

WHY NOT JUST QUIT?

- *Nobody really has “the problem” of addictive disease in the first place.*
- *If you quit on your own, you never had “the problem” in the first place.*
- *It is very important that you not have “the problem!”*
- *Independent recovery is commonplace.*
- *Independent recovery is the easier, softer way.*
- *Independent recovery feels good immediately, and in the long run.*
- *Independent recovery is 100% confidential. You do it on your own.*
- *Independent recovery is free.*
- *Independent recovery respects your own beliefs and values. It’s just you.*
- *Independent recovery allows you to guarantee others total abstinence.*
- *If you can’t trust yourself, why should anyone else? Stay away from recovery groups of all kinds, set your confidence for lifetime abstinence at 100%, recognize all self-doubt as your Addictive Voice, and you’ll do fine.*
- *If you want to learn how these fortunate ones do it, go here:*

<http://rational.org>

- *Yes, its Rational Recovery! Box 800, Lotus CA 95651 — 530-621-2667*

If you remove this poster in order to silence the message, you’ve been to too many meetings.