

RECOVERY FOUNDATIONS, SUPPORTING DOCUMENT 3

Addiction Recovery Support

Supporting resource for those suffering with their addiction recovery mindset

Lay solid life foundations before trying to climb any proverbial mountains. Sometimes, consolidating the progress you've already made is wiser than trying to move forward, against the will of your body and mind. Take it slow, recovery is not a marathon, it is a way of life long before it becomes a new life.

Having struggled and overcome addictions of my own, which included: food, cigarettes, marijuana and shopping, I have chosen to share a collection of inspiring quotes, consider them affirmations and mantras if you will. Reprogramming the mind IS possible, with time, persistence and consistent practice. Repeating such words is a practice that I still rely on at times of relapse and during devoted periods of independently-practiced intervention.

You can turn these A6 pages into a booklet that you can flip through at anytime; you can tear out a page and give it to a friend or another fellow in, or attempting, recovery, or choose a few to keep in your wallet, purse or bag. Individual page print is also available.



Ana Maria Santuario offers you support with this Collection of Affirmations and Mantras

Publisher's Note

There is no braver act than honesty. Honesty is love in action, yet it can be a destructive kind of process, facing the harder truths of ourselves and the world around us. So, should you start to struggle in any way, please seek the appropriate help. This book is sold with the understanding that the publisher is not engaged in rendering psychological, financial, legal, or other professional aid. Neither the author nor the publisher shall be liable or responsible for any loss or damage allegedly arising from any information or suggestion contained within this book. With that said, we wish you all the best for this journey you take with yourself and do hope that you reach for help when you become aware that you are in need of it.

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I am so happy to be saying no. Saying no feels great and strong.

I like not doing that to myself. I prefer my life without it.

I thank the light for showing me life is better without substances.

I am safe and happy in this present moment.

I am so powerful to be choosing abstinence.

I love my life without altering reality.

I can see the thoughts and let them pass by.

I am breathing ten times before making a choice. Then doing it again before I choose what is safe and best for me.

I like not altering reality.

Reality is cool.

I choose reality.

I choose to be present to the thoughts, but to know that they are only thoughts and my choice can be something altogether not the thought.

I have the power to choose sobriety in this moment.



This moment will pass.

I like not needing
a pretend crutch.

I am sure of my sobriety.
I like the feeling of sobriety
more than dying slowly.

I enjoy my healing
and recovering body.

I choose life
over death today.

Right now, I am safe
enough to walk away.

I am allowed to be
safe and at home.

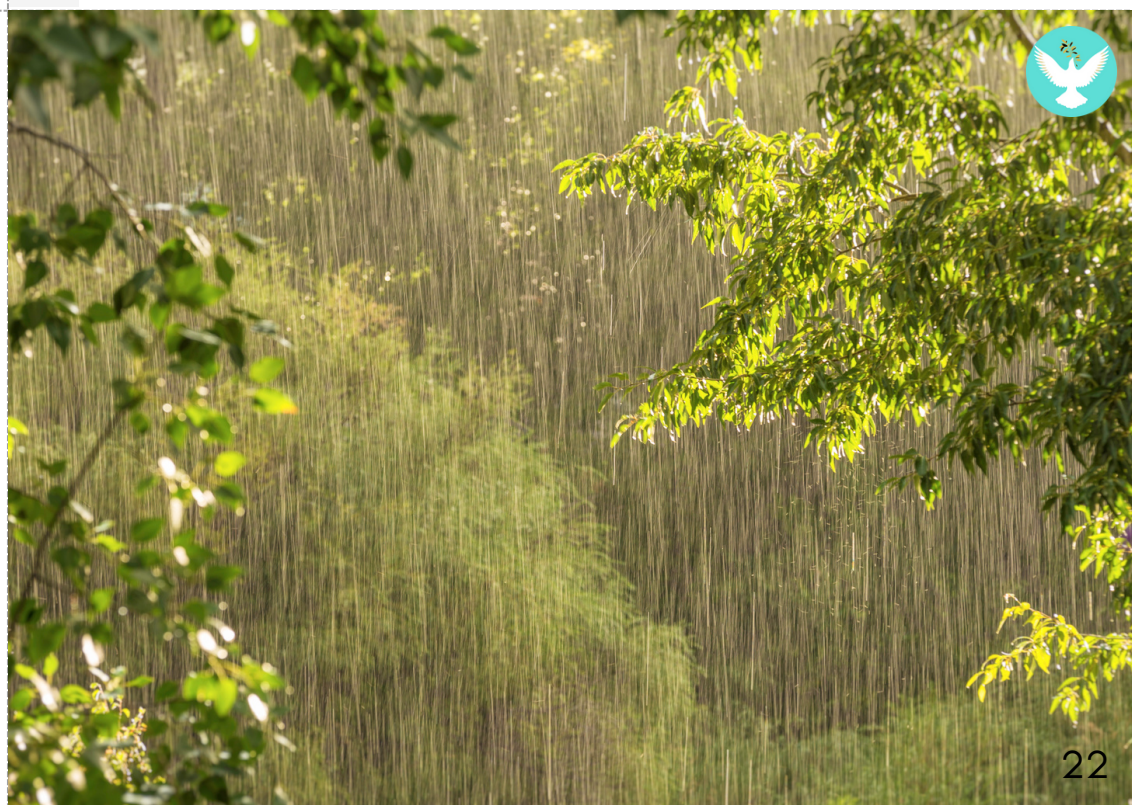
Rest is good,

my body likes rest.

Stay safe, choose it,

you deserve it.

Staying safe is my right.



Choose to say no,

it's safer to say no.

I deserve to be safe.

Trust that you've got this.

You really have got this.

You relapsed? Now start

again from this moment.

Release, learn, keep moving,

one step at a time.

Trust your intuition. Know if you don't feel like going out, don't, you may not make it home sober.

You can relapse, or you can wake up tomorrow another day clean. Choose wisely.

Choose the darkness, or the light...

Right now, choose life.

Choose a better

life for yourself.



I know it's hard, do it anyway.

Then keep doing it.

Enjoy knowing you chose

sobriety just now. Oh, wow,

just did it again, good on you!

Job well done today,

job well bloody done.

You've been so strong today.

Breathe that in and own it.

So much courage in you

right now. Stay brave,

stay strong, stay sober.

Choices have

consequences...

make lots of little

good ones today.

Did you hug yourself today?
Do that, right now, whisper
in your own head, 'I love
you. I love you. I love you.'

Be good to yourself,
you deserve it.

I am mindful of my neurology, and know that a craving does not need to be acted on. It simply means my brain chemistry is up to its old tricks, only now I know it.

Joy is an entitlement,
I enjoy seeking it out today.

Be brave, start again.



Start here and now. Then come back to here and now.

Not using is so much better than using. I am so thankful not to be using.

Not using feels so good, it is the best feeling not to be using.

It is so wonderful to be recovering and getting well.

My body is just so amazing to be recovering steadily from our shared past. I love my body so much and enjoy working with it, instead of against it.

To be sober is to be present without trying to run from every moment. I can stand in this moment and appreciate sobriety. I enjoy seeking it out today.

Not using is like breathing for the first time... and I like breathing, it's why I am alive.

My heart beats today, my blood flows through a clean body and mind. I am alive because I choose sobriety.

I am ready to choose what is best for me every single day. What is best may change daily, but the choice never does because... I CHOOSE ME!

I can live a clean life. I deserve a clean life. Any thoughts saying otherwise are a product of the past... Now, I choose a new future based on what I know - that I can do this every single day - choose sobriety and the future that comes with it.

This is a collection of quotes that can be used to support addiction recovery. It is not a programme of recovery, simply a resource one may use to help develop a new mindset and way of life. This resource can also be used during challenging times to support a prevention of relapse into old ways of coping and managing mental health symptoms.

THIS RESOURCE IS A PART OF THE 'RECOVERY FOUNDATIONS' GUIDE, SOLD AT ANAMARIA.ORG



THIS RESOURCE IS A PART OF THE 'RECOVERY FOUNDATIONS' PACKAGE, SOLD AT ANAMARIA.ORG, AND IS NOT TO BE SOLD SEPARATELY OR DISSEMINATED BY THRID PARTIES.

With love, Ana Maria Santuario permits the gifting of this mini-booklet to anybody you feel may benefit from it. In such instances, please choose to include these two back pages so that the individual may benefit from reaching out for further support. Sometimes, giving people resources they do not ask for can help them ask for more help. It is also important to note that some people must take the step of purchasing their own form of 'Recovery Foundations' support for themselves, the act of purchasing alone is so important because it sets the intention of *wanting to get well*. By giving too much way you remove certain rights of passage, like developing a 'commitment to recovery', or meeting a turning point like reaching out for helpful information, as opposed to that which may further harm a recovery with unsafe and unreliable content.