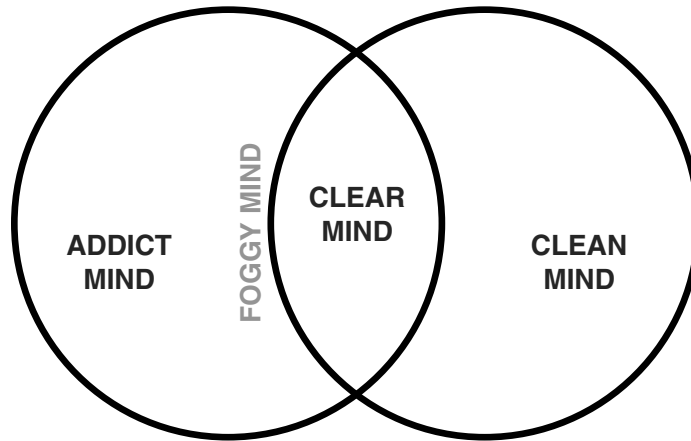


## Clear Mind



**Addict mind is:**

- Impulsive**
- One-minded**
- Willing to do anything for a “fix”**

When in *addict mind*, you are ruled by the addiction. The urges for habitual problem behaviors determine your thoughts, emotions, and behaviors.

**Clean mind is:**

- Naive**
- Risk-taking**
- Oblivious to dangers**

When in *clean mind*, you are clean but oblivious to dangers that might cue habitual problem behaviors. You believe you are invincible and immune to future temptation.



**Both extremes are *DANGEROUS!***



**CLEAR MIND:** The safest place to be.

You are clean, but you remember addict mind.

You radically accept that relapse is *not impossible*.

You enjoy your *success*, while still *expecting urges and cues* and *planning* for when you're tempted.