

# Reconsidering Recovery from Drug Addiction

– Using life-story interviews –

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The purpose of this study is to rethink the concept of recovery from drug addiction. Previous research regards recovery from drug addiction as when a “recovered” addict leads a drug-free life. This view ignores the realistic risk that recovered addicts may use drugs again throughout their lives. Through life-story interviews (n=3) with drug addicts who go to work on a regular basis without using drugs, the author suggests that recovery from drug addiction is not a state but a never-ending process. Their narratives show that they want to help friends with drug problems, and they have concrete goals in life. At the same time, they live in the moment because they risk using drugs again. They consciously rely on other people to solve problems for them when facing everyday troubles, so that they can avoid any risk of using drugs again. They aim at living good lives by struggling to grow.