



# 7 Truths About Substance Use Disorders

*A candid conversation about alcoholism, addiction, recovery & the workplace*



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- **Truth #1:**
- You can't identify an alcoholic just by looking at them.



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- **Truth #2:**
- Alcoholism/addiction is not a moral failing and the person did not bring this upon themselves.



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- **Truth #3:**
- It's not about willpower.




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- **Truth #4:**
- Just because a person has stopped drinking or using it doesn't mean all of their problems are solved.




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- **Truth #5:**
- Relapse is not inevitable. Long-term, uninterrupted sobriety is true for many people.




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- **Truth #6:**
- Drinking culture should be examined.




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- **Truth #7:**
- Sobriety is not boring. There's a good life to be had in recovery.




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- **BONUS TRUTH:**
- Alcohol *DOES NOT* cook of out food.




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Questions?



Seven horizontal lines for taking notes.



For more information:



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Seven horizontal lines for taking notes.

