

Anne-Marie

Reference

<http://alcoholrehab.com/addiction-recovery/Serenity-in-addiction-recovery/>

Tonight, the topic is
Serenity

Your initial thoughts?

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If you'd Like to Join the conversation on tonight's topic, call right now
PLAY THE JINGLE - get from drop box

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Survey says

A common motive for falling into substance abuse is an inability to cope with the vicissitudes of life. The individual feels overwhelmed by the problems that life is throwing at them, and desperation means that they will consider any means of escape. In the beginning alcohol and drugs do feel like the perfect solution. It gives the individual a break from their problems and the reality of day to day living. The problem is that as the individual becomes to rely on these substances it has a devastating impact on their life. It is a classic example of the cure being worse than the disease. The answer to life's problems is not to be found by using mind altering substances. The ability to deal with life is something that the individual can develop, but it is serenity that they need for this and not intoxication.

Serenity Defined

One way of defining serenity is to say that it is a feeling of being calm and tranquil. In recovery this word is often used to describe a state of being where people are untroubled by the ups and downs in life. It means that whatever is happening in the individual's life they can rely on an inner sense of calm. Many would say that this way of being is the goal of recovery. It may even have been the search for such inner peace that drove the individual into addiction in the first place – they find what they are looking for in sobriety.

The topic is serenity

What comes first to mind when you hear the word serenity?

What does serenity mean to you today?

What did you understand serenity to be before program

What was your understanding when you first came into recovery?

Why is serenity important to your program?

What are your barriers to serenity?

How do you obtain serenity?

What is blocking your serenity today?

How can the program help?

What steps, slogans, prayers, etc.?

What would you say to the new guy?

Calls