

# **REFUGE RECOVERY**

**A Buddhist Path to Recovering from Addiction**

## **FOUR TRUTHS**

For our individual recovery program, Refuge Recovery follows the traditional Buddhist system of the Four Noble Truths, which consists of four actions.

**1. We take stock of all the suffering we have experienced and caused as addicts.**

**2. We investigate the causes and conditions that lead to addiction and begin the process of letting go.**

**3. We come to understand that recovery is possible and take refuge in the path that leads to the end of addiction.**

**4. We engage in the process of the eightfold path that leads to recovery.**