

Why go to NA and AA? Because they SUCK!

by: Robert Ben Mitchell, Substance Abuse Recovery Coach
www.trafn.com/blog.html - April, 2016
786-262-5750 (USA)

Recovery from opioids is very difficult, and while it's fairly easy to get clean, it's hard to stay clean. That's because people who are opioid dependent have trained themselves to turn to the happy-pills whenever they have any emotional pain. That's why it's so hard to stay clean, because every time you encounter a significant emotional stressor or trigger your body cries out for more happy-pills and, if you don't give it some then it gives you withdrawals. So, the key to staying clean is to learn how to have a shitty day without turning to the happy-pills.

NA and AA are not fun. In fact, they suck. Most every one there is unhappy, screwed up, or in some way fucked-up. So why would you want to hang out in a room full of fucked-up, screwed-up and unhappy people like yourself? Because going to NA and AA is like having a little, mini-shitty day, and what better way to learn how to deal with the big shitty days in your life than by practicing with little ones. That's how you develop the new coping skills you desperately need for dealing with life.

So go to NA and AA not because they're fun, but because they suck.

