Drug Addiction Poems

Often, poems and inspirational sayings can help lift spirits and focus on
the important things in life. When you are battling a drug addiction,
poems can help keep you focused and on track with recovery. It can
motivate you toward action and getting help for your addiction.

Perhaps the most well-known poem is "The Serenity Prayer":

Grant me the serenity to accept the things I cannot change
To change the things that I can
And the wisdom to know the difference

Since drug addiction requires people to leave their old life behind in
order to recover, the next poem called "Begin Again" is quite
inspirational:

One of the best things we can do in our lives is
Begin again

Begin to see yourself as you were when you were the happiest
Begin to remember what worked for you and what worked against you
Begin to try and re-capture the magic that is life
Begin to live a lifetime each day as you did when you were a child
Begin to forget your baggage, the problems that don't matter anymore, the
tears that cried themselves away, and the worries that are going to wash
away on the shore of tomorrow's new beginning

Tomorrow tells us it will be here every new day of our lives
If we are wise, we will turn away from the problems of the past
And give the future and ourselves a chance to become the best of friends

Sometimes all it takes is a wish in the heart to let yourself

Begin again

~ Author Unknown

People with a drug addiction can find some beautiful words to live by in
a poem. It can speak to them and motivate them to action. For example,
this next poem tells us of hope and letting go: "Two Days":

There are two days in every week
About which we should not worry
Two days
That should be kept free from fear and apprehension

One is yesterday with all its mistakes and cares
Is faults and blunders, its aches and pains

Yesterday has passed forever beyond our control
We cannot undo a single act we performed or erase a single word we said
Yesterday is gone forever