

## **METHAMPHETAMINE UPDATE**

### New to Recovery

Letting go of using is going to create grief. Grief begins with denial. When you attempt to process through denial you will become angry. This is normal; it is the second step in the grief process. You will get angry at the truth, which is that using is keeping you from honoring the gift of life. Using creates an inner turmoil that displaces real happiness. Alcohol and other drugs may appear to enhance your existence, but your spirit knows better. Getting angry at the truth will push you back into denial, and that is the vicious cycle that recovery can become: denial to anger, and back to denial.

Resistance is usually resistance to an uncomfortable truth. The truth is that addiction has deceived us, and we have participated in the deception. The truth is that we cannot be responsible citizens, parents, employees, friends, etcetera and also be actively addicted. The truth is that millions of addicts the world over have learned how to have happy lives without the use of drugs. The truth is that you would kick a friend to the curb for doing the things that addiction does to a person. The truth is that not using is going to require a commitment to doing whatever it takes to remain abstinent while working a program of healing and honesty. You can't change the truth, but if you can accept *those truths* and make *that commitment* you can move forward.

If you decide to pursue recovery you will have to be willing to transform denial into honesty, anger into sadness, and sadness into acceptance. Acceptance will lead to a more peaceful experience of sobriety. However, if recovery is going to remain about doing things your way, your life will remain what it has been, because your way got you to where you are.

Here are some additional truths of recovery. They aren't good or bad, and it is not about whether or not you like or don't like them; they just are some of recoveries basic truths. When outpatient doesn't work it may be time to consider inpatient. Change does not occur outside of a commitment to results. Quiet reflection is good, but deep healing will not occur in isolation. When recovery doesn't move beyond what you like, what you want and what you feel, it is not recovery. When you don't feed your spirit with positive thoughts and actions, your addiction grows.

The agencies and individuals of the Methamphetamine Strike Force believe in recovery and the people who seek it. We are on the web at [www.2stopmeth.org](http://www.2stopmeth.org)