

DEBUNKING MYTHS ABOUT RECOVERY



Myth 1: People must hit a “rock bottom” to recover.

Truth: Recovery can begin at any stage. Early intervention improves long-term outcomes.



Myth 2: Recovery is only abstinence.

Truth: Recovery includes building a healthy, meaningful life, physically, mentally, and socially.



Myth 3: Relapse means failure.

Truth: Relapse is common and often signals the need to adjust treatment, not give up.



Myth 4: Willpower alone is enough.

Truth: Addiction is a medical condition and can require peer support, therapy, and/or medication



Myth 5: Recovery is the same for everyone.

Truth: Recovery can look different for everyone and can is not always a linear process.