

Addiction Recovery Guide

1. What is Addiction?

Addiction is a brain condition that affects self-control and decision-making. It's not weakness.

2. First Steps

- Admit the problem
- Avoid triggers
- Get professional help

3. Recovery Groups (Free)

- Narcotics Anonymous: <https://na.org>
- Alcoholics Anonymous: <https://aa.org>

4. Journal Prompt

- What do you want your life to look like in 6 months?

5. Contact

Substance Abuse Hotline Nigeria: 0800 030 0400