

EASY DOES IT Live and let live **ONE DAY AT A TIME** First things first **GOD NEVER WASTES A HURT** Do the next right thing *Keep the main thing the main thing* The one who angers you controls you **PLACE PRINCIPALS ABOVE PERSONALITIES** Avoid the craziness of the busies *Don't quit before the miracle* We are as sick as our secrets **HURT PEOPLE HURT PEOPLE** People *make mistakes. . . People are not mistakes* **LET GO AND LET GOD!** Didn't cause it. Can't control it. Can't cure it. *I can't. God can. I think I'll let Him.* 3-step it now or 12-step it later. **WOULD YOU RATHER BE RIGHT OR WELL?** Nothing changes if nothing changes.

Principles & Mantras

Reflecting the glow of recovery from Starlight at Tamassee

By Jon Holland, CEO of Tamassee DAR School



There are inescapable principles that govern our world. In science the law of gravity tells us what goes up must come down. No matter how high or far you throw a ball, it's going to come back to ground. Dr. Martin Luther King, Jr. said, "The arc of the moral universe is long, but it bends toward justice." Evil leaders and systems garner power and cause incredible harm, but they cannot be sustained because they have no life in them. They burn themselves out and people cry out for justice. It's simply a law of the moral universe.

Recovery from addiction has principles that have proven true time and again, one life after another. In Twelve Step fellowships, you'll hear these principles encapsulated in mantras like "let go and let God," "it works if you work it," "one day at a time," "clean up your side of the street," and "that's stinking thinking." These phrases express truths that have led people to freedom. They're memorable yet profound.

Over my years in recovery, I've picked up quite a few slogans and mantras that express the laws of recovery. "Addiction and recovery

ONE DAY
AT A TIME
ACCEPTANCE *First Things First*
KEEP IT EASY
SIMPLE DOES IT
IT WORKS IF YOU
PROGRESS NOT WORK IT
PERFECTION
Keep Coming Back
LIVE & LET LIVE *Passion Shall Tear This*
HONESTY • OPENMINDED • WILLINGNESS

follow the law of pain.” Whatever hurts most is what I avoid. As long as living in addiction hurts less than facing my trauma and use, I’ll probably stay trapped. When the addiction hurts worse than the prospect of recovery, I may just be ready to embrace the hard work of freedom. In fact, recovery is an extended grieving process – of facing the pain that heals other pain.

“The opposite of addiction is connection.” When I have healthy, loving relationships to cope with the challenges in my life, I don’t need an addictive behavior or substance to manage. We are wounded in relationships, and we heal in relationships. Recovery is all about learning to trust again, about letting ourselves be loved over time.

“Recovery is thoroughly predictable yet absolutely unique.” I often think of recovery as putting together a 1,000-piece puzzle. When you dump the pieces out, it’s overwhelming. Each unique life and story make up the picture, but it’s the same 1,000 pieces that must be assembled. How do you do it? That’s entirely up to you and your process. Eventually, all the same work gets done – one piece at a time.

“Addiction is giving up everything for one thing. Recovery is giving up one thing to get everything back.” Addiction promises us relief and freedom, but in the end, it steals all that we love and enslaves us in despair. Recovery requires we let go of that one thing to get a whole life back.

At Starlight at Tamasee, we believe in the principles of recovery because we know they lead mothers and children to wholeness and freedom. To learn more about Starlight, visit www.starlight.tdarschool.org, or contact us at 864-944-1390 or starlight@tdarschool.org. If your church or civic group is interested in a presentation on recovery, contact Jon Holland at jholland@tdarschool.org.