

# Serenity High

Newsletter January 2020



## 10 Lessons Addiction Sobriety Teaches Us

- 1. We Can Redeem Ourselves-** Our actions right now, in the present will not erase the past, but will help create a new life, full of healing, love, accountability, being present, and being authentic.
- 2. We Have Choices-** Addiction also teaches us that life is precious. We can choose to learn and utilize a healthy coping skill versus use.
- 3. We Need to Be Mindful of Emotions and Feelings-** To understand our feelings will not break us, kill us, ruin us; they may be uncomfortable, but we need to embrace and learn how to name and feel our feelings.
- 4. Mistakes are Part of the Journey-** Whether this means a slip, a relapse, or a fight with our loved ones, it is absolutely normal to make mistakes. What matters, is that we learn from our mistakes and our struggles, and be willing to try new ways and never give up. Recovery and sobriety isn't easy, it takes work, time, effort, and being open to falling down and standing back up. Life is a journey, not a destination.
- 5. Reaching Out for Help is a Strength Not a Weakness-** Being able to say "I need help" is a huge sign of strength. Our addictions love to live in the dark corners, and stay hidden. Silence is dangerous for those in sobriety.
- 6. Relationships May Be a Challenge-** Sobriety is a challenge, because often we are learning who we are, and having to relearn how to live. It takes a lot of learning in establishing boundaries, creating opening lines of communication, and emotional regulation in fights.
- 7. Addiction Can Be A Gift-** I know this sounds crazy at first. Addiction is awful, it kills people, it ruins families, but it can also be a gift. I feel I am in the driving seat of my life, capable of making decisions, facing my life versus running away from problems.
- 8. Giving to Others Gives to Ourselves-** To give hope to others that recovery is not only possible, but happening to many others in the world.
- 9. Healing Takes Time-** Sobriety is just the first step in a healing relationship with yourself and others after a history of addiction(s). A lot of the work is done after we enter recovery, and after we get sober. We have to take time, and that is done by seeking professional support, and joining support groups, and many other paths.
- 10. One Day at a Time-** Life can often be overwhelming, but if we focus just on today, and what we need to do, it helps keep life manageable. We only live in the present, and doing our best in the present is enough.

## Dates to Remember

Wednesday January 15<sup>th</sup>

I Make a Plan Presentation

Friday January 17<sup>th</sup>

Winter Graduation

Monday January 20<sup>th</sup>

MLK Day (No School)

Monday January 27<sup>th</sup>

College Readiness

Friday January 31<sup>st</sup>

Celebration Friday/ Progress Reports will be issued

**Mondays** Yoga and Meditation

**Tuesdays** 12 Step AA Meetings

**Wednesday** Individual guys and girls group

**Thursdays** Narcotics Anonymous