

Common successful themes with people in long term recovery

- **Consistent participation in a 12 step program such as Alcoholics Anonymous (AA) or Narcotic Anonymous (NA)**
- **Abstaining from using other drugs including alcohol and marijuana**
- **Staying away from people who use drugs of any kind**
- **Engaging in exercise, developing new passions, or returning to past interests**
- **Ability to identify potential triggers and having a plan when triggered (such as increasing AA attendance, etc.)**
- **Parent(s), spouse, or family who participate in Al-Anon or Learn to Cope Support Groups**
- **Family members who work hard not to enable, are proactive, and have a plan when relapse occurs**