Creative Recovery

This is the First Edition of Creative Recovery, a Basic Text for Recovering AI Addicts

"Today, I will not take the shortcut.
I will sit with the discomfort of
not knowing what comes next.
Because that discomfort is where
real creativity begins. I will trust that
something created by a human,
with human emotion, will move
people in ways no algorithm can
predict. I will choose the harder,
truer path. And if I stumble,
I will start again tomorrow."

Creative Recovery
First Edition

The First Step *is the Hardest.*

01 Admit the Addiction

Acknowledging that generative AI has affected you and your creative integrity is the hardest and most important step.

02 Honest Reflection

Reflect on your last 12 months of work. How have you depended on generative AI? What corners were cut? Who was affected in the process?

03 Replace the Habit

Every time you feel the urge, visit Musicbed instead. Surround yourself with real music made by real artists.

04 Surrender to the Creative Process

Consider the times you've chosen convenience over craft. Give your creative instincts time to return as you begin to trust the process you recently abandoned.

05 Stay Accountable

Tell a client, a colleague, or another creative the truth about your "creative" process. Share your journey with a sponsor. Begin to celebrate your days AI-free.
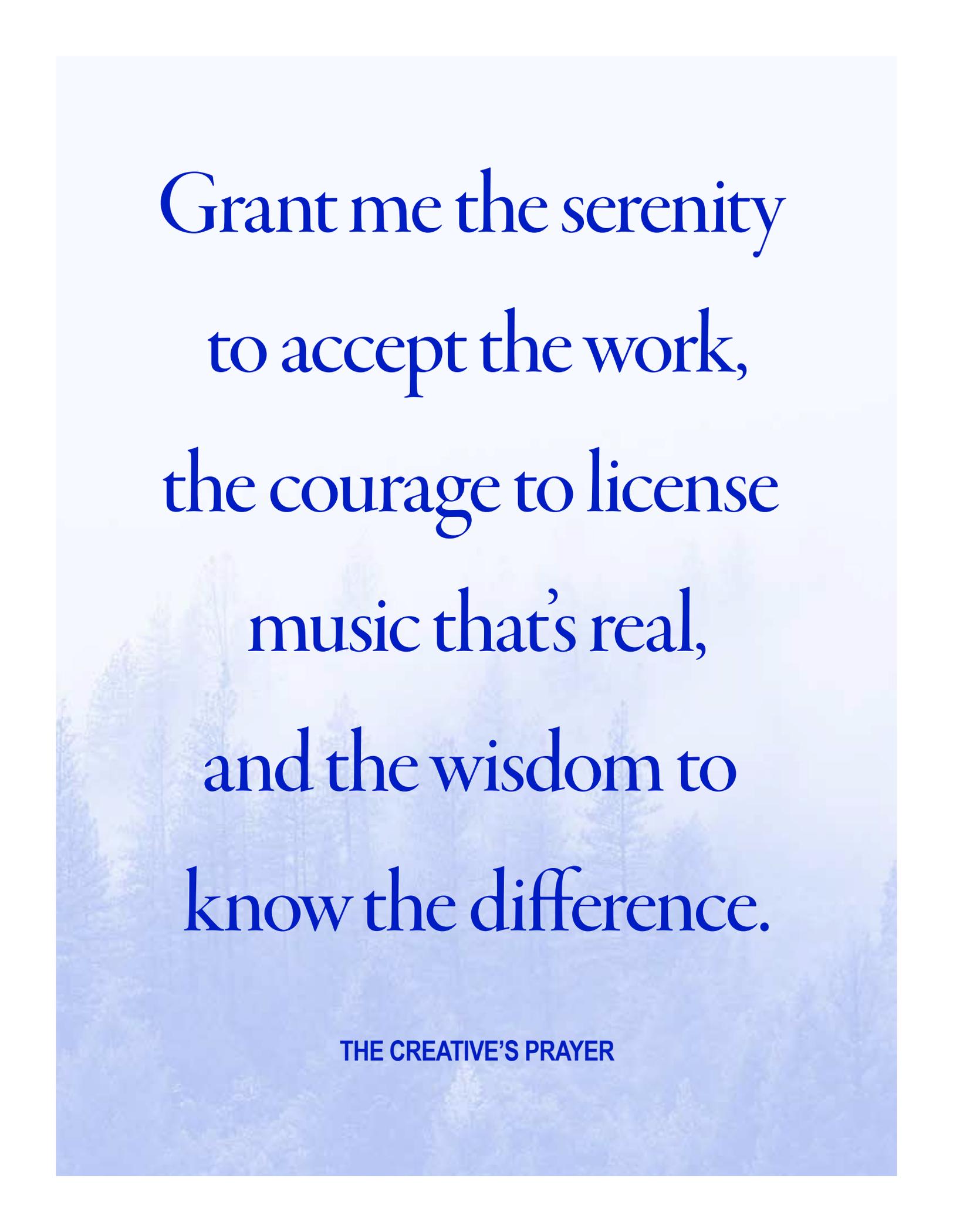
06 Spread the Message

When you see another creative slipping into addiction, say something. Share what worked for you. Pass it on. The only thing we can control is the next project.

Know someone who's struggling?

Pay it forward by sending this to a creative who's lost their way.

SLOPADDICTION.COM

Grant me the serenity to accept the work, the courage to license music that's real, and the wisdom to know the difference.

THE CREATIVE'S PRAYER

Gambling with your creative future costs more than you think.

If you, or a creative you know, are struggling with a crippling generative AI addiction,

We're here to help.