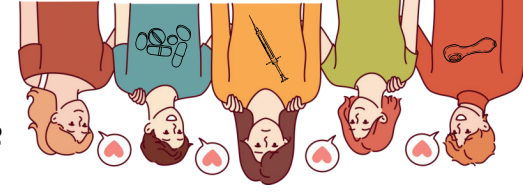


end.

Some of us find that we need to change our relationships with certain drugs. We may even need to break it off, but that doesn't need to mean all drugs or even a permanent



Using drugs doesn't change our value as people. For many people and situations not using drugs is unrealistic and unnecessary.



I can wait until I'm no longer at work, or until the weekend.

To abstain is to practice restraint but you can still use drugs while showing restraint.

Redefining Abstinence

Presented by Inland Empire Harm Reduction



Many people will tell you that abstinence is not using drugs at all. We deserve a definition that describes our needs and experiences so let's reimagine what we mean by abstinence.

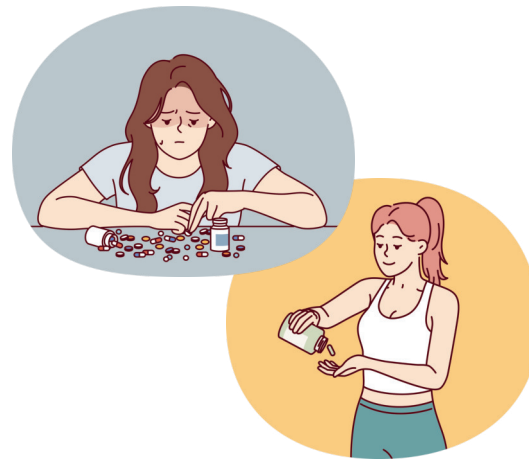


...or decide that 3 drinks is enough.



I can wait until I'm in a situation that feels safe and comfortable...

Abstinence doesn't need to be all or nothing. Using doesn't invalidate our progress and we can still practice restraint while using.



We feel like we have failed and we often use a large amount before "starting over." If you have been on a diet and overeaten on a cheat day you have experienced this.

The Abstinence Violation Effect

We are all human, and even people who want to stop using a drug completely will sometimes use it again. When we have a black and white view of abstinence we often experience the **Abstinence Violation Effect**, also known as the **Fuck It Effect**.



I can switch from injecting to smoking until I get sterile syringes...



...and use weed or kratom to manage withdrawal