




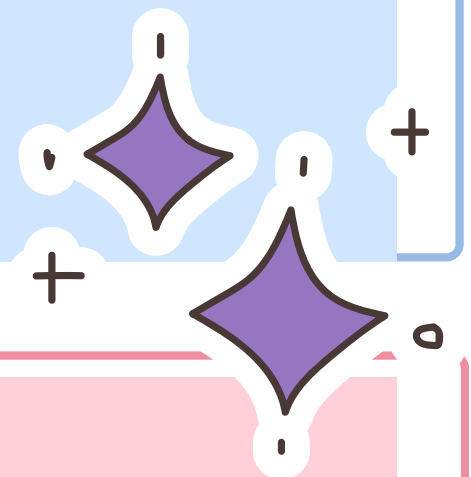
Addiction



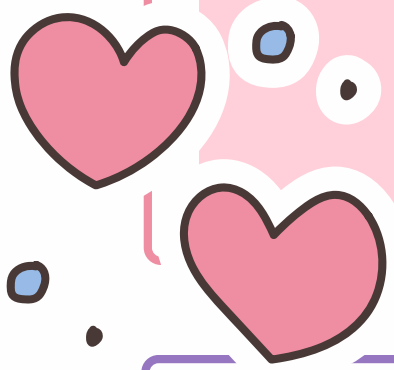
Without Shame

 Addiction is not a weakness.

 Addiction is using external means to regulate a dysregulated nervous system.



 You are not broken.
You are seeking balance.



Recovery is possible. It begins with understanding, compassion, and connection.