

# Complacency and Addiction Examined

By Jim Rachels



Complacency in addiction can be a dangerous thing. It keeps people from working hard, learning new things and watching out for triggers the way they used to. It is something that could lead us right back into a relapse. It rears its ugly head sometimes at the worst moments and we fall back into old habits. We think everything is good and going well but that is not the case. We are just setting ourselves up for failure. Keep in mind that there is nothing wrong with being comfortable. It's just when you start saying to yourself I no longer need to work my program that it becomes a problem.

There are signs of complacency. Some people may stop taking the medications that have been helping them because they get complacent and feel they don't need them anymore. Some people will also stop attending meetings that have also been a source of support for them. Also, some will not reach out to their sponsor as much or may stop reaching out altogether. People must be aware of the signs of an impending relapse due to their complacency if they are to get sober and stay sober.

It is alright to be content with life. That is something that is totally acceptable. Contentment means that you are happy and satisfied with the way your life is going for you at the moment. This is something we should all strive for. Now complacency on the other hand is someone thinking that they have come to the end of their journey and that they no longer need to put effort into their life to keep it going the way it currently is.

One thing that many of us addicts go through once we get sober is trying to ride the pink cloud that we feel like we are on. We're confident and might feel in control of everything, especially our destiny. Then a lot of us will always seem to be busy while not really accomplishing anything. So many of us are only acknowledging our strengths and forgetting that we also have weaknesses. Many people end up relapsing during this stage. This is because many will stop attending group meetings and even start missing therapy if they were in it. They feel they don't need these things to succeed. They feel they have already learned all they need to know to keep themselves sober. Having that mentality leads to nothing but bad things.

I know for me complacency is something I cannot afford. I'm always trying to do new things in my life that help keep me sober. I don't just say to myself I'm sober now and now my job is done. Your sobriety is a lifelong journey and you need to remember that every single day.

Another important thing that ties into complacency is taking things that you have in life for granted. This can end up leading a person into complacency and that then in turn can lead to a relapse. Many people just get used to the way things are and think they don't need to learn and grow anymore. They feel as if they have succeeded and overcome their addiction and that there is nothing further they need to do.

Also with complacency comes people not keeping up with the routine that has been keeping them sober since they decided to get sober. For some people that might mean that they stopped exercising and going to the gym. For others that might mean they have stopped praying and keeping up with their spirituality. Many lose focus on the things that they have been doing to keep sober when they become complacent.

I think we all must realize at no point are we cured and can stop putting forth the effort we have been to remain sober. Things may get a little bit easier as time goes on but we still must make a continuous effort to keep ourselves sober. We might have to try new things from time to time to make this happen but we must continue doing what works best for us.

So what are some of the things we can do to prevent ourselves from getting complacent?

I think we should always try to not let ourselves take our life for granted. In order to prevent this we must examine where we were when we were in active addiction and where we are now and see how much better life is now that we're sober. We must try new things to also keep ourselves moving forward.

Something that keeps people sober is being of service. This can be done by chairing a meeting or even sponsoring someone. I believe that doing things like these will help immensely when it comes to staying sober. The first thing that should be done is to consider all that you are grateful for. Some people even go and write out a gratitude list. This will help with keeping yourself grateful for the things you do have in life. Many people forget what life was like before they were sober and this makes them get a bit more complacent than they should be.

Working a program can be a lifeline for many. It's something where when people stop getting involved with their service work they tend to also stop doing some of the other activities they were doing to help keep themselves sober for this amount of time. This is a dangerous time for that person as this is when they are most likely to relapse. They need to get back into the routine that they had developed through the years and became accustomed to.

Complacency is something we must always look out for at all times. It can come when we least expect it and affect our lives negatively. We must be vigilant if we are to keep ourselves properly motivated and always working on our program of recovery. Addiction is a lifelong journey and there will be many battles to face along the way if you get complacent. So be vigilant and do whatever things you can to make sure you never get complacent.

