

My Recovery Benefits (11 months into recovery program)

by Stan in recovery 4.2.2025

(<https://staninrecovery.neocities.org>)

- Able to use computers and phones without anxiety or worry
- Able to use technology as a tool to help work
- Not needing to take breaks from work all the time to whack the pickle
- Smelling nicer / better hygiene
- Feeling comfortable in my body
- Increased self-esteem
- More color in my face (looking alive instead of like a brain dead sleep deprived zombie)
- More emotive
- More sensitive to others needs and feelings
- Actually listening to people instead of planning what I'm going to say while waiting for them to finish (in frustration)
- Going outside each day to connect with garden and nature
- Not feeling trapped all the time; feel free and like there are options in life
- Increased financial success
- Increased depth of friendships
- Less conflict / drama
- More time for projects and career goals
- Better physical health
- Less legal problems
- Less compulsion in life overall
- Deep sleep without recurring nightmares / urges
- Able to take and enjoy showers / bath without urges/nightmares/triggers/fears
- Deepening spiritual practice
- Able to meditate again
- More time and motivation for adventures and exploring
- Much better vision health
- Much less back pain
- Much better leg health (not sitting in chair for 5 hours acting out)
- Developing and keeping healthy daily habits, better dental hygiene
- More dating options (for when I'm ready)
- More comfort in clothes
- Less co-dependency / need to impress others
- More on time for things generally
- Remembering small tasks and chipping away at the big ones

*"Addiction is giving up everything for One Thing.
Recovery is giving up One Thing for EVERYTHING"*