

Relief Is Coming

Reflections from the Desert of Addiction



Selected pages from the recovery workbook
by Trey E.

A raw, honest recovery workbook for people who are hurting, newly sober, trying again, or standing at the edge of change.

About This Preview

Relief Is Coming: Reflections from the Desert of Addiction is a raw, honest recovery workbook for people who are hurting, newly sober, trying again, or standing at the edge of change. This sample preview includes selected complete pages from the workbook so readers, families, sponsors, treatment centers, sober living homes, recovery groups, and media contacts can understand the tone, structure, and use of the book before ordering.

This is not the full book. It is a preview designed to show the reader experience: a short reflection, a direct writing prompt, and a simple action step.

How to Use These Pages

Read slowly. The pages are written to be sat with, not rushed through. Consider the fit. If you are reviewing for a program, ask whether the language fits your clients, residents, alumni, or group members. Use with support. The workbook is supplemental and should be used alongside appropriate care, recovery support, sponsorship, peer support, or clinical services when needed.

Step 1 ~ Admitting Powerlessness

In a sense, I didn't really have to admit powerlessness. It was so damn apparent that if I hadn't been trapped inside it being tortured by it... it almost would have been comical.

I had dug my heels so deeply into my own self-will and my "best thinking" had failed me so completely that I truly believed I was nothing. I felt purposeless, futureless, completely exhausted.

I was tired of clawing my way out of one more hole that I had so obviously dug for myself in the first place. Tired of trying to remember yesterday's lie so I could tell today's better. Tired of pretending I had things under control when, inside, I felt hollow and had lost all sense of who I was.

The Big Book says, "All of us felt at times that we were regaining control, but such intervals—usually brief—were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization."

That was exactly where I was. And now I understand that's what Step 1 was really about. Not weakness. Reality.

Addiction had convinced me for years that if I just tried harder, thought smarter, changed enough things around me, or somehow forced myself into control one more time, then things would finally get better.

But the harder I fought for control, the worse things became.

I kept telling myself "I got this" and "This time I know what to change to make it work." But my entire life was just slowly revolving around the very thing destroying me.

Me.

Step 1 was the first time I stopped lying to myself about that. And damn that felt freeing.

Because if I truly could not beat this thing alone, then maybe I could stop wasting my life spinning my wheels trying to win a battle that had been kicking my ass for decades.

I was at a crossroads. Either I was finally going to ask for help... or I was going to disappear.

So I looked up "AA near me" online.

And I walked into the place that, while I didn't realize it at the time, very literally saved my life.

Daily Journal:

What part of your life feels most out of control right now?

Daily Action:

Take a shower, eat something, drink water, and sit quietly for a few moments today without television, your phone, or other distractions.

Step 4 ~ The Truth About Honesty

I didn't really grasp the line from Chapter 5 of the Alcoholics Anonymous Big Book that says, "Those who do not recover are people who are constitutionally incapable of being honest with themselves."

At first, I didn't think that described me at all.

But by the time I finished Step 4, I realized it had pretty much been the theme of my whole life.

I didn't even know what it meant to be honest with myself.

That's really what Step 4 became for me. A fearless and thorough look at who I actually was—through my past, my present, and the patterns connecting the two.

And honestly, it scared me.

The idea of looking at myself without filtering it, justifying it, or reshaping it into something easier to live with felt overwhelming at first.

But it also turned out to be one of the best things I've ever done for myself.

Because what I started seeing was that most of my problems weren't just "out there." They weren't other people, circumstances, or bad luck.

A lot of it was me.

How I reacted. What I held onto. The stories I told myself. The resentments. The fear. The ego.

I had been living in what the program calls the "bondage of self," and I didn't even know it.

That's the tricky part.

It doesn't feel like a prison when you're inside it.

It just feels like life.

Step 4 was the first time I really started seeing that clearly.

Not all at once. But enough to know something in me needed to change.

Daily Journal:

What truth about myself have I been avoiding, minimizing, or blaming on something outside of me?

Daily Action:

Today, spend a few quiet minutes noticing your reactions throughout the day. When something frustrates, hurts, or upsets you, pause and honestly ask yourself: “Why did that affect me so strongly?”

Progress, Not Perfection

In the Big Book, How It Works, it says, “We claim spiritual progress rather than spiritual perfection.” and “We are not saints.”

And that is very true.

Because one of the real dangers in Step 10 is starting to think we’re somehow becoming spiritually perfect. Like we’ve figured life out better than everyone else, or risen above normal human struggles somehow.

That’s major ego shit. And I know because I did it.

I went through a period where I honestly walked around feeling a little holier-than-thou. Like I had figured something out that other people hadn’t yet.

And life kicked me right in the ass for it.

Things started happening that tested me hard. I fell in love with the wrong person. I lost a job because of my ego. I hurt a sponsee because of my impatience and pride.

Situation after situation started showing me the same thing:

I had not “ascended to greatness.” I had just been given gifts by my Higher Power, and I needed to stay humble enough to keep growing.

That was the lesson.

Recovery wasn’t about becoming perfect. It was about continuing to seek, grow, and help others.

That’s all Step 10 really asks of me. To grow a little bit every day, hopefully for the rest of my life.

Some days the progress will feel huge. Other days I’ll fall short. I’ll say the wrong thing. Think selfishly. React badly. Get afraid. Get prideful.

And on those days, all I really need to do is stay honest, make whatever amends or corrections I can, and remember that life happens on God’s timeline, not mine.

The old-timers always had a way of putting things so simply that it became beautiful.

“Trust God. Clean House. Help Others.”

And if I can honestly do those three things today.

The day will probably turn out alright.

Daily Journal:

Where do I still catch myself wanting to be “right,” superior, admired, spiritually advanced, or in control instead of simply being honest and humble?

Daily Action:

When you make a mistake today, try to admit it quickly without defending yourself, overexplaining, or beating yourself up over it.

Recovery Tools & Program Use

The full workbook connects the daily reading/reflection format to simple online worksheet tools that can support individual recovery work, sponsor conversations, peer-support conversations, sober living assignments, and program-based reflection.

Online recovery tools include: • Step 4 Resentments • Step 4 Fears • Step 4 Harms • Step 4 Sexual Conduct • Step 6 Character Defects • Step 8 Harms Done	Helpful for: • Treatment centers • Sober living homes • Peer support programs • Alumni groups • Faith-based recovery • Sponsors and recovery groups
---	--

For Institutions, Media, and Recovery Partners

Relief Is Coming can be reviewed as a supplemental recovery reflection workbook for people who are hurting, newly sober, trying again, or standing at the edge of change. It can be used as a client welcome resource, personal reflection workbook, discharge or alumni support item, group discussion starter, or sober living support tool.

The workbook is written in plain language and is meant to support - not replace - clinical care, peer support, sponsorship, meetings, professional treatment, or emergency services.

Suggested public description:

Relief Is Coming: Reflections from the Desert of Addiction is a raw, honest recovery workbook for people who are hurting, newly sober, trying again, or standing at the edge of change. Written from lived experience, it offers reflection, spiritual direction, and practical hope.

Next Steps

To request sample pages, discuss institutional use, ask about bulk orders, or schedule a media/podcast inquiry, contact Serenity Media LLC.

Website	serenitymediainc.com
Email	publishing@serenitymediainc.com
Phone	(602) 730-4899
Book page	serenitymediainc.com/relief-is-coming/
Contact page	serenitymediainc.com/contact-relief/

Important Disclaimer

This book and these online resources are not affiliated with, endorsed by, or approved by Alcoholics Anonymous World Services, Narcotics Anonymous World Services, or any Twelve Step fellowship. This book and these resources are not a replacement for medical care, clinical treatment, therapy, detox, sponsorship, crisis support, or emergency services. If you are in immediate danger, experiencing a medical emergency, severe withdrawal symptoms, or considering harming yourself or someone else, call emergency services or a crisis line right away.

Practical tools. Spiritual direction. Real hope.