

# The Importance of Perseverance

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Having assisted thousands of people who have substance abuse issues, I'm often asked what is the singularly most important thing for attaining and maintaining a successful recovery. Generally, with questions like this, my first response is always to acknowledge that recovery is not a one-size-fits-all endeavor, so there is no one item or issue that is the most important thing for everyone. Given that each person and, therefore, every recovery is unique, what is most important to you is not always the key for another person's success. Yet, with that said, there is one thing that is a very important component to every recovery: perseverance.

Recovery is like learning to ride a bike: you're going to fall down a few times along the way. The important thing isn't to never fall down, but that when you do fall down - and I don't know anyone who hasn't - to get up and keep moving forward. I always tell my clients that if I could give you just one thing, that it would not be money, nor friends, nor happiness, for all these things come and go. Instead, it would be perseverance: the willingness to fall down and get up again.

Recovery is a life-long process, relapse is always just one day away, and the challenge is to never give up. Those who persevere conquer.

