



## CLOSING STATEMENT

[www.liferingCanada.org](http://www.liferingCanada.org)

Recovery does not happen simply when substance abuse stops. Recovery is achieved by creating a new life, where "using" is no longer an acceptable choice. Otherwise, the factors that led to your addiction will eventually resurface.

You don't have to change everything in your life... just almost everything. Old habits, behaviors and associations will continue to bring trouble unless you let them go. The more you try to hold onto the "old way", the harder your recovery will be.

Many of us have drifted through Our lives without having to think about who we are, or what we want to be. Addiction changes that. It forces us to "wake up".

You have an opportunity to make changes that are both difficult and rewarding. Take advantage of this opportunity and use it to fundamentally improve your life. Don't just stop using.

People in recovery often describe themselves as grateful. Why would someone be grateful to have an addiction? Because they realize that the process of recovery has helped them find out who this amazing person really is, and what a peaceful existence is all about.

LifeRing can help you achieve an active state of meaningful sobriety by empowering your Sober self.

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**LifeRing Secular Recovery™**  
Mailing Address | 25125 Santa Clara St # E-359 | Hayward, CA 94544  
**800-811-4142 | [service@lifering.org](mailto:service@lifering.org) | [www.lifering.org](http://www.lifering.org)**  
Federal Tax Identification Number 94-3267919

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