

**They are able because they think they are able.**

--Virgil

For most of us, addiction was full of doubt. We stopped believing in ourselves. Our thoughts had turned to “stinkin' thinkin.” We didn't believe in much of anything. We didn't take risks. We always looked for the easier, softer way.

In recovery, we start to believe again. We believe in the program. We believe in a Higher Power. We believe in people. And, over time, we believe in ourselves again. We become better at taking risks.

We are able to stay sober because we believe, because we take risks. As we stay sober, we can face almost anything - with the help of others.