

When Medicine May Challenge Sobriety

Rofei chol basar / Healer of all flesh: I come before You in fear and hope:

My physician advises that I take certain medications, gifts from the world of science that hold out a promise of relief and healing.

And yet, my struggle with addiction/alcoholism and my sobriety and recovery lead me to serious reservations and grave concerns.

In pain, I am vulnerable to old ways of thinking and patterns of behavior;

I know I am susceptible to fear, self-deception, denial, and anger.

Help me, Healing One:

- ▶ To choose a path in open and honest consultation with knowledgeable physician(s), my sponsor, therapist, and spiritual guides.

May I resist the urge to “know better” than the doctor.

May I never medicate myself independent of these experts.

- ▶ To be honest regarding the level or kind of pain that I can tolerate without medication:

May I not err on the side of taking either too much or too little medication.

May I strictly follow the limits of prescribed dosage and timing.