

**ADDICTION**



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# *Addiction, Mindfulness, Meditation, and Recovery*



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- *One Breath at a Time: Buddhism and the 12 Steps*
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“Like all of us, I had my ways of kind of staying in denial.”



“I thought I would meditate my problems away. And eventually I realized I had to confront them head on and really learn how to live.”



“The ones who are successful are the ones who want it, not the ones who need it.”



“If you're asking about this question of desire, that's kind of the meeting point of Buddhism and the 12 steps because the Buddhist says that desire is the cause of our suffering. And of course, that's what the 12 steps are addressing.”



“You have to be present for the feeling, because you're not going to let go, as they say, until you feel that pain.”



“You have to learn to live  
which is, of course, what  
recovery is ultimately about.”




“We’re not in control.”



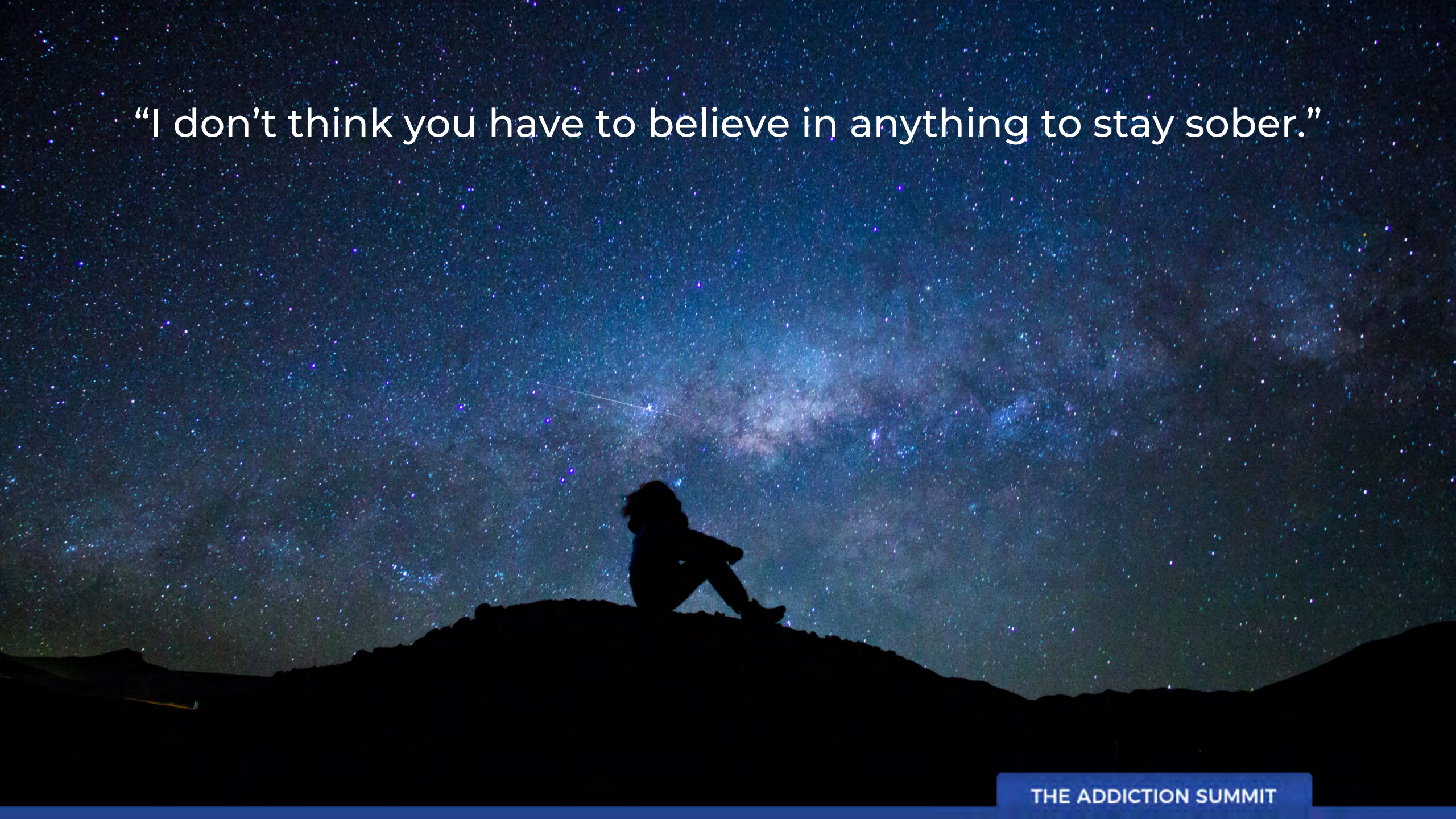
“I turn my will and my life  
over to the care of love.”



A close-up, low-angle shot of a person's legs from the knees down, wearing blue denim jeans and brown leather boots with thick, textured soles. The person is walking on a gravel or stone path. The background is a bright, out-of-focus natural setting, possibly a beach or a rocky shore, with warm, golden light. The text is overlaid on the left side of the image.

“Having some guidance,  
which is what a spiritual  
path is, then gives us things  
to live in harmony with.”

“I don’t think you have to believe in anything to stay sober.”



“Relationships are very often the cause of relapse, the conflict in relationships.”



“I don’t think that just  
being sober, being clean, or  
working the 12 steps is  
really enough of a solution  
for most of us.”



“We should draw on everything we can.”



“When you take a lot of opioids, you develop new opiate receptors, and then you feel pain more intensely.”



“Meditation isn’t a magic bullet. It takes time and commitment and engagement.”



“Rather than stopping thinking,  
we’re trying to change our  
relationship to thinking so that  
we don’t necessarily believe  
every thought.”



“I have a commitment that I’m going to sit in meditation every day, not for any particular period of time. But I’m going to sit.”



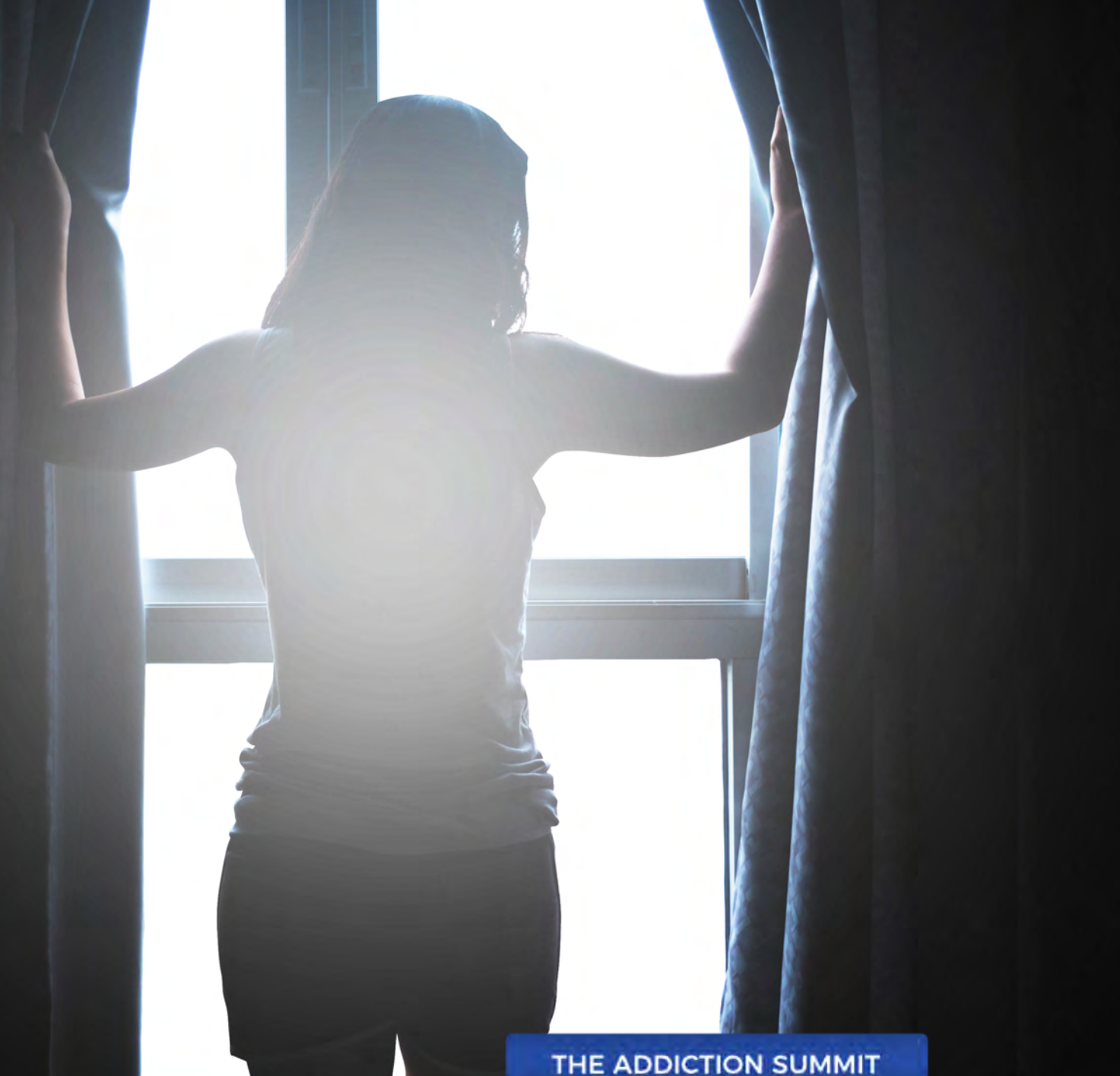
“Just like recovery, it really supports your meditation practice to have people to share it with.”



“All beings deserve love. If you're  
alive, you deserve love.”



“When I did not love myself was when I was in active addiction because that addiction itself was not taking care of myself.”



“When I’m holding onto  
resentment about  
someone else, it doesn’t  
harm them; it harms me.”



“You can’t change  
someone else’s karma.”

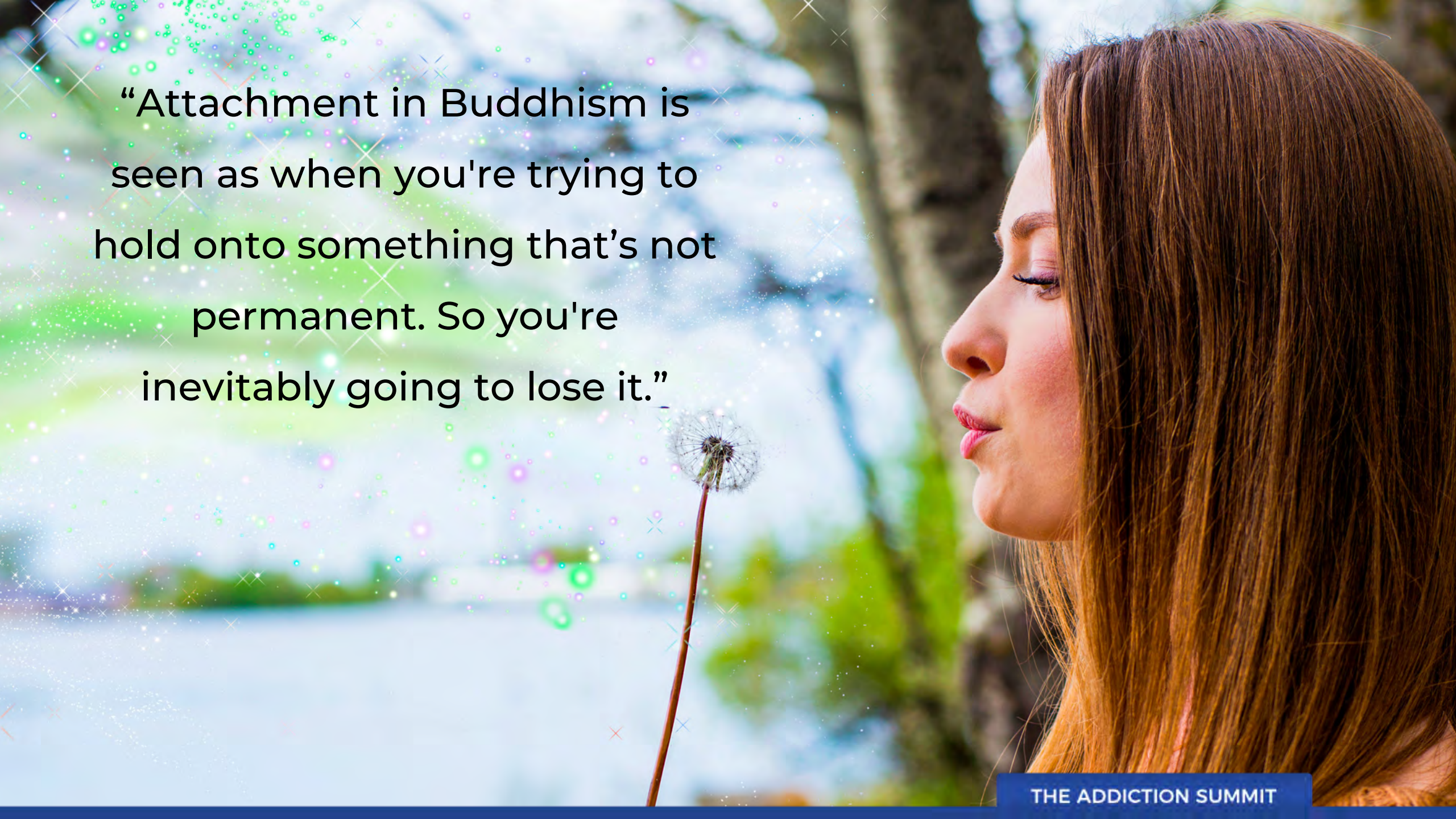


“I think not forgiving  
yourself is a kind of  
narcissism, a kind of  
egotism.”



“Problems are meant to be dealt with, not avoided.”



A woman with long brown hair is shown in profile, blowing a dandelion seed head. The background is a soft-focus outdoor scene with a lake and trees. The image is decorated with colorful bokeh lights and sparkles.

“Attachment in Buddhism is seen as when you're trying to hold onto something that's not permanent. So you're inevitably going to lose it.”

“The mindfulness approach is just, can I be fully with whatever is happening?”



“The simple fact that everything keeps changing really helps you to cope with a lot of the loss and a lot of things that happen in our lives.”



“The idea of love and  
compassion is central  
to recovery.”



“I know that everyone suffers. And I also know that if I walk around hating people, I suffer.”



“When we practice meditation and we’re able to calm the surface agitation, what we discover inside ourselves is love.”



“You can’t hold onto an  
experience because  
experiences are impermanent.  
They’re just feelings that come  
and go. But you can try and  
live the insight.”



“Recovery starts  
more with behavior.”



“A decision is not action.”



“It’s just so important for us  
to take those practical steps  
that we can do today.”



“For addicts, we have to  
learn the difference between  
peace and boredom.  
Serenity is not boredom.”



A man with short brown hair and a light beard is shown in profile, sitting in a meditative pose on a beach. He is wearing a light blue t-shirt and has his hands resting on his knees in a mudra. The background is a soft-focus view of the ocean and a bright, hazy sky, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

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