

Pink Clouding

You are early in the stages of recovery and you have this sense of euphoria about you. you are clean and sober, you are probably feeling emotions for the first time in a long time. You feel confident and excited about your recovery journey.

The problem is, the Pink Cloud does not last forever. Sometimes, coming out of this phase can have a negative impact on your recovery.

Signs of Pink Clouding:

- feelings of euphoria
- feelings of extreme joy
- a positive outlook
- positivity and optimism about recovery
- a calmness about you
- confidence in your ability to maintain your sobriety
- preoccupied with the positive aspects of your recovery
- a commitment to positive lifestyle changes
- an increased emotional awareness
- overlooking the hard work required for maintaining sobriety

Pink Clouding can last for a few days or a few weeks, eventually it will end and that's when the real recovery journey and commitment begins.

Make the most of Pink Clouding while you are experiencing it:

- Carry the positive feelings with you
- Focus on baby steps in your recovery journey
- Get extra support and build a strong network around you
- Self-care
- Become self-aware
- Practice unconditional self-love
- Establish a diet plan
- Plan your day/week
- Establish good sleep hygiene
- Setup an exercise routine
- Get enough water to drink
- Identify what helps you relax
- Focus on hobbies and creative interests
- Connect with loved ones and friends
- Take time just for yourself

The Pink Cloud phase is a necessary step in your recovery. Enjoy it and use it to get your recovery journey setup. This phase fills you with confidence and hope which is great. Use this boost in energy to prepare for the road ahead.

