

## Addictions Recovery Options

Addictions recovery is a complex and individual process. Most people need care and support from multiple sources—a "multimodal" approach—but in a combination unique to them. The options listed below, as of this writing, are evidence-based to be effective for many people much of the time. Currently, no addictions treatments work for all people all of the time. People seeking recovery from addictions can study the items in the list below, check off those already in place, educate themselves about additional options, consult with health care professionals, and line up as many options as possible that would be individually helpful to them. From the self-help options, they can take action themselves on recovery-supporting practices.

√	<b>Expert Help</b>
	Medication-Assisted Therapy (MAT). Examples: Suboxone, Naltrexone, methadone, acamprosate, Nalmefene (not yet in U.S.); anti-anxiety medications, anti-depressants, anti-psychotics
	Psychiatrist
	Physician
	Individual counseling
	Group counseling
	Mentor/sponsor/recovery coach/sobriety coach
	Help with sleep/sleep hygiene
	Help with quitting use of tobacco products
	Physical activity: stand, walk, lift your arms, move your legs, and/or exercise
	Mindfulness: Become aware of physical sensations, emotions, thoughts and actions without judging or criticizing yourself or your experience, and consciously choose to what you give your attention.
	Emotion regulation: Become conscious of strong feeling states, then calm yourself enough to be able to think prior to taking action.

√	<b>Self-Help</b>
	Build social connections, a social network, and community membership by attending support groups such as AA, NA, SMART Recovery and others; join community groups and common interest groups, volunteer organizations, sports teams and/or engage in other group activities
	Reduce or eliminate caffeine
	Nutrition: Center your diet around recovery-supporting foods.
	Explore and discover personal interests, hobbies and pastimes
	Discover purpose and meaning through self-reflection, self-discovery and a personal growth program; take action on purpose and meaning through paid work, volunteer work, education
	Practice self-care that is self-selected, self-directed, self-managed and continually evolving.
	Self-empowerment: Learn, explore, discover, study, and experiment with recovery information and recovery tools. Learn technology that can help you. Google answers to questions and learn through online sources. Learn through printed books and electronic books, audiobooks, workbooks, workshops, classes, magazines, films, videos, apps.
	Foster your self-efficacy. Believe in yourself and your ability to make progress in recovery.
	Practice self-compassion: "I accept and embrace myself and my life without judgment. I treat myself kindly and lovingly."

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