

7 Steps to

A RECOVERY STRATEGY GUIDE

Power Up Your
Recovery Today!!

D.J BURR, LMHC, NCC, S-PSB

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**By D.J. Burr
ABLE Life Recovery
Coach & Founder**



www.ableliferecovery.com

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12 step recovery from any negative behavior is a process. Many people fail and return to old habits because they tried to white knuckle through each day. For addiction recovery to truly work, you must come up with a plan to see you through the good days and the bad days. Understand what your strengths and weaknesses are. Be aware of what you want your life to look like. Set goals that lead you to achieve your best life. Be aware of what types of settings, or people, may lead you to stray from these goals. When you have a plan in place to assist you on the path to recovery, it will help you achieve recovery.

Mission Statement



Come up with a statement for your recovery. If you struggle with alcohol addiction, your mission statement may be staying sober each day. Part of your mission may be getting to know the sober you again. Your mission may be forgiving yourself for past behaviors. Your mission statement should be something you can think about and use in your 12 step recovery process.

Identifying Your Purpose

To be successful in your recovery, you must be aware of what your purpose is in life. This will be different for everyone. When you know what this is, it is easier to separate behaviors that can lead you away from what this is. For example, you have identified you want to raise your children to grow up to be healthy, competent adults. When facing the temptation to "act out", you can use this as a guide. Will engaging in (drinking, drugging, watching porn, soliciting a prostitute or gambling, etc) help me to raise my children or hinder it? How will this decision affect my life? In this way, identifying how you want your life to be will help you make healthy choices in your life.

Identifying Your Legacy

Your legacy is what you will be remembered for after you are gone. How do you want people to think of you? If you ultimately want to be remembered as being a helpful individual, will engaging in drug behaviors contribute to this? Instead of watching porn for eight hours, volunteering at a homeless shelter may help you to better achieve your recovery.

Identifying Past and Present Triumphs and Strengths

What has worked for you in the past when faced with temptation? Recovery is an ongoing process and using some of the triumphs and distractions that have worked for you before can help you today. Think of a time when the pull towards a behavior was strong, but you were ultimately able to resist. For example, you drove past your favorite adult video store or casino on the way home from work, but instead of going in, you decided to go to the gym and work out. A triumph may be quite simple. Instead of going to a party you were invited to attend, you stayed home and watched a Netflix marathon. Know what your strengths are. Try to remember how these successes made you feel.



Using Awareness to Stay on the Path

Recovery is an everyday process. Be aware of what your triggers are so that you can avoid them to stay on the path. For most people, being around old friends who continue to engage in destructive behaviors can erode their own resistance. If you are new to recovery, avoiding old family dramas so that you can remain in recovery may be necessary. Be aware of your weaknesses, knowing they are not shameful. When you are aware of events that have led to your setbacks before, you can move forward knowing what you can tolerate and what you cannot.

Setting Practical and Meaningful Goals



When you have identified what your goal is for your life, you can begin to come up with a plan to achieve them. Of course, **at first**, the main achievement will be to stay in recovery.

Setting other small goals is important as well. If you are out of work, set a goal to apply to ten jobs each day. Find a place to volunteer, if that helps you achieve your purpose. For many, especially in the beginning stages of recovery, simply getting out of bed and taking a shower is a practical goal

for the day. Although the initial achievements may seem small at first, understand that these small triumphs will help you to attain bigger achievements in the future.

Self-Care to Keep Your Work and Sobriety Intact

While in recovery, practicing self-care is a necessity. You need to put yourself first. The stresses of everyday life can become overpowering for many people in recovery. Practice awareness and know your limits. You are not being selfish by putting your sobriety first. Recovery is like a house of cards. If you do not put your sobriety first, everything else will come crashing down with it. Without sobriety, you cannot end up where you want to be in life. If this means skipping a family gathering because you are just too stressed to handle social interaction, it is okay. Maybe this means going to an extra counseling session or meeting during the week. Practicing self-care is important to your recovery process.

Addiction recovery is an ongoing process. Practicing these 7 steps will help you to power up your recovery.

D.J. Burr is the owner of ABLE Counseling Services, LLC and ABLE Life Recovery, based in Seattle, Washington. He offers treatment in sex addiction, porn addiction, codependency, and other behavioral addictions. If you are struggling with recovery, call today to set up a recovery counseling appointment and receive **35 percent off** your first coaching session using promo code: **progressnotperfection**.

CALL TODAY! 206-458-2556

dj.burr@ableseattle.com