

STAGE 1

The First Stage

“We reach out”

Addiction grows in isolation. It is like a fungus that only grows in the dark; this is why we have to shine light on it in order for it to stop growing. When alone, we are more susceptible to negative thoughts and more likely to act on these thoughts. As the saying goes “an idle mind is the devil’s workshop”. This is why it is important to reach out and ask for help.

1. Where do you see yourself or where would you want to be with this issue in the next 12 months?

Free from it, not having to deal with it. Married possibly In sha Allah

2. What are you going to do reach your goals?

Lifestyle change, hard work, dua, becoming disciplined

3. What is the biggest obstacle that is preventing you from getting sober?

Not knowing what to do when I get an urge, being controlled by my nafs and lacking self control

4. How are you going to overcome this obstacle?

Using this program