



SUMMARY OF KEY STEPS

OF THE REVIVAL METHOD



1. HAVING A GUIDE



2. FUTURE VISION



3. HISTORY OF ADDICTION



4. ESTABLISHING BOUNDARIES



5. IDENTIFYING TRIGGERS



6. RELAPSE PREVENTION STRATEGIES



7. ENVIRONMENTAL MASTERY



8. CYCLE OF ADDICTION



9. URGE MANAGEMENT



10. PURPOSE & MEANING

HAVING A GUIDE

Recovery begins with support from a trusted coach, mentor, counsellor, or therapist who provides direction, accountability, and guidance throughout the journey, helping you navigate challenges step by step instead of facing addiction alone.



FUTURE VISION

By reviewing your current life and identifying where you want to be in the next 1 to 5 years across key life areas, you create clarity, motivation, and a powerful vision for long term personal growth and recovery.



HISTORY OF ADDICTION

Exploring your personal history and life experiences helps uncover the roots of addiction, identify trauma, recognise repeating patterns, and understand the deeper causes that contributed to destructive behaviours.



ESTABLISHING BOUNDARIES

Clear boundaries are created to protect recovery by identifying high risk situations, behaviours, and environments that lead to relapse, allowing you to stay within a safe and structured recovery zone.



IDENTIFYING TRIGGERS

Understanding environmental, emotional, and physical triggers helps you recognise what leads to urges and relapse so preventative strategies can be applied before destructive behaviours take control.



RELAPSE PREVENTION STRATEGIES

Practical relapse prevention tools and coping methods are developed to help manage difficult moments, reduce vulnerability to triggers, and maintain control during periods of stress or temptation.



ENVIRONMENTAL MASTERY

Recovery is strengthened by changing harmful environmental cues, removing access to triggering situations, and creating a living space that supports sobriety, discipline, and long-term healing.



CYCLE OF ADDICTION

Recognising the repeating patterns and behaviours that fuel addiction allows you to identify warning signs early, interrupt destructive cycles, and gradually break free from relapse patterns.



URGE MANAGEMENT

Learning urge management techniques helps reduce the intensity and duration of cravings, giving you the ability to respond calmly and effectively without acting on impulses.



ROOTS OF ADDICTION

Internal struggles such as anxiety, fear, resentment, disappointment, and emotional pain are addressed so the deeper causes of addiction can be healed instead of continuously resurfacing.



COMMUNITY AND RECOVERY NETWORK

Building a strong support system of family, friends, mentors, and recovery groups creates connection, accountability, encouragement, and a sense of belonging throughout recovery.



SELF CARE AND DAILY HABITS

Consistent routines such as healthy sleep, hygiene, prayer, reflection, and recovery focused habits establish discipline and stability that support long lasting sobriety and wellbeing.



SPIRITUAL EVOLUTION

Strengthening your relationship with Allah through worship, reflection, Quran, Salah, and spiritual practices creates a powerful foundation that supports healing, purpose, and inner peace.



REBUILDING IDENTITY AND MASCULINITY

This stage focuses on rediscovering your values, principles, confidence, identity, and sense of purpose as a man while rebuilding self-respect and personal direction.



DIET

Improving nutrition and reducing unhealthy consumption habits supports mental clarity, physical health, emotional balance, and overall recovery by helping the body and mind function more effectively.



HEALTHY HOBBIES AND PAST TIMES

Engaging in beneficial hobbies, exercise, creativity, and enjoyable activities helps replace destructive habits with healthy sources of fulfilment, relaxation, dopamine, and personal growth.



Clear Insights. Practical Steps. Lasting Freedom.