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Treading water, Mary looks down at the rock. She realizes it contains her fear, resentments, self-pity, anger, intolerance and other character defects.

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She also realizes that if she doesn't let go of them, she will drown. She tears off the strings, holds the rock away from her body, and lets it go.

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Drop the Rock by Bill P., Todd W. and Sara S. This cast of character defects will undermine the best-laid plans for recovery from addiction. It's not uncommon for individuals in recovery to hang on to negative, self-defeating behaviors after they've given up their addiction.

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