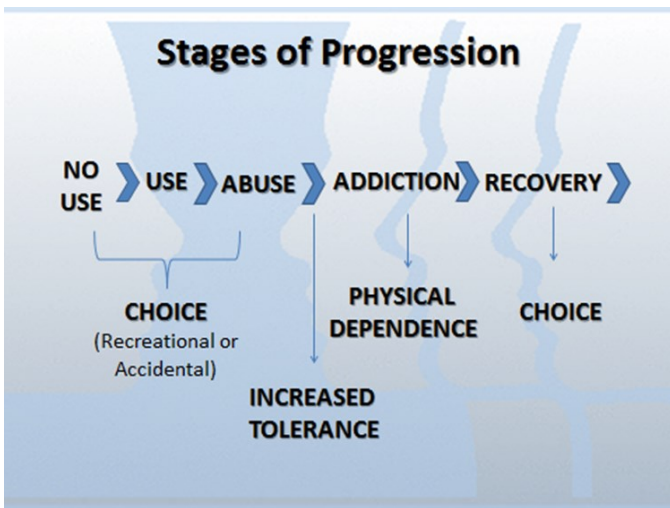


# Addiction and Recovery

## What is Addiction?

Addiction reflects the highest level of progression of a substance use disorder.



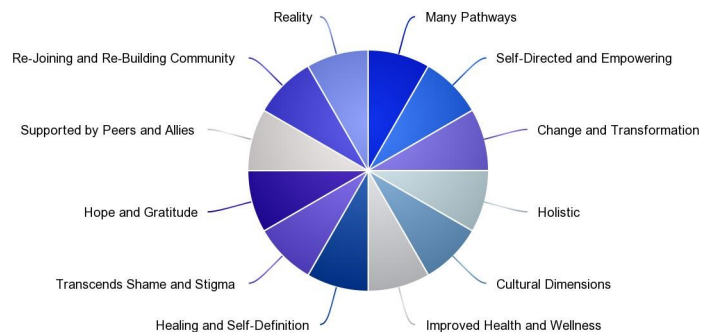
## What is Recovery?

Recovery is a process of change that permits an individual to make healthy choices and improve the quality of his or her life.

- ◇ There are many pathways to recovery. Individuals are unique with specific needs, strengths, goals, health attitudes, behaviors and expectations for recovery.
- ◇ Pathways to recovery are highly personal, and generally involve a redefinition of identity in the face of crisis or a process of progressive change.
- ◇ Furthermore, pathways are often social, grounded in cultural beliefs or traditions, and involve informal community resources, which provide support for sobriety.

- ◇ Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.
- ◇ It is considered a brain disease because substances change the brain's structure and how it works.
- ◇ Brain changes caused by substance use can be long lasting and can lead to many harmful, often self-destructive, behaviors.
- ◇ Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response.
- ◇ Like other chronic diseases, addiction involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.

Twelve Principles of Recovery



For additional resources, please visit  
[www.yourpathtohealth.org](http://www.yourpathtohealth.org)  
or call 419-424-1985.