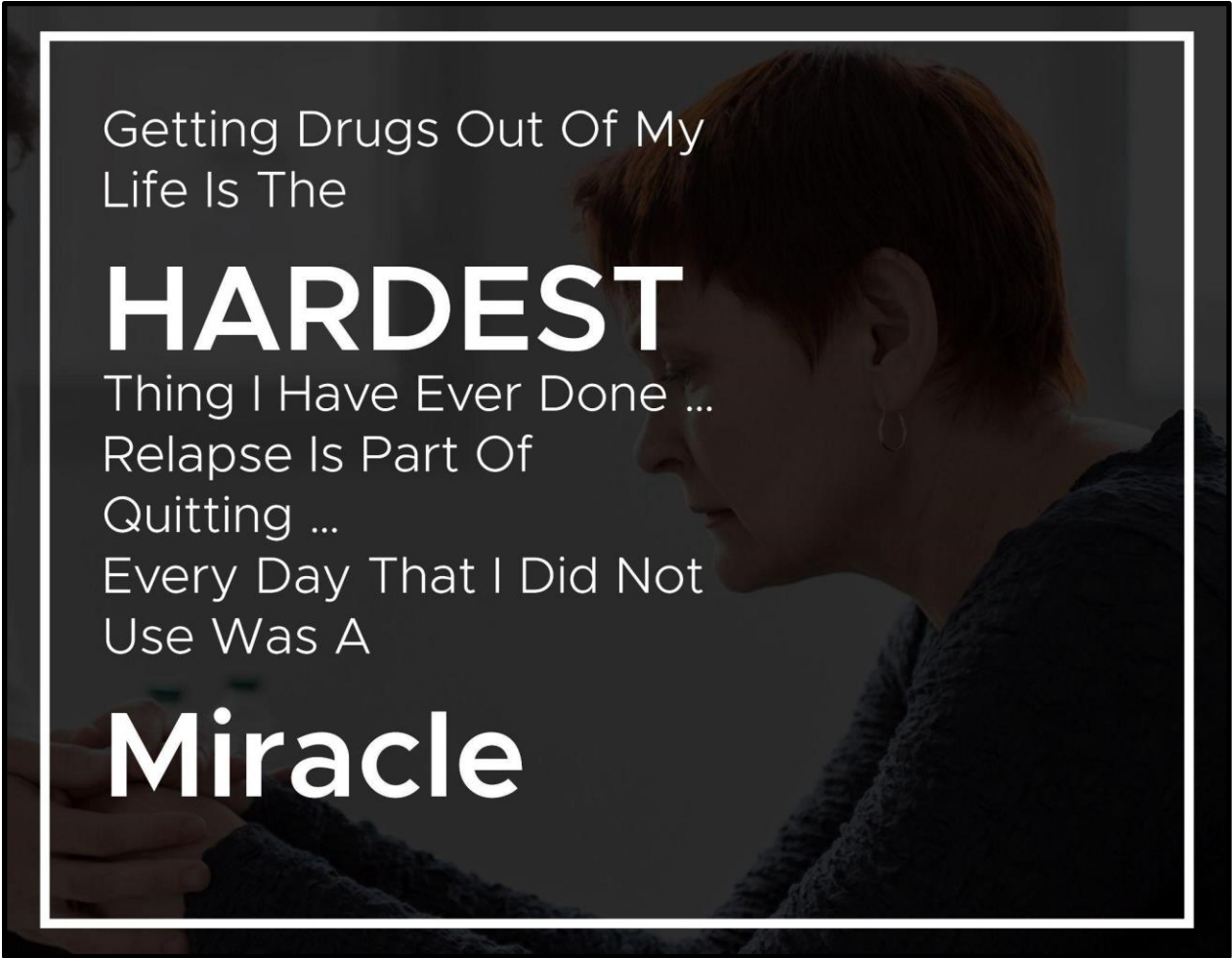


## Best Sobriety Quotes For Addiction in 2025

Getting drugs out of my life is the hardest thing I have ever done ... relapse is part of quitting ... Every day that I did not use was a miracle.

A woman with short brown hair is shown in profile, looking down. The image is dark and moody, with a white border around the text area. The text is overlaid on the left side of the image.

Getting Drugs Out Of My  
Life Is The

**HARDEST**

Thing I Have Ever Done ...  
Relapse Is Part Of  
Quitting ...  
Every Day That I Did Not  
Use Was A

**Miracle**

I rode this train until it crashed ... attempted suicide ... then I made my family and sobriety my priorities.

I Rode This Train  
Until It Crashed ...

**Attempted  
Suicide**

Then I Made

**My Family  
And Sobriety**  
My Priorities.



It takes work—hard, painful work—but the help is there.

“

It Takes Work

Hard  
Painful  
Work

But The Help Is There.

”



Most relapses ... turned out to be due to a low participation in a recovery program, or to their unhealed painful effects of trauma—or both.

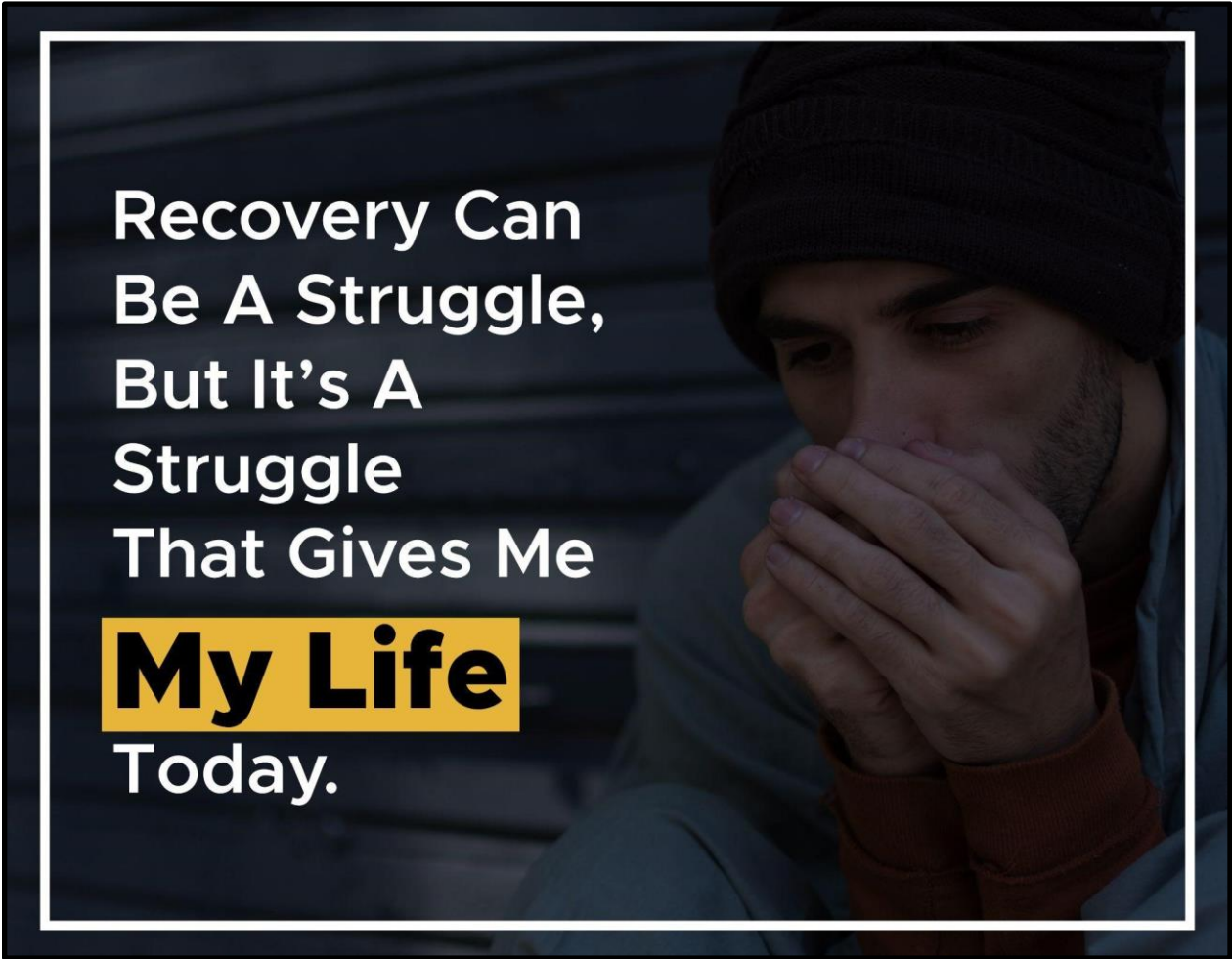
“

Most Relapses ... Turned Out To Be Due To  
A Low Participation In A Recovery Program,  
Or To Their Unhealed Painful Effects Of  
Trauma Or Both.

”



Recovery can be a struggle, but it's a struggle that gives me my  
life today.

A photograph of a man wearing a dark beanie and a grey jacket, with his hands covering his face in a gesture of distress or despair. The image is dark and moody, with a white border around the text area.

Recovery Can  
Be A Struggle,  
But It's A  
Struggle  
That Gives Me  
**My Life**  
Today.



Seeking treatment was not easy for me ... I've regained my happiness and health.



Seeking Treatment  
Was Not Easy For Me ...  
I've Regained

**MY HAPPINESS & HEALTH**

Today at least, I feel better with six months than I had felt at 15 years.



Rock bottom became the solid foundation on which I rebuilt my life.





Sobriety was the greatest gift I ever gave myself.



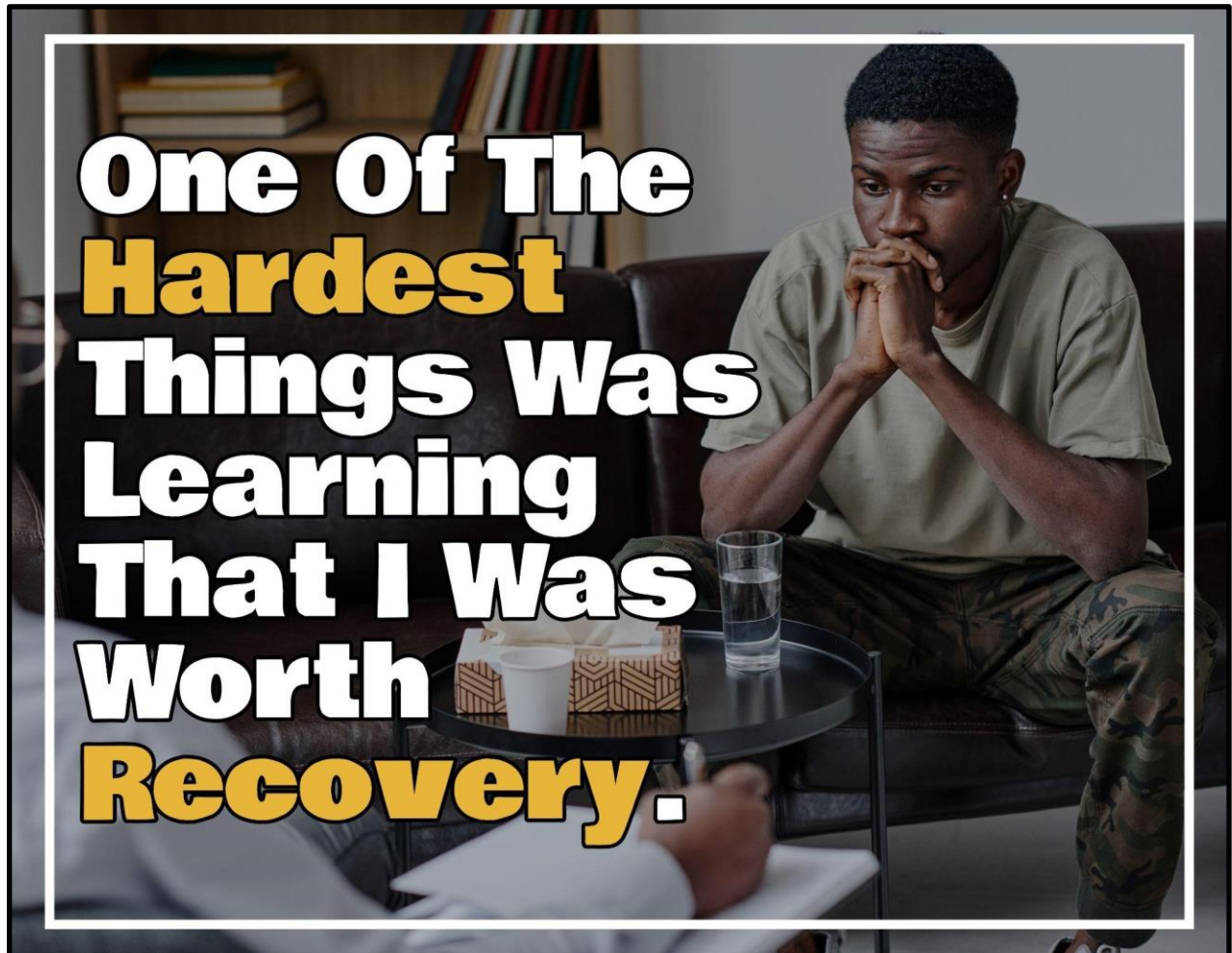
Sobriety Was The Greatest Gift

**I EVER GAVE MYSELF.**

It does not matter how slowly you go as long as you do not stop.



One of the hardest things was learning that I was worth recovery.



Recovery is an acceptance that your life is in shambles and you have to change.





There is no better victory than being able to say you are sober.  
Remember that when you are tempted to go back to your old self.

A group of people, including a man and a woman, are sitting in a circle and holding hands. They appear to be in a supportive environment, possibly a recovery group or a community meeting. The image is slightly blurred, focusing on the quote.

“

**There Is No Better Victory Than Being  
Able To Say **You Are Sober.** Remember  
That When You Are Tempted To Go  
Back **To Your Old Self.****

”