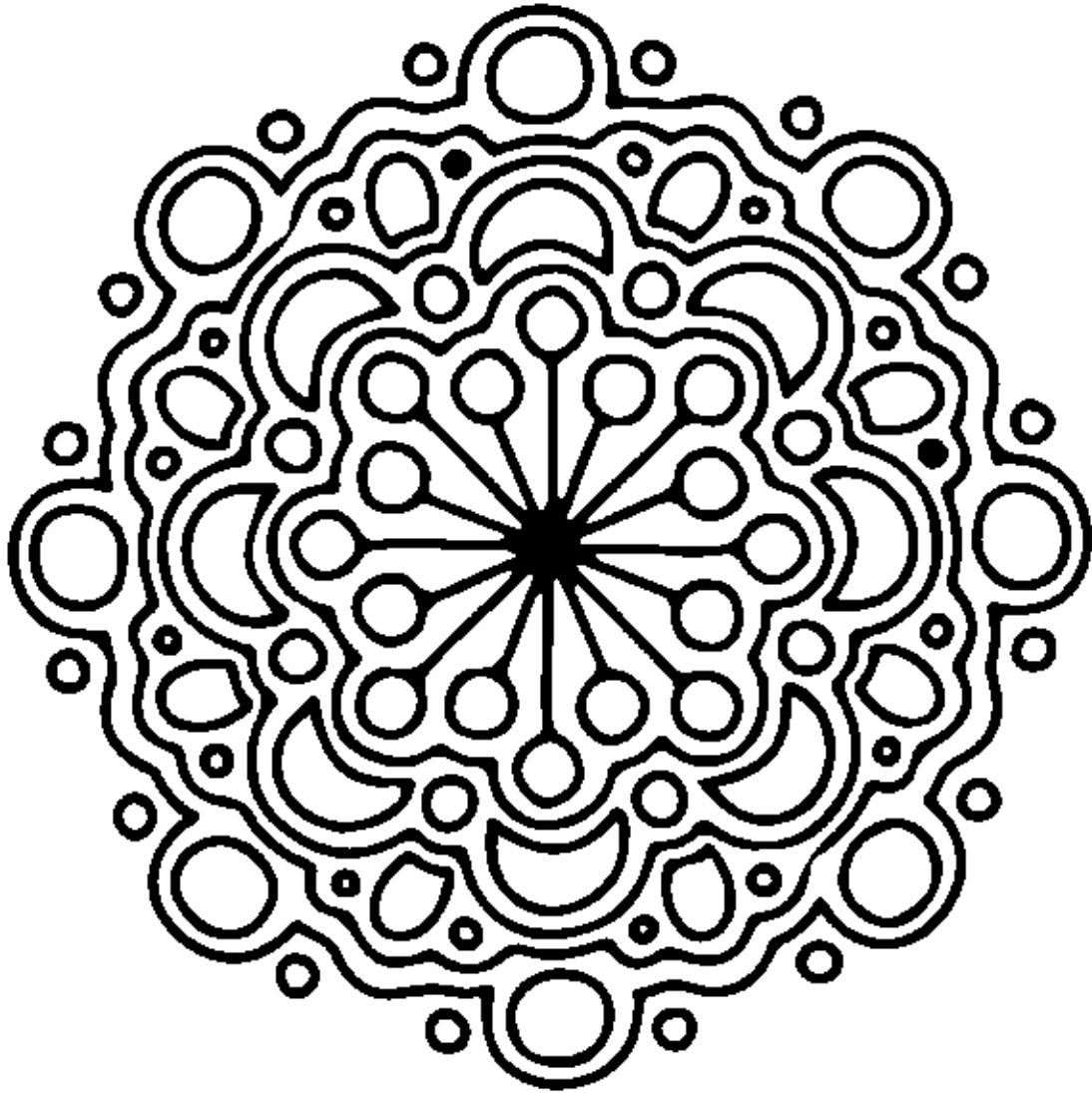
NO AMOUNT OF GUILT CAN
CHANGE THE PAST, AND NO
AMOUNT OF WORRYING
CAN CHANGE THE FUTURE



THIS SITUATION SUCKS,
BUT IT'S ONLY TEMPORARY



TO MAKE SMALL STEPS
TOWARDS BIG GOALS
IS PROGRESS



I'M ALLOWED TO MAKE MISTAKES;
THEY DON'T MAKE UP MY WHOLE STORY