

Recovery Traps 2

Having “Strange Ideas” About Addiction Recovery

Open Manholes to Avoid on Your Recovery Journey



Adopting any of the following ideas will set you up for relapse

- Believing that if you are an alcoholic, it is impossible for you to abuse drugs.
- Believing that after working through the steps one time, that is the end of needing to work the steps again or needing guidance from a sponsor.
- Believing that face to face meetings are not needed to maintain recovery. Believing that online meetings and emails with recovery oriented ideas will be enough.
- Believing that the only valuable part of the AA Big Book is the first 164 pages and never reading the stories.
- Believing that if you studied parts of the Big Book in treatment, you do not need to continue to read it and other 12 step literature.
- Being proud of not being the kind of AA member who knows the Big Book so well that he/she can tell what page number a quote is on.
- Believing that AA service is optional.
- Believing that having non-alcoholic drinks such as “mocktails” is of no importance.
- Believing that the expectations and rules that apply to everyone else do not apply to you.
- Believing that avoiding talking about troubling topics to your AA sponsor, peer sponsor or in monitoring or aftercare meetings is fine.