

Addiction Is A HUMAN THING. SO IS RECOVERY.



SOMETIMES THE BEST THING A SOBRIETY COACH CAN DO IS REMIND YOU THAT IT'S NOT YOUR FAULT.

That you didn't fall into the alcohol trap because you are bad. Or because you had anything to do with creating your genetics or the culture you grew up in (and are still immersed in) where alcohol is worshiped as a cure for everything they tell us we can't handle or enjoy without it. You didn't choose to want to dive to the bottom of every bottle. **You didn't bring this on yourself.**

We don't recover unless we learn to be patient and kind with ourselves. And when we do, we become very aware, present, and clear about the things that matter...and the things that don't. We become aware of our responsibility to accept the things we cannot change and to have the courage to change the things we can. *And we do.* And then we pray for the wisdom to know the difference. We learn that we don't take responsibility for our addiction; we take responsibility for our recovery. And that, right there, is the difference.

The second best thing, maybe, that a sober coach can remind you is that you are capable, right now, of staying sober. You are going to make your plan for the rest of the day so that you go to bed sober tonight. Whatever it needs to be for you, you will stay inside your soft, strong self and you will drink your water, make your tea, have a bath, listen to sober podcasts, say good things to yourself about yourself, read your sober books, and remember all the ways to remember that you can do this. You can do it sober. And you are. And you are a miracle that way. Even when no one else can see.

Most of us in recovery just need to know that we were not born defective, and we aren't defective now. That we are choosing to do the hardest thing in the world, which is to get and be sober, mostly without much support from a world that doesn't understand us because it is too afraid to look. And in the choosing of sobriety is a depth and breadth of bravery so rarely seen, let alone acknowledged or celebrated. But we should celebrate it. No misguided person chooses sobriety.

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