

Treatment or Self-Recovery? - An Interesting Thought?

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According to the Baldwin Research Institute organized treatment programs actually lessen your chances of success. The reasoning is that programs typically fail due to many alcoholics seeking external resources for recovery instead of internal wherewithal.

According to a 1990 article, Research Issues in Assessing Addiction Treatment Efficacy, posted on the Stanton Peele Addiction Website, "Contemporary treatment for alcoholism owes its existence more to historical processes than to science..."

Increase your chances of success by using your support system, resources, and most importantly trust in yourself to keep to your decision to stay sober.

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