

# The Language of Recovery

Stand Up to Stigma, Blame and Shame

## Refer to people as people

Language is a powerful tool. It can inform, clarify, encourage, support, enlighten and unify. But it can also judge, show bias, divide and discourage.

When it comes to recovery, the language we use frames what those in recovery, or who are seeking recovery, think about themselves and their ability to change. That's why it's important to stop using harmful terms and start using person-first language that helps reduce stigma and negative bias.

For example, referring to people who have a substance use disorder as "addicts" or "abusers" misstates the nature of their condition. It encourages social rejection and incorrectly implies that those with active substance use disorders readily choose to engage in negative behavior, when they are actually experiencing a debilitating disease.

Instead of	Use
Addict / Alcoholic	Person with a substance use disorder
Clean / Dirty (when referring to drug test results)	Positive / Negative / Inconsistent results
Clean / Sober (when referring to a person)	Drug free / Substance free
Client (when referring to a person receiving treatment services)	Patient
Drug of choice / Drug of abuse	Drug of use
Habit / Drug habit / Bad habit	Substance use disorder / Alcohol and drug disorder / Active addiction
Relapse	Recurrence / Return to use
Relapse is part of recovery	Recurrence / return to use may occur as part of the disease
Relapse prevention	Recovery management
Replacement therapy / Substitution therapy	Treatment / Medication-assisted treatment / Medication-assisted recovery
Self-help group	Mutual aid group
Substance abuse	Substance use disorder / Substance misuse
Treatment is the goal / Treatment is the only way into recovery	Treatment is an opportunity for initiation into recovery / Treatment is one of multiple pathways into recovery
User	Person who misuses alcohol or drugs / Person engaged in risky use of substances

Learn more about recovery and reducing the stigma at

AN INITIATIVE OF  DAODAS Department of Alcohol and Other Drug Abuse Services Funded through grant #1H79TI083300-01 from SAMHSA.

