



## Complacency

**Complacent.** n. – A feeling of smug or uncritical satisfaction with oneself or with one's accomplishments

*A false type of **confidence***

**Confidence:** n. - belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance:

*The arrogance of success is to think that what you did yesterday will be sufficient for tomorrow*

## Complacent vs Confident

### **Confident person:**

- \* Fully understands strengths and weaknesses.
- \* People creating successful lives have every right to be confident.

### **Complacent person:**

- \* Resistant to change
- \* Often forgets how bad active addiction truly was
- \* May feel that success is guaranteed
- \* Can get caught up in false belief that drug use is the only that that needs fixing

## Common Causes for Complacency in Recovery

There can be a number of possible reasons for why an individual becomes complacent in recovery including:

- \* The individual might be a bit [ambivalent about their recovery](#) – they still secretly hold onto the idea that they will one day be able to drink or use drugs again. This ambivalent attitude to recovery means that the individual might not feel the need to put much effort into their sobriety because it is not important enough that they maintain it.
- \* Many people will experience [pink cloud syndrome](#) where they feel high on life and completely in control of their destiny. Those individuals who are dealing with this syndrome become overconfident and this leads to complacency – they can then hit earth with a bang.
- \* Once people have been sober for a year or two it becomes a habit, and they no longer need to think about it too much. The problem occurs for these people when they forget that they had a problem to begin with.



\* Once the individual becomes sober they are in a position to achieve some real success in life. Some people allow their successes to go to their head, and they can feel that they are above the need to continue those activities that have been helping to keep them sober.

\* Some people just don't realize that recovery is a [process and not an event](#). This means that as soon as they stop using alcohol or drugs the individual feels like their work is done.

An important part of avoiding becoming complacent is to focus on being **grateful**

**Grateful:** adj. - warmly or deeply appreciative of kindness or of benefits received; thankful

### **Discussion Questions:**

1. In what areas did I let my program slide or become complacent? (explain/describe, include feelings)
  - Meetings?
  - Sponsor?
  - Steps?
  - Higher power?
  - Service?
2. What choices (self-will) do I think led me back into unmanageability?
3. Where these choices well thought out or impulsive reactions? Did you choose by default and ignore the warning signs?
4. In what ways was I in denial of the direction I was heading?
5. What circumstances could I have handled differently? In what way?
6. What were my thinking processes? (Describe) Was I lying to myself? Did I justify my actions?
7. How did my behavior change? In what ways?
8. In what ways did I depend on others to meet my needs? Where did I not take responsibility for myself and my program? In what ways did I give my power to others?
9. What can I do this time that I did not do last time to ensure a stronger program?
10. What does a complete surrender mean to me?