

Pocket Recovery Guide: A Guide for Strength and Being Strong in Your Recovery

Hey you —

If you're reading this, it means you're trying. And that alone says a lot. It says you still care about yourself enough to look for strength instead of escape. That's something to be proud of, even if it doesn't always feel like it.

Recovery isn't a straight line. Some days you'll wake up feeling clear and light. Other days, the weight of everything might feel too much. But those moments don't define you. What defines you is that you're still here, still choosing not to give up.

This pocket guide isn't about perfection. It's about **presence** — reminders to help you stay grounded, calm, and connected when it gets hard. You don't have to have it all figured out. You just have to keep showing up for yourself, one breath, one decision, one moment at a time.

You're not broken — you're healing. And healing takes time, patience, and a bit of faith in the parts of you that are still learning to trust life again.

This is for you — for every quiet victory, every moment you almost gave up but didn't. Keep this close. Open it when you need to remember who you are.

With calm strength,
— **Wolfy Hawkes**
Overcome247.com

In-the-Moment Pocket Recovery Crisis Guide

When the urge hits or emotions start racing, it's easy to feel trapped inside your own head. But this moment doesn't have to own you. Here's what to do — right now.

 **Step 1: Breathe**

“If you can control your breath, you can control your storm.”

Try the **4-7-8 method**:

- Inhale slowly for 4 seconds
- Hold your breath for 7 seconds
- Exhale through your mouth for 8 seconds
- Repeat 3 times

As you breathe, silently repeat:

“I’m safe. This feeling will pass. I’ve been here before and I made it through.”

Step 2: Ride the Wave

Cravings and triggers are waves — they rise, peak, and fade.
You can’t stop the wave, but you *can* ride it.

Picture it like this:

- The urge builds — your heart races, your mind argues.
- Then, it crests — it feels unbearable.
- Then, it fades — always, always, it fades.

Set a timer for 10 minutes.

Promise yourself: *“I’ll check how I feel when the timer ends.”*

By then, the storm will already be smaller.

Step 3: Ground Yourself

If you feel like you’re floating or spinning out — come back to your body.

Try this:

- Look around and name **5 things** you can see
- Name **4 things** you can touch
- Name **3 things** you can hear
- Name **2 things** you can smell
- Name **1 thing** you can taste

Say to yourself:

“I’m here. I’m real. I’m alive. I’m choosing peace.”

Step 4: Reach Out

You don’t have to talk about the craving. Just *connect*.

- Message someone you trust
- Read a post from someone who’s been there
- Step outside and feel the air on your face
- Or even whisper: “Help me through this” — to the universe, to yourself, to whoever you believe listens (for me (and many others) that’s God Himself who is always listening..)

Remember this: Silence is where urges grow strongest. Connection is what breaks them..

Other sources to reach out to for help

If you need other sources to reach out for help at any time, whether it’s because you’re fighting cravings and urges, or just need some help right now, whether general or crisis type help, check out our helpful page: [Resources for Overcoming Addictions](#).

Step 5: Remember Why

Write this down somewhere in your notes app or journal:

“I want a life that I don’t need to escape from.”

Every time you read that, it plants another seed of strength in you. You might not feel it right now — but it’s there, growing underneath the struggle. 🌱

Step 6: Talk Back to the Voice

That voice that whispers “*just one more won’t hurt*” — it’s not you.
It’s addiction trying to survive.

When you hear it, don’t argue — just answer calmly:

“I hear you. But I’m choosing peace today.”

You don't have to fight it with anger or fear. You win by refusing to let it lead your next move. Every time you choose silence over reacting, you weaken it. Every time you walk away, you take a piece of your power back.

Remember: urges lie. They promise relief but deliver regret. You already know that — and that's your advantage now.

Step 7: Replace the Moment

Cravings are really just energy looking for direction.
You can't delete them, but you can *redirect* them.

Do one small, grounding thing right now:

- Take a walk and feel your heartbeat
- Put on music that lifts you
- Write out what you wish someone would say to you
- Do 10 push-ups, jump, stretch — move until the energy shifts
- Pray or meditate for 2 minutes — even a whispered “thank you” counts

It's not about perfection — it's about **pattern interruption**. You're reprogramming your body to choose calm instead of chaos.

Step 8: Create Your “Emergency Routine”

Have a plan ready for the next time it hits:

My 3 Go-To Distractions:

1. _____
2. _____
3. _____

People or Numbers I Can Reach Out To:

1. _____
2. _____
3. _____

My Safe Place:

(Describe somewhere you can go — your room, a park, even your car.)

My Grounding Object:

(Something small that reminds you of peace — a coin, stone, photo, bracelet.)

When it's written down, you won't have to think when the chaos hits — you'll just follow the plan.

Please feel free (and I encourage you if you can) to print this section out. Print out as many as you can and have them around for when you need them. This will enforce your recovery.

Step 9: If You Slip / Lapse or Relapse

Read this slowly.

“A relapse is not the end of your recovery. It's a moment in it.”

You haven't lost all your progress. You haven't “ruined everything.”

You simply had a human moment — and now you have a choice: to stay down, or to rise stronger and wiser.

Ask yourself:

- What triggered me this time?
- What can I change next time?
- What helped me before that I forgot to use?

Then forgive yourself. Shame feeds the cycle — forgiveness breaks it.

You're learning what recovery *really* means: **resilience**.

Stand back up. Take a shower. Eat something. Reach out. Then begin again — quietly, confidently.

Do you journal? If you don't I highly suggest you do! Doing so will help you to keep a tab on your progress and you'll not want to look back in time and see days you failed and relapsed, or even slipped! Even if it's just a small notebook you write in. Get one and journal. It will reality help!

PS. Did you know there's a difference between a slip, a lapse and a relapse? Read our guide on [Slips vs Lapse vs Relapse: A clear guide for people in recovery and those who need to know the difference](#). This will help you to know the difference between each, help you feel better no matter what one it was, and arm you with tools you need to get back up and start over again.



Step 10: The Call to Action

Every time you open this manual, it means you still want freedom more than escape.
That means your heart's still alive — and that's everything.

So, do this one thing right now:

Say out loud:

“I’m still here. I’m still fighting. I’m not done yet.”

Then breathe.

Then move.

Then choose one small act that reminds you you're alive — drink water, stretch, look at the sky, call someone, whisper a prayer.

You just won another battle most people never see.

Keep choosing life. You're stronger than you think.

Pause and Reflect

Take a breath.

You made it through another moment.

Maybe it was messy. Maybe you felt weak or angry or lost. But you're still here — and that matters more than anything that just happened. Every time you make it through one of those storms, something inside you gets stronger, quieter, wiser.

Now's the time to pause, not push.

Close your eyes.

Feel your heartbeat.

Let your shoulders drop.

You don't have to fix anything right now. You don't have to make promises or plans. Just notice that you survived what once felt impossible.

That's strength. That's healing. That's progress.

When you're ready, turn the page and start feeding the part of you that wants to grow.

Let these affirmations remind you of what's already inside you — the calm, the courage, and the light that keeps returning no matter how dark it gets.



Affirmations & Reflections



✨ About This Section: Affirmations & Reflections

This part of your manual is where you start building peace inside.

Not by pretending everything is fine — but by reminding yourself that you are *becoming* something stronger than what tried to break you.

Affirmations are short, powerful sentences that help you redirect your thoughts when your mind starts pulling you toward old habits or hopelessness. They aren't about lying to yourself — they're about *reconnecting* with the truth underneath the pain.

Reflections are gentle prompts. They invite you to pause, think, and reconnect with who you are now — not who you were when you were using. You can write your answers down, think about them in silence, or just sit with them.

👉 Use this section whenever:

- You're feeling anxious, triggered, or stuck.
- You wake up heavy and need grounding.
- You've had a small victory and want to strengthen it.

- You need to remember that your story isn't over yet.

Take what resonates. Leave what doesn't.

Over time, you'll notice which words pull you back to balance — those are your anchors.

When you're ready, move slowly through the following pages. Each one is built to remind you that you're capable, healing, and never truly alone in this.

Recovery isn't only about staying clean — it's about rebuilding the way you *speak* to yourself.

The voice in your head can either break you down or help you heal.

This section is about teaching that voice kindness, strength, and patience.

Affirmations are short, powerful statements that help rewire your thinking over time. When repeated or read often — especially in moments of doubt, anxiety, or craving — they begin to replace negative self-talk with calm truth.

You don't have to "believe" them straight away. Let the words sit inside you, even if they feel foreign. Healing starts when you allow better thoughts to exist alongside the old ones.

How to use this section:

- 📖 **Read one affirmation each morning** or when you feel yourself slipping.
- 📝 **Write it down** somewhere visible — a note on your phone, mirror, or journal.
- 💭 **Breathe with it** — say it slowly and feel it, even for a few seconds.
- 🌙 **Reflect on it** at night: ask, *"How did this show up for me today?"*

You'll notice some days one affirmation hits harder than others — that's okay.

The right words will find you when you need them most.

Let these lines become quiet reminders that you are changing, healing, and growing — even when it doesn't look or feel like it.

♥ Strength & Resilience

1. "I've been through worse and I'm still here."

You've already survived what your mind said you couldn't. This moment is proof of your strength, not your struggle.

2. "I am not my past — I'm the person choosing differently today."

Every new decision rewrites part of your story.

3. "I can do hard things — calmly, one step at a time."

Strength isn't loud. It's steady.

4. "This craving is not stronger than my will to heal."

Urges are temporary. Freedom lasts longer.

5. "Progress, not perfection."

You're allowed to grow slowly. Healing doesn't need to impress anyone — it just needs to continue.

Healing & Forgiveness

6. "I forgive myself for what I didn't know then."

You were surviving. Now you're learning. That's growth.

7. "Healing takes time — and I'm worth the time it takes."

Don't rush the parts of you that are still learning to trust peace.

8. "I release the guilt that keeps me stuck."

You've already paid the price by carrying it this long. Letting go isn't forgetting — it's freeing.

9. "I am learning to love myself in moments I once avoided."

True healing is letting your pain see the light without shame.

10. "What broke me once, builds me now."

You're not fragile anymore — you're forged.

Hope & Gratitude

11. "There's still good waiting for me."

It's out there — and it's closer than you think.

12. "Every clean day counts."

You're not starting over — you're continuing the climb.

13. "I choose to see one small good thing today."

Gratitude is a doorway. Walk through it whenever you can.

14. "Even on hard days, I'm still moving forward."

It's okay if progress looks quiet. It still counts.

15. "I'm building a life I don't need to escape from."

That's what recovery really is — returning home to yourself.

Calm & Presence

16. "Right now, I am safe."

Let that truth sit in your body. Feel the stillness return.

17. "My peace matters more than my pride."

You don't have to win arguments or prove points — you just have to protect your calm.

18. "I breathe in peace. I breathe out pressure."

Simple. Natural. Enough.

19. "I let today be enough."

You're doing what you can with what you have — that's all you ever need to do.

20. "I am learning to rest, not quit."

Rest is recovery too. You don't need to restart — you need to breathe and continue.

Affirmations to Say to Yourself

1. I have survived 100% of my hardest days. That is proof that I am stronger than my pain.
2. My strength doesn't always look loud — sometimes it's just the act of not giving up today.
3. I don't have to be perfect to be powerful.
4. I can fall and still rise. Again and again.
5. Every craving I overcome adds another brick to the life I'm rebuilding.

6. I'm not weak for feeling tired — I'm human for continuing.
 7. My body is learning safety. My mind is learning peace.
 8. I am becoming someone I can rely on.
 9. I am learning to forgive myself for the things I did when I was just trying to survive.
 10. I can let go of guilt without forgetting what I've learned.
 11. My heart is repairing itself in ways I can't always see.
 12. I am learning to love the parts of me that once felt unworthy.
 13. Peace is not far away — it's already growing inside me.
 14. I don't have to rush this. Healing is happening, even when it's quiet.
 15. My past does not define me — it teaches me.
-

Reflections to Reflect Upon

- When was the last time you handled something better than you would have before?
- What does strength mean to *you* now — not the world's version, but yours?
- Write about a time you nearly gave up but didn't. What kept you holding on?
- What does healing look like for you today — not forever, just right now?
- What have you forgiven yourself for recently, or want to start forgiving?
- How can you show kindness to the version of you that was in pain?
- When do you feel safest in your recovery? What helps create that feeling?
- What's one wound you're ready to stop reopening?
- What small, quiet strength are you proud of today?
- Who inspires your strength — and how can you give that same energy back to yourself?

The Coping Toolbox



About This Section: The Coping Toolbox

Recovery isn't about never feeling pain — it's about learning *what to do* when the pain comes.

This section gives you simple, real tools for those moments when everything inside you says, “*I can't do this.*”

Cravings, loneliness, anger, boredom — they're all part of recovery. You don't have to fight them alone or let them control you. What matters is how you *respond*.

These tools are here to help you ground, calm, and redirect that energy before it takes over.

Use this section as a guide to build your own routine:

- Highlight what works for you.
- Add your own ideas to the blank lines.

- Keep coming back — even when you don't “need” to — so it becomes natural when you do.

Remember: coping isn't weakness. It's how strength stays alive.

Grounding Techniques

When your thoughts start spinning, come back to your body and the present moment.

Try these:

- Breathe deeply and name **five things** you can see, **four** you can touch, **three** you can hear, **two** you can smell, **one** you can taste.
- Splash cold water on your face and focus on the feeling.
Step outside — feel your feet on the ground, the air on your skin.
- Hold something solid — a coin, a stone, a key — and focus on its texture.

 *Reflection:* “Right now, I am safe. The moment is real — the craving is temporary.”

What to Do Instead of Using

When your mind says “just one,” your body needs a different kind of release — movement, expression, or calm.

Options:

- Go for a walk. Movement changes your chemistry.
- Listen to music that lifts you or moves you emotionally.
- Write a few sentences — even if they're messy.
- Call or text someone safe. You don't have to talk about the craving — just connect.
- Watch something that makes you laugh or cry. Both release pressure.
- Pray, meditate, or talk out loud to yourself — honesty heals.

 *Reflection:* “What I need isn't the drug — it's relief. And there are gentler ways to find it.”

How to Stay Grounded During Anxiety

Anxiety is often your body remembering chaos. Calmness feels strange at first — but it's safe.

Try this:

1. Sit down, put your hand over your chest.
2. Breathe in slowly through your nose, out through your mouth.
3. Tell yourself: *"I'm safe right now. I can let this pass."*
4. Focus on one physical sensation — the chair, your breath, the warmth of your hand.

Repeat this until your body softens. Even if it's only 10%, that's enough.

 *Reflection:* "I don't need to control everything — just this moment."

 If You Feel Like Giving Up

You're tired. You're human. But this feeling won't last forever.

Ask yourself:

- Have I eaten, slept, or hydrated today?
- Who could I reach out to, even if I don't know what to say?
- What's one small thing I could do that's kind to myself?

Then do that one thing. Not everything — just one.

One small act of care breaks the spiral.

 *Reflection:* "It's okay to rest. It's not okay to quit on myself."

 Relapse Response Plan

This is your "in case of emergency" blueprint. Not if — but *when*. Because recovery is a road, not a single line.

When you slip:

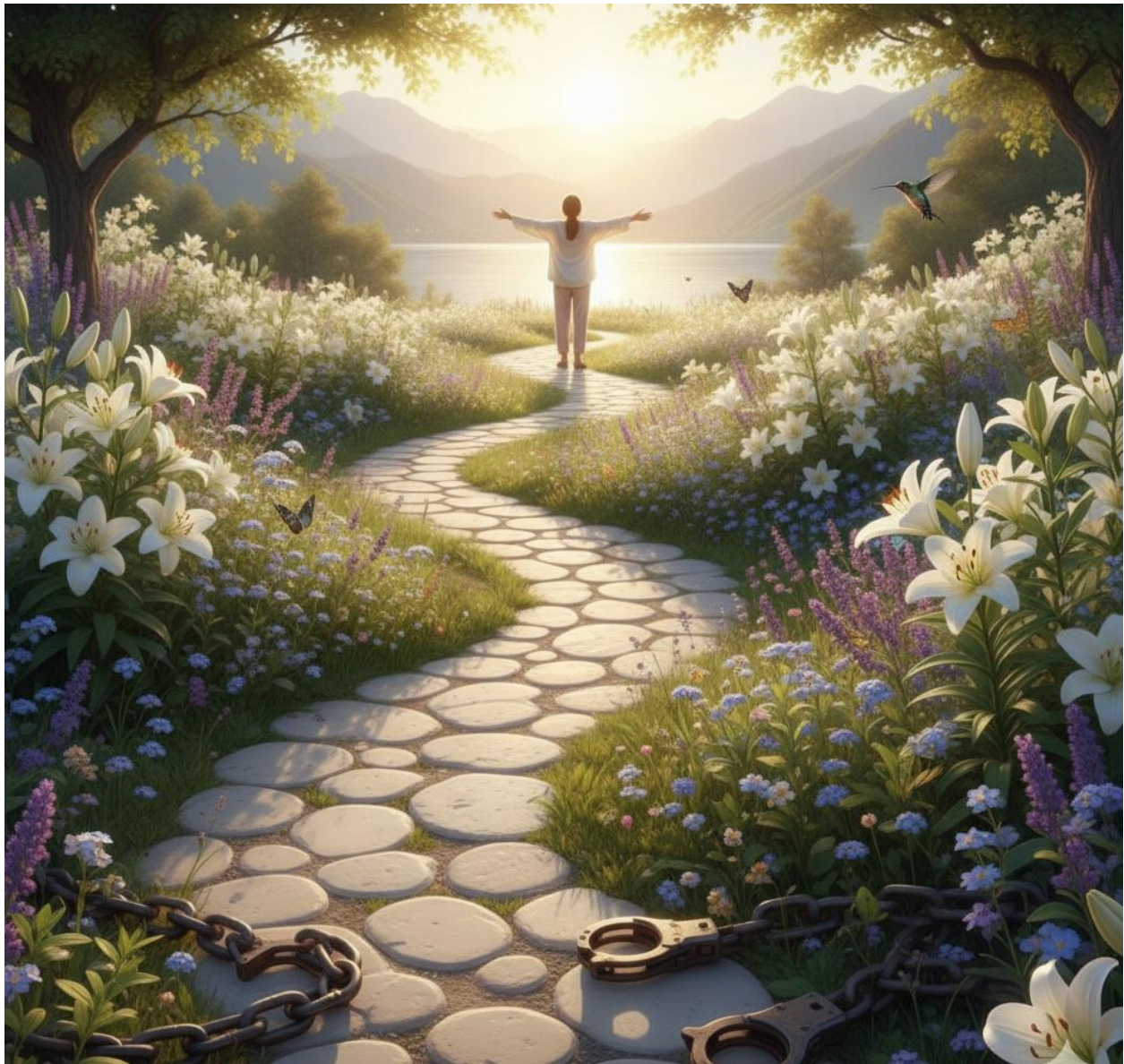
1. **Stop the shame spiral.** You made a choice — now make a better one.
2. **Reach out immediately.** Call or text someone safe. Don't isolate.
3. **Write what happened.** What triggered it? What did you feel right before?
4. **Forgive.** Say it out loud: "I forgive myself. I'm learning."

5. **Reset.** Shower. Eat. Drink water. Start again right now — not tomorrow.

 *Reflection:* “A relapse doesn’t define me. My response to it does.”

Healing

What Healing Really Means in Recovery



Healing from addiction isn't just about staying away from drugs or alcohol — it's about learning how to live again without needing to escape.

When you've used for years (or even months), your brain, body, and emotions have all learned a certain pattern: *cope* → *numb* → *repeat*.

Healing means slowly teaching every part of yourself a new pattern: *feel* → *stay* → *grow*.

That's not easy.

It takes time, patience, and a lot of compassion — especially for yourself.

Real healing involves five layers:

1. **Physical Healing** – Your body is repairing itself. Sleep, nutrition, hydration, and movement all help. The cravings might come and go, but each week your system cleanses more and stabilizes.
2. **Emotional Healing** – Feelings that you used to suppress (guilt, grief, loneliness) start to surface. Don't run from them; they're proof you're alive again. Talk about them. Write them down. Feel them, then let them move through you.
3. **Mental Healing** – Your mind is relearning focus, patience, and clarity. For a while, it'll feel foggy — that's normal. Try mindfulness, journaling, or breathing exercises to calm your thoughts instead of fighting them.
4. **Social Healing** – Addiction isolates. Healing reconnects. You might lose some people, but you'll also find others who want to see you win. Look for healthy connections: meetings, support groups, trusted friends.
5. **Spiritual Healing** – You don't need religion for this. It's about reconnecting with meaning — whatever gives your life purpose again. Nature, music, helping others, prayer, meditation — anything that makes your soul feel awake.

Healing isn't a straight line.

You'll have good days, quiet days, angry days, proud days. Every single one counts.

RECOVERY



**WHAT PEOPLE THINK
IT LOOKS LIKE**

RECOVERY



**WHAT IT REALLY
LOOKS LIKE** ✨

You don't need to "feel healed" to be healing.
You already are — just by showing up for yourself.



Daily Healing Rituals You Can Try



Healing isn't something that happens once — it's something you *practice*.
These small rituals help you rebuild safety, calm, and trust inside yourself.
You don't need to do all of them. Just pick one or two each day.
Even five quiet minutes can help your mind and body remember: *I'm safe now*.

1. The 60-Second Reset

When your thoughts start racing or cravings hit — stop.
Breathe in through your nose for 4 seconds, hold for 2, out through your mouth for 6.
Do this five times.
While you breathe, silently repeat:

“This feeling will pass. I’m still in control.”

You'll feel your pulse slow, your mind clear, and your body calm down.
It's a way to remind your nervous system that you're safe — right now, in this moment.

2. The Morning Check-In

Before you look at your phone, ask yourself:

- How do I feel today (physically and emotionally)?
- What's one thing I *need* today?
- What's one small thing I can be proud of by tonight?

Write it down or say it out loud.
This builds self-awareness — the first step to real healing.

3. The Grounding Walk

Go outside, even just around the block.
Notice five things you can see, four things you can touch, three things you can hear, two things you can smell, one thing you can taste.
If your head starts spinning, this brings you back to your body — and out of the craving or anxiety.

4. The Truth Talk

When a craving or guilt wave hits, talk to yourself like you would to a friend:

“You're not weak. You're healing. You've come too far to go back.”

It might sound small, but this rewires how you respond to stress.
You're teaching your brain that kindness is now your coping mechanism.

5. The Evening Release

Before bed, let go of the day.
Say — or write — three things you're grateful for, and one thing you forgive yourself for.
Then imagine leaving all of it behind, so tomorrow starts fresh.

Healing isn't only about stopping — it's also about *beginning again*, every day.

☀️ Hope



This part is designed to help you when you feel lost, hopeless, or tired of trying — the moments that test the soul the most. It doesn't sugar-coat pain, but it gives light, direction, and proof that life after addiction is *worth rebuilding*.

💬 What Hope Really Means in Recovery

Hope isn't about pretending things are fine.

It's about believing there's *something* beyond this pain — even when you can't see it yet.

When you've been deep in addiction, hope can feel like a stranger.

You get used to disappointment, chaos, and that voice that says, "*You'll mess it up again anyway.*"

But hope isn't blind optimism — it's an act of rebellion.
Every time you say, "*Not today*," or "*I'll try again tomorrow*," you're choosing hope.

Recovery doesn't work without it.
It's the quiet force that keeps you moving forward even when your legs shake.
Hope is what turns *survival* into *living* again.

You don't need to see the whole road — just the next few steps.
You've already walked through worse darkness than what lies ahead.

How to Build Hope When You Feel Empty

When hope fades, it's not gone — it's buried.
Here's how to find it again:

1. Remember Proof, Not Promises

Don't look for big miracles — look at *proof*.
You've already made it through things you thought would kill you. That's not luck — that's strength.
Write down three times you thought you couldn't do it... but did. That's your evidence.

2. Feed Your Future

Hope grows where attention goes.
Think about something — *anything* — that excites you, even slightly. A goal, a trip, a person you want to be.
Spend a few minutes imagining it each day. Not as fantasy, but as direction.
Your brain needs a reason to keep healing.

3. Borrow Hope From Others

When you don't have your own, lean on someone else's.
Read recovery stories. Go to meetings. Watch people who've made it out.
Their light shows you what's possible.
There's no shame in borrowing hope until yours returns.

4. Do One Good Thing

When everything feels pointless, do something small and kind — for someone else *or yourself*.
Hold the door, text someone, make your bed, feed your pet.
Action rebuilds purpose. And purpose reignites hope.

5. Remember: Hope Is a Muscle

It grows stronger when you use it — even weakly.

It's not about feeling positive all the time. It's about *believing that this pain has an end*.

Reflection Prompts

- What's one thing you still want in life — something worth staying clean for?
- Who do you want to become when you're fully healed?
- What's one thing that gave you hope once — can you bring it back?
- How would you speak to someone else who felt as hopeless as you do now?
- What would you lose if you gave up now — and what could you gain if you didn't?

Calm

In this section, **Calm**, it is one of the most essential parts of your *Pocket Recovery Manual*.

It's designed for those raw moments — panic, cravings, spiralling thoughts, restlessness, emotional overwhelm — when someone just needs to *slow everything down*.

This isn't about pretending to be peaceful. It's about *learning to bring yourself back* when the storm hits.

Why Calm Matters in Recovery

Addiction lives in chaos.

It feeds on noise, tension, guilt, and that restless need to escape yourself.

Recovery teaches you the opposite: how to *stay still* when your instincts scream to run.

Calm doesn't mean nothing is happening — it means you're creating space to respond instead of react.

The more you practice calm, the more power you take back from cravings, anxiety, and self-doubt.

It's not weakness. It's strength without noise.

How to Create Calm — Even in Chaos

1. The Five-Sense Grounding Reset

When panic hits, the mind runs wild. Grounding brings you back to your body.

Name 5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

It sounds simple, but it pulls you out of the storm in your head and anchors you to the present.

2. The “Not Now” Technique

When a craving or negative thought comes, you don’t have to fight it — just postpone it. Say quietly to yourself:

“Not now. I’ll think about that later.”

Delay the urge. Most cravings peak and fade in about 15–20 minutes. Ride the wave; it always passes.

3. Body Check-In

When you’re tense, scan your body from head to toe.

Notice where you’re gripping, tensing, or holding your breath.

Unclench your jaw. Drop your shoulders. Let your stomach soften.

Then breathe — in for 4, out for 6.

Your body teaches your mind how to relax.

4. Safe Space Visualization

Close your eyes.

Picture a place where you’ve always felt safe — maybe it’s a forest, the sea, your bed, a memory.

Feel every detail: sound, air, temperature.

When you visit it often enough, your brain learns it’s *real relief*, not a fantasy.

5. Mantras for Calm

Repeat one slowly when your mind starts to spiral:

- “This moment is temporary.”
- “I am safe right now.”
- “My thoughts are just thoughts — they don’t control me.”
- “Breathe. Stay. Let it pass.”

The more you repeat them, the more your brain starts believing them.

Reflection Prompts

- What does calm *feel like* for you — physically and emotionally?
- What’s one environment or activity that instantly helps you feel grounded?
- What triggers tend to disturb your calm most often? How could you prepare differently next time?
- What can you tell yourself when panic or craving rises that feels *true and reassuring*?

Staying the Path

What This Section Is For

Recovery doesn’t end when the cravings fade.

It doesn’t end when you hit 30, 60, or 90 days clean.

It doesn’t end when your friends, family, or even you think you’re “fixed.”

Recovery is a *daily choice* — choosing life, presence, and self-respect over old habits.

This section is your guide for keeping that choice alive, day after day.

It’s about building routines, keeping your support strong, and knowing how to move forward even when the road feels long.

How to Stay the Path

1. Keep Your Why Visible

Write down why you're staying clean — your reasons, your goals, your dreams. Place it somewhere you'll see every day: your phone wallpaper, a sticky note, your journal. Remind yourself: *Every small choice adds up to this bigger picture.*

2. Routine Is Your Anchor

Structure helps prevent chaos from creeping back in.

- Sleep and wake at the same time each day
- Eat regular meals
- Include movement — even 10 minutes of walking counts
- Plan small, meaningful tasks to feel accomplished

Routine isn't boring — it's freedom. It gives you a foundation to make better choices when life gets messy.

3. Stay Connected

Isolation feeds relapse. Recovery feeds on connection.

- Keep in touch with someone who understands your journey
- Attend meetings or online recovery communities
- Share your progress, even small victories

Connection reminds you that you're not alone — and it strengthens your path forward.

4. Plan for Challenges

You will face stress, triggers, and bad days. That's normal.

- Identify your triggers and make a simple response plan

- Keep your Coping Toolbox close
- Know who you can reach out to immediately

Preparation doesn't prevent life — it empowers you to respond instead of react.

5. Celebrate Every Victory

Recovery is made up of small wins:

- Saying no once
- Sleeping through a craving
- Showing up to a meeting
- Talking honestly about your feelings

Acknowledge them. Write them down. Let them remind you that every step matters.

6. Self-Compassion Over Perfection

You won't get it right every day. You'll stumble.
When you do, remind yourself:

"I'm learning. I'm healing. I'm still moving forward."

Staying the path isn't about being perfect — it's about *never giving up on yourself*.

Reflection Prompts

- What's one thing you did today that kept you on your path?
- Who or what helped you make a good choice today?
- What challenge can you prepare for tomorrow?
- How can you show yourself patience, kindness, or celebration today?
What does a "successful recovery day" look like to you — even in small terms?

Closing Message & Quick Reference

You made it to the end of this manual — and that's proof of something powerful: you're still here, still trying, still choosing yourself. Every day in recovery is a victory, even when it doesn't feel like one. Every craving you resist, every moment you stay present, every time you breathe instead of reacting — that's your strength showing.

Remember this: recovery is not about being perfect. It's about showing up for yourself again and again. You will have good days and bad days. You will stumble. You may feel weak, lost, or hopeless at times. And that is okay. Being human doesn't make you less. It makes you resilient.

You are capable of more than you know. You have survived everything that tried to break you, and you are learning to rebuild a life that doesn't depend on escape. Your past does not define you. Your mistakes do not define you. What defines you is what you do *after* — how you rise, how you keep choosing life, how you keep moving forward even when it's hard.

Hold on to your victories — the small ones, the quiet ones, the ones no one sees. They are the foundation of the life you are building. When the world feels heavy, remember: one small act of care for yourself is more powerful than any craving, any old habit, any voice that says “you can't.”

You are learning to trust yourself again. You are learning to feel peace again. You are learning to live, not just survive. You are stronger than the voices that tell you otherwise. You are braver than the days that scare you. And you are not alone — even when it feels that way.

Keep this manual close. Open it when you need guidance, courage, or a reminder that you are capable of healing. Let it be your anchor on hard days and your mirror on proud ones. Let it remind you of this truth:

You are still here. You are still fighting. You are still becoming. And every step forward — no matter how small — is proof that you can and will keep moving toward freedom.

Believe it. Feel it. Live it.

Remember This

- Recovery is a journey, not a single victory.
 - Every craving, struggle, or setback is a *moment*, not a definition.
 - You are stronger than your urges, wiser than your past, and capable of more than you know.
-

Quick Tools at a Glance

1. Ground Yourself (1–5 min)

- Five-sense check: 5-4-3-2-1
- Slow breathing: In 4 → hold 2 → Out 6
- Body scan: relax jaw, shoulders, stomach

2. Redirect Energy

- Walk, stretch, or move
- Write, journal, or sketch
- Call or text a trusted person

3. Cravings / Urges

- “Not now” → delay for 15–20 min
- Remind yourself: *This feeling will pass*
- Use your Coping Toolbox: music, mantra, grounding

4. Reflect & Reset

- Ask: *What worked today? What can I improve tomorrow?*
- Write 3 things you’re grateful for
- Forgive yourself for slip-ups

Daily Reminders

- Progress > perfection
- Self-compassion > shame
- Presence > avoidance
- Small steps every day = long-term freedom

Your Personal Anchors

Fill in your own:

My Why:

My Go-To Person/Number:

My Safe Place:

My Grounding Object / Mantra:

Keep this page close (even print it out (as many copies as you need)). Open / read it anytime you need clarity, calm, or courage.

You've made it this far — you *can* keep moving forward.

Helpful Resources for addiction support

Below I have provided a list of resources in case you need them.

Resources for Overcoming Addictions

If you're seeking support for addiction in the UK, there are numerous organisations offering free, confidential help for individuals and families. Below is a curated list of trusted resources, including contact details and website links.

National Helplines

FRANK (Drugs Helpline)

Call: 0300 123 6600

Website: talktofrank.com

FRANK provides confidential advice and information about drugs, their effects, and the law.

Alcoholics Anonymous (AA)

Call: 0800 9177 650

Email: helpline@aamail.org

Website: alcoholics-anonymous.org.uk

Offers support to anyone with alcohol problems.

We Are With You

Website: wearewithyou.org.uk

Provides free, confidential support to people in England and Scotland facing challenges with drugs, alcohol, or mental health.

Smart Recovery UK

Website: smartrecovery.org.uk

Offers self-help programmes for addiction recovery, including support for alcohol, drug, and gambling issues.

NHS & Local Services

NHS Addiction Support

Website: nhs.uk/live-well/addiction-support

Provides advice and support for addiction, including drug and gambling addictions.

Change Grow Live

Website: changegrowlive.org

A national health and social care charity offering support for challenges including drugs and alcohol, housing, justice, health, and wellbeing.

Turning Point

Website: turning-point.co.uk

Specialises in substance use, learning disability, and mental health support across England.

Regional Services

DAN 24/7 (Wales)

Call: 0808 808 2234

Text: 81066

Email: dan247@wales.nhs.uk

Website: dan247.org.uk

A free and confidential drugs helpline available 24/7 in Wales.

Adferiad (Wales)

Website: adferiad.org

Provides a range of services for people in Wales with mental health problems, substance misuse, and co-occurring complex needs.

Family & Carer Support

Addiction Family Support

Website: addictionfamilysupport.org.uk

The leading UK registered charity supporting people affected or bereaved by a loved one's addiction, offering helplines, one-to-one, couples, and group services.

United States

Here are some trusted addiction support resources available to residents of the United States. These organizations offer free, confidential assistance for individuals and families dealing with substance use and behavioural health challenges.

National Helplines & Immediate Support

SAMHSA National Helpline

1-800-662-HELP (4357)

Available 24/7, this confidential helpline offers free, multilingual support for individuals and families facing mental and substance use disorders. USAGov

National Drug Helpline

1-844-289-0879

A 24/7, confidential helpline providing information and guidance on drug and alcohol addiction.

Important Note on Helplines

Be cautious when seeking helplines that claim to offer “free” and “impartial” advice. Some have been found to accept commissions from private rehab clinics, potentially misleading vulnerable individuals. It’s recommended to use the well-established and reputable services listed above.

A Proven 10-Step Guide to Overcome Any Addiction

1. Acknowledge the Addiction: Accept that the behaviour is problematic.
2. Seek Professional Help: Consult with healthcare providers for guidance.
3. Build a Support Network: Engage with support groups and loved ones.
4. Identify Triggers: Recognize situations or emotions that lead to addictive behaviours.
5. Develop Coping Strategies: Learn healthy ways to manage stress and cravings.
6. Set Clear Goals: Define short-term and long-term recovery objectives.
7. Monitor Progress: Keep track of achievements and setbacks.
8. Replace Addictive Behaviours: Substitute negative habits with positive activities.
9. Practice Self-Care: Prioritize physical and mental well-being.
10. Maintain Commitment: Stay dedicated to the recovery process, even during challenges.

Final thoughts and something to leave you with

Hey, well done and congratulations to you for getting this recovery pocket guide and making it all the way through. I hope you will find it useful to you on your road to recovery. I hope you will find it useful to yourself in wanting to get clean and stay clean and it helps you to do just that!

Even if one small part does!

Remember - you don't have to be alone and help IS available to you.

With calm strength,

— **Wolfy Hawkes**

[Overcome247.com](https://overcome247.com)

WhatsApp chat help: [Wolfy Hawkes - Overcome247](https://overcome247.com).