

## Informed Consent to Addiction Treatment and Recovery Group Participation

1. The disease concept of addiction is not factual but highly *controversial* in professional and scientific communities.
2. Independent recovery from addiction through planned, permanent abstinence is commonplace. According to official AA estimates, over 60% of all successful recoveries occur without recovery groups, professional counseling, or addiction treatment services.
3. The most realistic remedy for substance addiction is planned, permanent abstinence.
4. Your family, employer, and society may have a strong interest in you becoming securely abstinent, but how you achieve that is of no one's concern but yours.
5. Addiction is not caused by personal problems, but serious personal problems certainly result from addiction.
6. Self-improvement does not lead to abstinence, although abstinence results in self-improvement.
7. Recovery group meetings are public meetings, and no confidentiality should be expected.
8. Quitting something you love one-day-at-a-time is easy in the short run, but difficult in the long run.
9. Quitting something you love altogether – *for life* – feels difficult only as you do it, but feels good immediately and in the long run.
10. It is unproductive to blame your ancestors or original family for your adult behavioral problems
11. If you quit your addiction altogether, you will not likely develop new problems or switch to another addiction or substance. It feels good to solve a serious problem, and your future will look brighter.
12. Your own native beliefs and original family values are the best ones upon which to base addiction recovery.
13. Your desire for group or family support in order to remain sober conceals a plan to drink/use in the absence of support.
14. By choosing independent recovery, you are setting a higher standard for yourself, so you will experience a greater fall if you resume your use of alcohol and other hedonic drugs.
15. Addictive Voice Recognition Technique® (AVRT®) is a common means of independent recovery from substance addiction presented at the Rational Recovery website: <http://www.rational.org>.