

Ten Ways to Move from Addiction to Recovery and Healing

Dr. Michael Obsatz – December 2024 ¹

Here are ten ways to help a person with addictions move into recovery and begin healing, from writings by Dr. Michael Obsatz.

1. Recognize the Underlying Pain and Trauma

- Addiction often stems from unhealed wounds, unresolved trauma, and feelings of emptiness. Healing begins when individuals confront and grieve their pain while honoring the coping mechanisms that once helped them survive.
- Books or professional support on *inner child healing* can provide insights and tools for this step.

2. Cultivate Self-Love and Worthiness

- Recovery involves shifting from shame and self-criticism to self-compassion. Dr. Obsatz emphasizes recognizing one's divine worth and beauty: *"I am worthy of love just as I am"*.
- Practices like meditation, journaling, and affirmations help nurture self-love and build a positive internal narrative.

3. Build a Supportive and Loving Community

- Isolation fuels addiction, whereas a supportive network provides safety, encouragement, and accountability.
- Seek circles of love, peace, and healing, such as recovery groups, trusted friends, mentors, or spiritual communities.

4. Replace Addictions with Life-Affirming Practices

- Developing healthier habits—such as exercise, creative expression, mindfulness, or spending time in nature—can replace addictive patterns with nurturing, joyful activities.

5. Find Meaning and Purpose

- Addiction often thrives in emptiness and a loss of purpose. Recovery involves reconnecting with a deeper sense of meaning. Dr. Obsatz encourages dedicating one's life to spreading love, compassion, and peace.

¹ This was created by using writings by Dr. Michael Obsatz and ChatGPT. December 2024. Writings found at www.lifesjourney.us

- Volunteering, creative work, or spiritual exploration can help individuals rediscover their purpose and contribution.

6. Embrace Oneness Consciousness

- Moving from "Empire Consciousness" (domination, scarcity, fear) to *Oneness Consciousness* (love, connection, abundance) can be transformative.
- Practices like prayer, meditation, and being in nature foster a sense of connection to Spirit, others, and the earth.

7. Seek Professional and Spiritual Guidance

- Healing often requires both professional and spiritual guidance. Therapists, 12-step programs, or other structured recovery processes provide tools for change. Spiritual practices offer solace, resilience, and a sense of being supported by something greater.

8. Practice Forgiveness and Let Go of the Past

- Forgiving oneself and others is a vital step. Letting go of shame, regrets, and past harms allows for new growth. Dr. Obsatz reminds us that "we are spiritual beings having a human experience" and that life offers repeated chances for rebirth and renewal.

9. Commit to Daily Gratitude and Presence

- Focusing on gratitude, even for small blessings, shifts perspective and promotes healing.
- Living in the present moment—rather than dwelling on the past or fearing the future—cultivates peace and stability in recovery.

10. Become a Cheerleader for Others

- Helping others is not only healing but reinforces one's own recovery. Dr. Obsatz emphasizes "*Cherished hearts empowering everyone's resurrection*" as a way to uplift oneself and others.

Final Reflection:

Recovery is a sacred journey of returning to one's wholeness, reclaiming self-love, and rediscovering connection to Spirit, others, and the earth. Progress is built one step at a time, with compassion and patience for the process. **Love remains the ultimate healer, motivator, and guide. Say to yourself "I am loved, lovable, and loving."**