

INSIGHTS

from YOUNG ADULTS

on overcoming addiction



“Have an accountability partner. **Tell someone you trust** about your struggle and then **set a plan** with them to overcome it. Check in every so often with them.”

—Kaitlin Chan, Alabama, USA

“Normalize the struggle. We are all human. **Openly communicating and showing love** does so much more than you know.”

—Mackenzie Molewyk, Western Australia, Australia

“Going to the Church’s Addiction Recovery Program meetings helps a lot! We can **be vulnerable and share our experiences.**” *

—Emma Mecham, Idaho, USA

“Communication, accountability, and **self-care.**”

—Tristen Foster, Utah, USA

from CHURCH LEADERS

“Always remember, with the Savior’s help, you can break free from addiction. It may be a long, difficult path, but the Lord will not give up on you. He loves you. Jesus Christ suffered the Atonement to help you change, to free you from the captivity of sin.

“The most important thing is to keep trying—sometimes it takes several attempts before people find success. So don’t give up. Don’t lose faith. Keep your heart close to the Lord, and He will give you the power of deliverance. He will make you free.”

Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles, “Are You Sleeping through the Restoration?” *Ensign*, May 2014, 61.

* See addictionrecovery.ChurchofJesusChrist.org

Share Your Insights

Do you have an experience to share about something you learned from this month’s general conference? Send us your response at ensign.ChurchofJesusChrist.org by October 31, 2020.