



DIALECTICAL MATERIALIST RECOVERY

DMR Closing Statement

Recovery is not purity. Recovery is practice.

We are not here to become perfect. We are here to become capable.

In this meeting, we have studied reality, named our present states, practiced a skill, and identified concrete ways to improve our lives. We have not gathered here to perform recovery, but to train for it. We have not come here to chase moral innocence, but to build the capacities required to live.

When suffering returns, we do not have to collapse into shame.

When urges arise, we do not have to obey them.

When life becomes difficult, we do not have to face it alone.

We can pause.

We can observe.

We can regulate.

We can ask for help.

We can repair.

We can continue.

We are organisms in conditions, and conditions can be changed.

We are responsible for our behavior, and we are not alone in the struggle to transform it.

Let us leave this meeting with discipline without cruelty, responsibility without shame, and solidarity without domination.

Let us practice what we have learned under real conditions.

Let us take one concrete step toward a life worth living.

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Peer-led mutual aid



We are here to become more skillful.

We are here to build lives worth living.

We are here to recover together.