A Living Guide to Freedom, Focus, and Fulfillment

So You're Recovering... Now What?

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Here's a compelling course introduction and overview tailored to people who have achieved a path to recovery and are seeking a new foundation for living with purpose, peace, and personal control. It blends the timeless principles of *The Seven Habits of Highly Effective People* by Stephen Covey[1] with the transformative framework of the *12 Steps* from Alcoholics Anonymous[2]—creating a new guide for living beyond addiction: It is the foundation that has kept me alive for 47 years. Without these principles and other spiritual guides, I would have suffered beyond my ability to endure. This is what has helped me to come back to the path when my own mind took me on so many dangerous sidetracks.

This course and membership is designed to help people that are recovering: Here are some of the challenges that this system will help many to live, truly live, at times joyously even though that is rare for me. Chase away the darkness and come into the light of humanity when you can. We are here to give you our hand to pull you out. Grace, peace, and serenity are our goals. Spend as much time with those blessings as you can while we are still here and alive.

How many people worldwide consider themselves in recovery from alcoholism, drug addiction, gambling, grief, childhood trauma, adult trauma, divorce, separation, depression, anxiety, social media addiction, compulsive buying disorder, eating disorders, PTSD for veterans, or any chronic self-destructive trauma?

That's a *big* and important question — and while there's **no single official worldwide number** that adds up all those groups together, I can give you a realistic, research-based estimate based on the best available data for each category.

Here's a rough breakdown from global studies, recovery communities, and WHO/UN data:

Category	**Estimated People in Recovery Globally**
Alcoholism	~100 million
Drug Addiction (all substances)	~60 million
Gambling Addiction	~10 million
Grief (acute recovery stages)	~200 million (grief is universal, active recovery estimate is lower)
Childhood Trauma Recovery	~100 million

Category	Estimated People in Recovery Globally
Adult Trauma Recovery	~150 million
Divorce / Separation Recovery	~50 million
Depression Recovery	~150 million
Anxiety Recovery	~120 million
Social Media Addiction Recovery	~20 million
Compulsive Buying Disorder Recovery	~15 million
Eating Disorder Recovery	~25 million
PTSD for Veterans and Others	~30 million
Chronic Self-Destructive Behavior Recovery	~50 million (overlaps with others)

Estimate Adjustments:

- **Overlap exists** — for example, someone recovering from drug addiction might also be recovering from childhood trauma or depression.
- **Double counting must be avoided**, so we can't just add these numbers.
- Experts often apply a **deduplication factor** (~30–50% overlap across recovery categories).

Rough Global Estimate

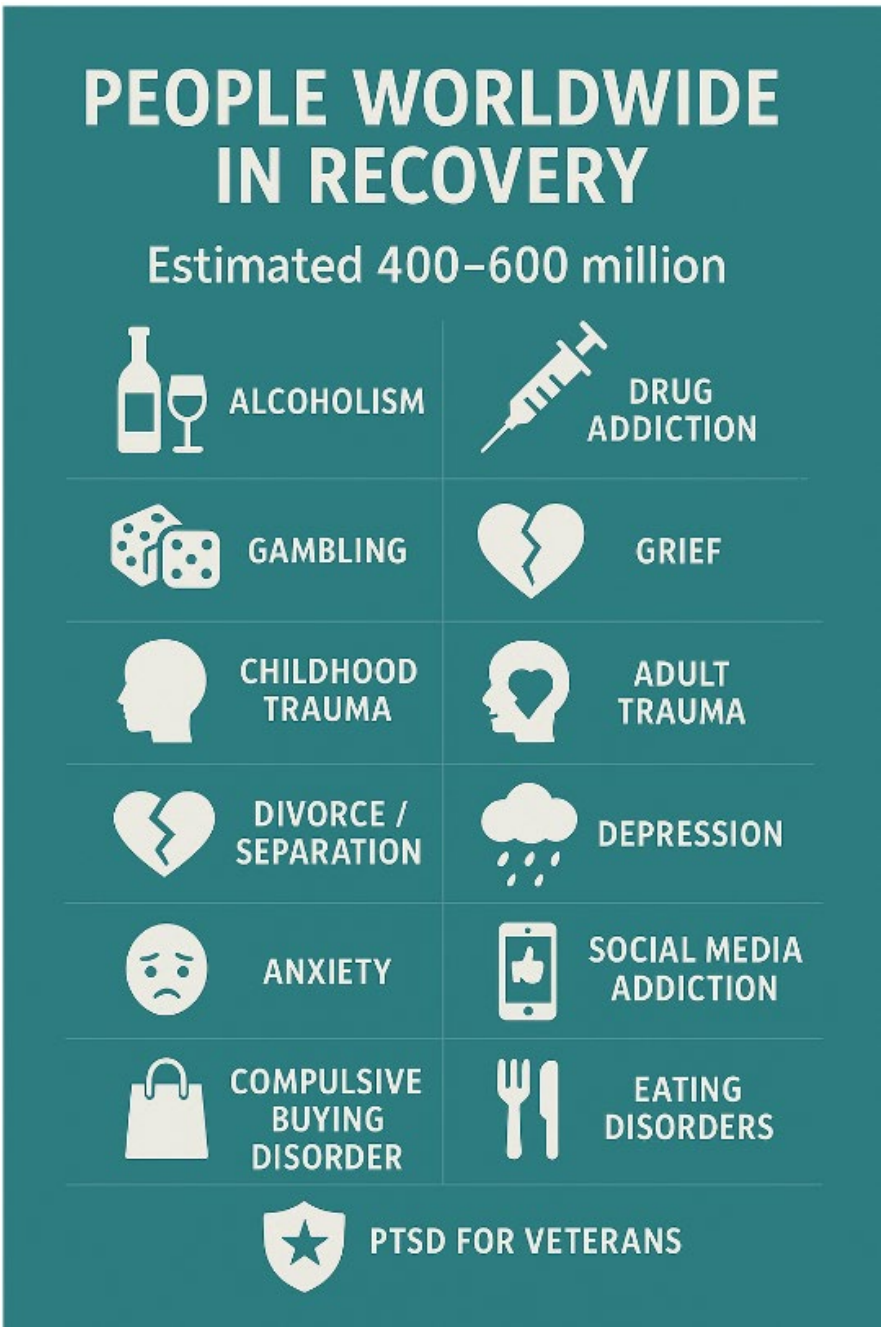
Between 400 million and 600 million people worldwide are actively in some form of recovery for major trauma, addiction, or emotional challenges.

(About 5–7% of the world's population of 8 billion.)

Important notes:

- Recovery is defined differently across cultures (formal programs like AA, therapy, informal support groups, faith-based healing, self-directed).

- Numbers are rising due to greater awareness of mental health and addiction issues globally post-pandemic.
- Many people in active addiction, trauma, or grief are **not yet in recovery** — these numbers only reflect those *already pursuing* healing.



Course Title:

"So You're Recovering... Now What? A Living Guide to Freedom, Focus, and Fulfillment"

Course Introduction:

You've done something remarkable—**you are recovering.** Whether it's been 30 days or 10 years, recovery is not the end of the journey, it's the beginning of a new one.

But here's the truth: **just deciding you need help to recover doesn't fix everything.** Anxiety creeps in. Panic attacks surface. Depression lingers. Obsessive behaviors find new forms. Old wounds scream louder in the silence of recovery. And somewhere in the stillness, you start asking:

"I'm not engaging in my most destructive behaviors anymore—but am I really *living*?"

This course is designed to help you build a *new way of life* — a life of emotional stability, spiritual alignment, purpose-driven habits, and meaningful relationships.

Using the **wisdom of the 12 Steps** as the foundation and the **practical power of Covey's 7 Habits** as the structure, we'll walk through a practical, personal, and powerful process for healing, growth, and long-term transformation.

Course Overview:

🔑 **Section 1: The Foundation of Freedom**

The 12 Steps + Habit 1: Be Proactive

- A new way of seeing: powerlessness + personal power
- Taking full responsibility for your healing
- Moving from victim to creator
- Identifying triggers and reclaiming your response

🧭 **Section 2: Designing a Life Worth Living**

Steps 2–3 + Habit 2: Begin With the End in Mind

- Developing a spiritual blueprint for your life

- Creating a personal vision statement
- The Higher Power and higher purpose connection
- Living with intention, not reaction

⚖️ Section 3: Taking Ownership of the Present

Steps 4–5 + Habit 3: Put First Things First

- Inventory, priorities, and what truly matters
- Time management for emotional well-being
- Handling anxiety and panic with grounded focus
- Building a calm center amid life's chaos

💔 Section 4: Healing Relationships and Self-Worth

Steps 6–9 + Habit 4: Think Win-Win

- The healing power of amends
- Understanding codependency and boundaries
- Replacing shame with shared strength
- Learning healthy love and mutual respect

🔍 Section 5: Mindful Communication and Authentic Living

Step 10 + Habit 5: Seek First to Understand, Then to Be Understood

- Handling obsessive thought patterns and emotional spirals
- Active listening to yourself and others
- Honest reflection without self-destruction
- How to stay open without becoming overwhelmed

🤝 Section 6: Building True Community and Purpose

Steps 11–12 + Habit 6: Synergize

- The spiritual power of connection and service
- Building a new community: chosen family and tribe
- Finding purpose through giving back
- From isolation to interdependence

🌱 Section 7: Continuous Growth and Resilience

Daily Practice + Habit 7: Sharpen the Saw

- Building a rhythm of renewal: body, mind, heart, and soul
- Managing depression and the “gray fog”
- Rituals for staying grounded and growing
- Living every day with peace and possibility

✅ What You'll Gain from This Course:

- A blueprint for post-sobriety life that’s emotionally and spiritually sustainable
- Practical tools to handle anxiety, depression, and obsessive thoughts
- A deepened sense of purpose and self-worth
- Habits and rituals that empower your mind, emotions, and spirit
- Supportive strategies for creating meaningful relationships and contributions

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🧠 Who This Course Is For:

- People who have completed early recovery or entered recovery but feel stuck or overwhelmed
- Those managing mental health challenges (like anxiety or depression) in sobriety
- Individuals seeking a life of depth, meaning, and alignment after addiction

- Counselors, sponsors, or spiritual mentors looking for integrative tools

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“So you’re recovering… now what?”

Now you *live*—and this course is your map.
