

# MAKING SOBER SIMPLE

## 3 MYTHS ABOUT GETTING SOBER

This is for the person struggling with addiction. Maybe you tried a few times to sober up and it just hasn't worked. Or maybe you went strong for a while, then fell off like every time before and you just gave up. But it doesn't have to be that way. You are not doomed to a life of addiction. Below are 3 common myths of early recovery.

**Myth # 1**—You HAVE to quit using to get sober.

Key word GET sober. Doesn't do any good to BE sober in 3 months if you can't GET sober right now! If you must continue using/drinking while you work towards sobriety, then that's ok.

**Truth** - We can help you work towards being sober as an end goal, at your pace. Because you're the driver. You are the whole driving force behind your recovery and having the life you want.

**Myth #2** – You HAVE to go to AA (or NA).

You do not *have* to go to AA or NA to get sober. Don't get me wrong, AA and NA are wonderful organizations and have helped a lot of people. But there's no rulebook that says you HAVE to go there to get sober.

# MAKING SOBER SIMPLE

## 3 MYTHS ABOUT GETTING SOBER

**Truth** - Community, yes. Some sort of social support group is SO important. But it does not HAVE to be a specific group, doesn't HAVE to be AA or NA. Just a group you feel comfortable with and get support from.

**Myth #3** –“You HAVE to do it for you”.

This is just not so. Many times it's hard to think of doing anything more for yourself when the addiction has made you selfish for so long

**Truth** - You draw strength from any and every piece of motivation you can to help you push through those tough times. Especially those critical first few days and weeks. If you have to do it for your kids, then do it for your kids. If you have to do it for your wife, husband, brother, sister, job, that's ok. We'll build from there.

**To sum up, these myths draw attention to different ways of looking at a problem you may have been dealing with for a long time. Sometimes to get where we want to go we have to challenge the age old directions.**

- IF YOU'RE SOMEONE WHO HAS STRUGGLED WITH  
ADDICTION

-IF YOU'RE READY TO DO WHAT IT TAKES TO GET SOBER

-IF YOU'RE READY TO GO ALL IN

I'M TELLING YOU, IT'S NOT AS DIFFICULT AS IT SEEMS. AND  
I'LL WALK THROUGH IT WITH YOU

I'M IN PRIVATE PRACTICE, MY ELECTRONIC HEALTH  
RECORD HAS A PORTAL. JUST CLICK THE LINK BELOW AND  
REQUEST AN INITIAL 30 MINUTE CONSULT. JUST TALK, AND  
SEE WHAT KIND OF PLAN WE CAN COME UP WITH THAT WILL  
WORK FOR YOU.

[HTTPS://DUSTY-HARRYMAN.CLIENTSECURE.ME](https://dusty-harryman.clientsecure.me)