

A RESOURCE FOR OVERCOMING OPIOID ADDICTION

4 HACKS TO GETTING CLEAN

AND STAYING CLEAN FOR LIFE

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My Name is Drew, and I'm a Recovering Addict.

I was a daily opioid abuser for over 13 years.

I've been clean since January 9, 2014 due to 4 simple things I call "Recovery Hacks". I can't wait to share them with you!

But first, you need to know a little bit more about me...

What started as a solution for lower back pain in 2000 became a 13-year addiction to opioids. Opioids ruined my life.

I used any opioid I could get ahold of; hydrocodone, oxymorphone, Opana, oxycodone, Percocet, OxyContin, and others.

At first opioids helped with back pain, but I quickly noticed they made me feel lighter, stronger, more energetic and motivated. They also became my solution for dealing with life's problems, numbing me from having to face them.

No one ever told me I would get addicted to these pills, but inside I knew I was sliding down a very slippery slope.

I tried to quit at least 20 times, but never succeeded. Often, I ended up taking even more.

I married the woman of my dreams and we had a child together, but that didn't stop me.

My oldest brother died from an opioid overdose, but even that didn't stop me.

I started and ended every day with one concern: "**Do I have enough pills?**"

Pills became my solution to dealing with everything in life. Eventually, they became the biggest problem I have ever faced.

I couldn't imagine living a life with pills, or living a life without pills.

In October 2013 I checked myself into inpatient treatment. I was confident that once I stopped taking drugs all my problems would be solved. Nothing could have been further from the truth.

I relapsed 6 times within 5 weeks of ending treatment, only to feel like a complete and total failure. I was letting everyone in my family down, including me. **I was completely hopeless.**

I actually prayed to God and asked him to give my life to someone who needed it. I no longer wanted to live if living meant being addicted.

In January 2014 as a last resort, I decided to try something new. Actually, four new things.

I call these four things my “**Recovery Hacks**”.

These 4 Recovery Hacks not only got me clean after thirteen years of daily abuse, they have kept me clean since January 9, 2014. I am confident they can do the same for you!

Anyone who is struggling with opioid addiction can use these 4 hacks to gain what I feel is the best fighting chance at getting clean, staying clean and changing their life forever.

I can say without a doubt that my life (and hundreds of others I know in recovery) has become truly amazing thanks to these 4 hacks.

If you're anything like me, you probably don't know where to begin. You just need a little help developing a plan to get started.

The 4 Recovery Hacks are exactly that - A simple plan for getting clean, staying clean and living happily.

I have no doubt that once you begin using the 4 Recovery Hacks your life will be amazing too!

The fact that you are reading this tells me you are ready for change and are looking for the shortest, easiest path to getting healthy again. Well, you've found it, so be proud of yourself!

Remember This...

As you're reading the 4 Hacks to Getting Clean I want you to remember this: **Do this right, and you'll only have to do it once.**

So... Are you ready to get clean and change your life?

LET'S GET STARTED!

RECOVERY HACK #1 - SUBOXONE™ THERAPY

In order to stop taking opioids and not feel miserable, you need a replacement chemical. Suboxone therapy (aka: Medication - Assisted Therapy or "MAT") is a doctor-assisted program that uses Suboxone to replace the opioids you're currently using.

Suboxone partially binds to your opioid receptors virtually eliminating withdrawals and cravings, without making you feel "high". It also helps prevent opioid usage due to a blocking agent.


Suboxone allows you to feel "normal", which means you can benefit from therapy, community and group recovery with a clear head and without experiencing withdrawals and cravings.

Our clinical data tells us that people who stay on Suboxone for at least six months are 8 times more likely to stay clean for two years or more. Don't stop Suboxone too soon!

When is the Right Time to Stop Taking Suboxone?

Everyone is different. Some people stay on Suboxone for months, while other for years. Stability and quality of life is critical to successful recovery. **Take your time.**

Quitting Suboxone requires you to do a taper. This allows your body to adjust gradually to less medicine over time. Some people taper over months, while others over years. Ultimately, preventing relapse and maintaining quality of life should always be your top priorities.

 **Suboxone Therapy Tip:** Make sure your clinic is licensed by your state health department, offers free therapy between doctor visits as well as providing additional recovery resources.

RECOVERY HACK #2 - PRIVATE THERAPY

Opioid addiction is often driven by two major things:


1. A physical dependence to the drug itself.
2. A desire to change the way we feel due to physical and psychological pain.

Therapy is a process that allows us to discover, discuss and resolve issues that often motivates us to use drugs. We may enjoy the “high”, but we also like numbing ourselves from painful memories and traumas.

It's important to work one-on-one with a licensed professional counselor, preferably one with addiction-specific training. For example, we provide therapy with LPC/MHSP's at Nashville Recovery because we feel they provide the most comprehensive therapy for addiction.

Also, it's important to find a Suboxone clinic that provides free private therapy sessions in-between doctor visits.

You simply can't do too much therapy.

 **Private Therapy Tip:** Starting a daily journal is a great way to record feelings between therapy visits. You can then share your journal with your therapist to resolve issues and track your progress. There are free daily journal phone apps that make this very easy to do.

RECOVERY HACK #3 - GROUP RECOVERY

For some, group recovery has a bad name. They imagine a dark, smoke-filled room with a small group of old-timers discussing the good old days.

While those rooms may still exist, group recovery has come a long way in the last ten years.


Group Recovery provides a community of like-minded people who typically are dealing with similar issues. They work as a team to help each other manage and overcome life's problems.

Most people quickly realize they are not as unique as they once thought they were after joining group recovery. Most everyone dealing with substance abuse suffers from similar issues.

You're going to make new friends in group recovery. Good friends. Some of my best friends are people I've met in group recovery. People I love and trust with my life.

Group recovery also provides sponsorship. A sponsor is someone who acts as your guide in recovery, and can provide you with solutions from both their personal and group experience.

If you stay in group recovery long enough you'll most likely be encouraged to sponsor others, which can be extremely rewarding!

 **Group Recovery Tip:** The trick to great group recovery is finding the right meeting. There are [online meeting locators](#) for every type of group recovery in your area. Visit multiple meetings until you find the one that feels right for you!

RECOVERY HACK #4 - COMMUNITY

Community, is anyone and everyone you surround yourself with after getting into recovery. This includes family, friends, coworkers, your recovery group, etc.

It is critical you surround yourself with like-minded people (whenever possible) who provide a positive influence in your life. This also means avoiding people who have a negative influence on you.

Why is Community So Important?


Many people isolate themselves when they become addicted to drugs and/or alcohol. They avoid family, friends and coworkers because of fear, shame, and are worried their addiction will be discovered.

We become too self reliant, thinking we can do everything by ourselves. **This is the lie drugs tell us.**

Developing a great community in your life begins by realizing we cannot do this alone. It means asking for help. By starting Suboxone therapy, private therapy and joining group recovery you are creating a positive recovery community!

People with great recovery surround themselves with people who are understanding of their addictions and challenges.

Community also means avoiding people we did drugs with and those who trigger our addictive behaviors.

 **Community Tip:** You are starting a new life. Make sure you surround yourself with people who motivate you toward positive habits and behaviors.

RECOVERY HACK BONUS - WHY PEOPLE FAIL

Sadly, as owner of an addiction treatment center I've witnessed hundreds of people fail in recovery. It breaks my heart anytime I see someone's life getting exponentially better, only to watch it crumble due to lack of knowledge or motivation.

Lifelong sobriety is totally possible by following the hacks above, and by avoiding the most common pitfalls below.

WHY PEOPLE FAIL IN RECOVERY:

1. They Think Recovery is Temporary

Recovery is a process, **not a destination**. Like diabetes, addiction is a disease and it requires a lifelong maintenance program in order to avoid the consequences. Addiction is not your fault, **but only you can do what it takes to stay clean for life**. The good news is people in recovery are generally very happy people. Most people I know in recovery are happier now than ever before. They live better lives, have better careers, happier families, make more money and have more friends. I'm living proof!

2. They Stop Taking Suboxone Too Soon

A five year opioid habit can't be fixed in two months. Some physicians say it takes at least 12 months for our bodies to begin replenishing the chemicals that opioids depleted. Your mind and body need time to "reset". Life may get good quickly, but don't assume your'e "fixed" and quit too soon.

Do this right, and you'll only have to do it once.

RECOVERY HACK BONUS - WHY PEOPLE FAIL, Cont.

3. They Don't Do Therapy

The addiction clinic I own in Nashville, TN provides free weekly therapy. Yet, only 6% of our client population takes advantage of it. Why? It's easy to assume therapy is not important, especially when the medicine (Suboxone) makes us feel so much better physically. The problem with this is we still need to work on the "mental" aspect of our addictions and behaviors.

Therapy is critical to long-term sobriety. Therapy is the place to discover and resolve issues and traumas that motivate us to use drugs. Without resolve, we are apt to relapse the moment life presents us challenges.

Therapy also provides us a third-party perspective on our life, while providing us with guidance on living a more happier, healthier more balanced life. **You simply cannot do too much therapy.**

4. They Go Back to Their Old Ways

Lifelong sobriety requires us to make permanent life changes. This is the perfect time to take a look at the people, places and situations that "trigger" us to use drugs. It may mean avoiding old friends and possibly specific family members and driving on different roads to avoid old hangouts..

This is also a great time to consider starting healthy life habits like diet and exercise.

Ultimately, we have to avoid unhealthy people, places and situations that could cause us to relapse, while developing new habits that support a drug-free lifestyle.

RECOVERY HACK BONUS - WHY PEOPLE FAIL, Cont.

5. They Make Big Changes too Quickly

As mentioned above, you need at least 12 months to reset both mentally and chemically. Take this time to create stability and healthy habits in your new, drug-free life!

Your first year of recovery is **not** a good time to make big life decisions like moving, marriage and/or career changes unless absolutely necessary.

Remember: **Do this right, and you'll only have to do it once!**

Your Recovery is a Precious Gift

Once you get ahold of recovery you're going to want to hold on to it tight. Your recovery is a precious gift that you must protect at all cost.

Most everyone with any amount of time in recovery will tell you that there is nothing more important in their life than their recovery. Why? **Because without recovery they have no life.**

Great recovery means saying "no" to people, places and situations that may cause you to relapse. It means saying "yes" to the things that support a happy, healthy lifestyle.

I simply can't say this enough - **Do this right and you'll only have to do it once.**

Suboxone Therapy in Nashville

If you live in the Nashville, TN area and are interested in beginning begin Suboxone Therapy, I invite you to try [Nashville Recovery](#).

I opened Nashville Recovery in 2017 with a mission to provide outstanding addiction recovery to people like myself who want to be treated with kindness and respect.

We provide a friendly, casual environment, snacks, coffee, movies, high-speed internet and more.

Nashville Recovery has become Nashville's highest rated outpatient addiction treatment center licensed by the State of Tennessee and has helped over 1300 people with their opioid addiction. (Be sure to [read our Google reviews](#))

Nashville Recovery

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Email: nashvillerecovery@gmail.com

Website / Book Online: <https://RecoverNashville.com>

My Wish for You

I hope this information has given you the hope, information, motivation and guidance you need to get started in recovery. Life was hell when I was addicted. Life is a miracle now that I'm clean.

I Want to Hear from You!

Be sure to email or text me throughout your recovery! Recovery is a community of people who help and share solutions with each other. I will always respond as quickly as time permits, and am happy to answer any questions you may have concerning recovery.

All the best,

Drew Bourke - Addict in Recovery

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