

Thrive Counseling Services

ADDICTION RESOURCE

Below is a tool to help fight any addiction.

Need more help? Call us today and we'll get you scheduled!

10 Tips for Fighting Addiction

1. Recognize your triggers
2. Attend support meetings
3. Replace old patterns with new healthy coping skills
4. Write in a gratitude journal
5. Try cognitive behavioral therapy (CBT)
6. Exercise your mind and body
7. Create an exit plan when surrounded by triggers
8. Utilize your own support network (family/friends)
9. Set realistic goals
10. Acknowledge relapses may happen but that it does not make you a failure

Resources

1-800-662-HELP

HOME to 741741