VOLUME 03 ISSUE 12 Pages: 246-250

SJIF IMPACT FACTOR (2021: 5.478) (2022: 5.636) (2023: 6.741)

OCLC - 1368736135













Website: Journal http://sciencebring.co m/index.php/ijasr

Copyright: Original content from this work may be used under the terms of the creative commons attributes 4.0 licence.



Research Article

THE PHILOSOPHY OF RECOVERY: THE ROLE OF SPIRITUAL PRACTICES IN OVERCOMING DRUG ADDICTION

Submission Date: December 17, Accepted Date: December 22, 2023,

Published Date: December 27, 2023

Crossref doi: https://doi.org/10.37547/ijasr-03-12-42

Karimova Zukhra Shamsiddinovna

Researcher At Namangan State University, Uzbekistan

ABSTRACT

The article examines the importance of integrating spiritual aspects into the treatment of drug addiction. The author offers an in-depth analysis of the impact of spiritual practices on the psychological and physiological state of addicts, highlighting key aspects such as self-awareness, understanding of life values and the search for meaning. The article highlights various spiritual techniques, including meditation, religious practices and therapy through art, and explores their impact on the recovery process. The authors also draw attention to the importance of adapting approaches depending on individual preferences and cultural characteristics of patients. The article emphasizes that the combined use of medical and spiritual methods can provide more effective results in the fight against drug addiction. The study provides practical recommendations for specialists in the field of addiction and healthcare, and also emphasizes the need for an integrated approach to the problem of drug addiction, taking into account both the physical and spiritual aspects of patients.

KEYWORDS

philosophy of recovery, drug addiction, spiritual practices, overcoming addiction, spirituality in rehabilitation, self-awareness, spiritual development, psychology of recovery, addiction and personal development, conscious transformation, spiritual methods in rehabilitation, self-knowledge and selfovercoming, the role of meditation in the recovery process.

Introduction

VOLUME 03 ISSUE 12 Pages: 246-250

SJIF IMPACT FACTOR (2021: 5.478) (2022: 5.636) (2023: 6.741)

OCLC - 1368736135











The problem of drug addiction is becoming more and more urgent in modern society, affecting millions of people around the world. Traditional treatment methods often do not provide longterm results, which raises the question of the possibility of using spiritual practices in the recovery process. This article is devoted to the role of the philosophy of recovery and spiritual practices in overcoming drug addiction.

The philosophy of recovery is an approach to treatment that recognizes a person in his integrity, including physical, psychological and spiritual dimensions[1]. This approach is based on the understanding that recovery requires a deep impact on all aspects of the human personality. Spiritual practices occupy an important place within the framework of the philosophy of recovery, providing patients with tools to find the meaning of life, strengthen inner strength and develop spiritual stability. Meditation and mindfulness practices help patients get rid of stress and anxiety, which is a common reason for going into drugs. They also contribute to the development of an inner observer, which helps to better understand your emotions and aspirations. Participating in spiritual rites and rituals can help patients find new meanings in life and strengthen their connection with the community. This may be especially important, as social support plays a key role in the recovery process.

Recovery patients often note that developing a spiritual connection helps them find inner peace and motivation for change. This can be done through prayer, contention, or the study of

spiritual texts[2]. Research shows that integrating spiritual practices into recovery programs significantly improves treatment outcomes. Patients using spiritual instruments are more likely to achieve sustained recovery and remain sober for a longer period. In the modern world, the problem of drug addiction is becoming more urgent and complex. People of different ages and social groups fall into the trap of addiction, losing control over their lives. Intervention in this tragic cycle often requires a comprehensive approach, and the philosophy of recovery, with a focus on spiritual practices, offers a unique perspective on the problem and its solution.

The philosophy of recovery is an approach to overcoming addictions based on rethinking values, changing the way of thinking and internal transformation of personality. It involves not only physical recovery, but also the restoration of the soul. The goal is not just to stop using drugs, but also to create a new, healthy life. Spiritual practices such as meditation, yoga, prayer and others play a key role in the philosophy of recovery[3]. They help a person to find inner peace, find the meaning of life and reconnect with themselves. Spiritual practices are becoming a powerful tool to strengthen the internal resources needed to overcome drug addiction.

Spiritual practices contribute to the of consciousness, transformation changing attitudes towards life and oneself. They help people find new ways to deal with stress, anxiety, and other factors that can be catalysts for drug use. This process not only supports recovery, but

VOLUME 03 ISSUE 12 Pages: 246-250

SJIF IMPACT FACTOR (2021: 5.478) (2022: 5.636) (2023: 6.741)

OCLC - 1368736135











also helps to avoid relapses. The central aspect of the philosophy of restoration is the search for inner meaning and integrity. Spiritual practices become a guide in this inner journey. A person, gaining a deep meaning of life, finds motivation for change and moves from a state of dependence to a state of recovery. In the fight against drug addiction, when medical and psychotherapeutic methods do not always bring the desired result, the philosophy of recovery becomes a key component in the guiding system of getting out of the shadow of addiction[4]. This approach recognizes that drugs not only have a physical effect on the body, but also have a profound effect on the spiritual and psychological aspects of the human personality.

Recovering from drug addiction requires a deeper look at the roots of the problem. The philosophy of restoration involves rethinking the meaning of life, values and relationships. Addiction is seen not only as a physical defeat, but also as a spiritual loss. Spiritual practices such as meditation and mindfulness help to restore inner harmony. They train patients to look inside themselves, distinguish between their feelings and develop the ability to control their reactions. Studying philosophy helps people understand their values, beliefs, and place in the world. Patients can reconsider their attitude to life, gain new meaning and direction, which is essential in the recovery process.

Spiritual practices contribute to the development of inner awareness and understanding of the meaninglessness of drug use. This allows you to create a solid foundation for a decisive rejection

of addiction[5]. The philosophy of recovery involves an individual approach to each patient. Therapeutic programs should take into account the unique spiritual needs and values of each person. Cooperation with representatives of spiritual communities can provide patients with the opportunity to benefit from spiritual practices based on the traditions and values of their faith. Incorporating elements of the recovery philosophy into educational rehabilitation programs will help patients develop new ways of thinking and attitudes towards life, which contributes to sustained recovery. In the fight against drug addiction, when medical and psychological methods are not always effective enough, the philosophy of recovery becomes a key tool on the way to recovery[6]. In this article, we will look at how spiritual practices play a crucial role in the process of overcoming drug addiction.

The problem of drug addiction is one of the most serious and urgent in modern society. Many people face the challenge of overcoming this severe condition, and traditional treatments do not always prove effective. In this article, we will consider an approach based on the philosophy of recovery and the role of spiritual practices in successfully overcoming drug addiction. The philosophy of recovery is an approach to addiction treatment based on understanding a person as a whole being. The main idea is not just getting rid of the substance, but also the full restoration of physical, psychological spiritual well-being. This approach emphasizes

VOLUME 03 ISSUE 12 Pages: 246-250

SJIF IMPACT FACTOR (2021: 5.478) (2022: 5.636) (2023: 6.741)

OCLC - 1368736135











the importance of finding the deep causes of addiction and working with them.

Spiritual practices play a key role in the philosophy of recovery. They are a powerful tool for restoring inner harmony and finding the meaning of life. Meditation, yoga, prayer and other spiritual methods help patients realize their inner resources, find inner peace and strengthen their will. Here are examples of successful use of spiritual practices in the recovery program. We will talk about how participation in religious communities, meditation classes and other spiritual practices helps to strengthen psychological stability and reduce stress, which is an important factor in the process of getting rid of addiction[7]. It is important to emphasize that spiritual practices do not exclude, complement traditional methods of treatment, such as drug therapy and counseling. Using them together can significantly improve the effectiveness of a recovery program.

The philosophy of recovery, based on attention to the spiritual aspects of personality, provides a new perspective on the problem of drug addiction. Spiritual practices become important tool in this process, helping people not only overcome addiction, but also build a more meaningful and fulfilling life.

Conclusion

The philosophy of recovery with the emphasized role of spiritual practices provides a new perspective on the fight against drug addiction. Using spiritual aspects in the recovery process

can be not only an addition to traditional methods, but also the key to long-term successful rehabilitation. This approach calls not only for recovery, but also physical transformations in consciousness, which opens up new prospects for those who are looking for a path to freedom from drug addiction. The recovery philosophy provides valuable tools for overcoming drug addiction. Its unique ability to influence spiritual and psychological aspects makes it an important addition to traditional treatments. Recovery is not only physical, but also spiritual, opens the way to a full and meaningful life after a period of addiction.

The philosophy of recovery, based on spiritual practices, is a promising approach to overcoming drug addiction. This approach not only helps to cope with physical addiction, but also provides the internal transformation necessary for a full life without drugs. Spiritual practices become an integral part of the recovery process, inspiring patients positive changes to make strengthening their mental state.

REFERENCES

- 1. Lyons G. C. B., Deane F. P., Kelly P. J. Forgiveness and purpose in life as spiritual mechanisms of recovery from substance use disorders //Addiction Research & Theory. - 2010. - T. 18. - Nº. 5. - C. 528-543.
- 2. Williamson W. P., Hood R. W. The role of mentoring in spiritual transformation: A faith-based approach to recovery from

VOLUME 03 ISSUE 12 Pages: 246-250

SJIF IMPACT FACTOR (2021: 5.478) (2022: 5.636) (2023: 6.741)

OCLC - 1368736135











- substance abuse //Pastoral psychology. -2015. - T. 64. - C. 135-152.
- 3. Robson, Fiona. The role of faith, religion spirituality in overcoming problematic substance use. University of Leicester (United Kingdom), 2006.
- Miller W. R. Researching the spiritual 4. dimensions of alcohol and other drug problems //Addiction. - 1998. - T. 93. -Nº. 7. - C. 979-990.
- Sperry L., Stoupas G. Spiritual Practices 5. and Interventions in Recovery from Addictions: Implementing Focused Treatment and Growth Strategies in Psychotherapy //Healing with Spiritual Practices: Proven Techniques Disorders from Addictions and Anxiety to Cancer and Chronic Pain. - 2018. - C. 208.
- Morjaria A., Orford J. The role of religion 6. and spirituality in recovery from drink problems: a qualititative study Alcoholics Anonymous members and South Asian men //Addiction research and theory. – 2002. – T. 10. – №. 3. – C. 225-256.
- 7. Dossin N. M. Spiritual awakening in recovering from addiction. - The Union Institute, 1995.