

# Higher Education



My Career Capstone Sharing 28 Years of Drug & Alcohol Abuse Counselor Knowledge  
To Prepare the Next Generation of Counselors to Reduce the Scourge of Addiction  
James Ehrenfels

## Session 3 - Spirituality & Addiction

**These Materials are Used in Session 3. Jim will Refer to the Page Numbers in the Lower Left Corner.**

**Learn More at [www.JamesE-HigherEducation.com](http://www.JamesE-HigherEducation.com)**

**An Exercise In Denial: (Jim will give instructions)**

**FINISHED FILES ARE THE RESULT OF YEARS  
OF SCIENTIFIC STUDY COMBINED WITH THE  
EXPERIENCE OF MANY YEARS.**



# Five Undeniable Facts of Life...

"As we grow older, and hence wiser, we slowly realize that wearing a \$300..or \$30.00 watch...they both tell the same time.

"Whether we carry a \$300 or \$30.00 wallet/handbag, the amount of money inside is the same.

"Whether we drink a bottle of \$300 or \$10 wine the hangover is the same.

"Whether the house we live in is 300 or 3000 sq. ft., loneliness is the same.

"You will realize, your true inner happiness does not come from the material things of this world.

"Whether you fly first or economy class, if the plane goes down, you go down with it.

You will realize, your true inner happiness does not come from the material things of this world.

"Therefore, I hope you realize, when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, have sing songs with, talk about north-south-east-west or heaven & earth...That is true happiness!!!

## Five Undeniable Facts of Life...

1. Don't educate your children to be rich. Educate them to be happy so when they grow up they will know the value of things...not the price.
2. Eat your food as your medicines, otherwise you have to eat medicines as your food. Best awarded words in London... 'Eat your food as your medicines, otherwise you have to eat medicines as your food.
3. The One who loves you will never leave you for another because even if there are 100 reasons to give up, he or she will find one reason to hold on.
4. There is a big difference between a human being and being human...only a few really understand it.
5. You are loved when you are born. You will be loved when you die. In between, YOU have to manage!!!

Remember...If you just want to walk fast, walk alone, but if you want to walk far, walk together!



# The 12 Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through.

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. We will know peace.
5. No matter how far down the scale we have gone we will see how our experiences can benefit others.
6. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows.
7. Self-seeking will slip away. Our whole attitude and outlook upon life will change.
8. Fear of people and of economic insecurity will leave us.
9. Self-seeking will slip away.
10. Our whole attitude and outlook upon life will change.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

All these extravagant promises? We think not. They are being fulfilled among us sometimes quickly, sometimes slowly. They will always materialize if we work for them.





# The 12 Step Promises

## THE PROMISES

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? ***We think not.***

They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.



Dear Friend,

I have come to visit once again. I love to see you suffer mentally, physically, spiritually, and socially. I want to make you restless so you can never relax. I want to make you jumpy, nervous, and anxious. I want to make you agitated and irritable so everything and everybody makes you uncomfortable.

I want you to be confused and depressed, so that you can't think clearly and positively. I want you to feel guilty and remorseful for the things you have done in the past and you'll never be able to let go of. I want to make you angry and hateful toward the world for the way it is and the way you are. I want you to feel sorry for yourself and blame everything but me for the way things are. I want you to be deceitful and untrustworthy and to manipulate and con as many people as possible. I want to make you feel fearful and paranoid for no reason at all. I want to make you wake up all hours of the night screaming for me. You know you can't sleep without me, I'm even in your dreams. I want to be the first thing you think about every morning and the last thing you think about before you black-out.

I'd rather kill you, but I'd be happy enough to put you back in the hospital, another institution, or jail. But you know that I'll be waiting for you when you get out. I love to watch you slowly go insane. I can't help but sneer and chuckle when you shiver and shake; when you freeze and sweat at the same time; when you wake up with the sheets and blankets soaking wet. It's amusing to watch you ignore yourself; not eating, not sleeping, not even attending your personal hygiene.

Yes, it's amazing how much destruction I can be to your internal organs while at the same time working on your brain, destroying it bit by bit.

I deeply appreciate how much you are sacrificing for me. The countless good jobs you have given up for me; all the friends that you deeply cared for, you gave up for me.

And what's more, the ones you turned yourself against because of your inexcusable actions. I am eternally grateful, especially for the loved ones, family and the more important people in the world that you have turned yourself against. You threw even those away for me!

But do not despair, my friend, for on me you can always depend. After you have lost all these things, you can still depend on me to take even more. You can depend on me to keep you in living HELL, mind, body, and soul. For I will not be satisfied until you ARE DEAD, my friend.

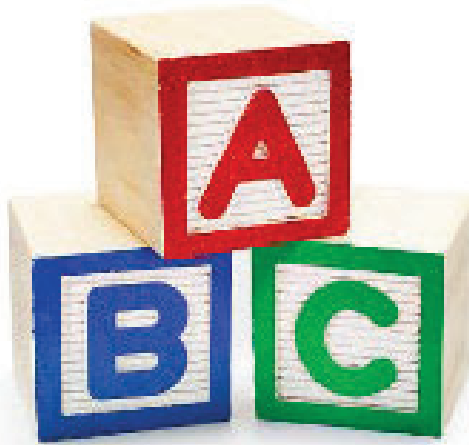
Forever Yours,

Your Addiction



## A-B-C Model of Stress Thoughts

- A. Activating Events
- B. Belief about the Event
- C. Consequence of Irrational Ideas
- D. Disputing and Challenging the Irrational Ideas:
  - 1. Select irrational idea
  - 2. Is there any support for this idea?
  - 3. What evidence exists for the falseness of the idea?
  - 4. Does any evidence exist for the truth of the idea?
  - 5. What is the worst thing that could happen to me?
  - 6. What good thing might occur?
- E. Alternative Thoughts
- F. Alternative Emotions



So much stress comes from imagined fears or assumptions regarding what could happen or what someone else thinks. Usually, assumed wrong.



# Alternative Sleep Aids

From *Questhouse: A Gentle Spiritual Retreat for Recovery from Alcoholism* by Russell A. Hopper and the *Recovery Book* by Al J. Mooney, Arlene Eisenberg, and Howard Eisenberg

## Important Stuff to Remember

Drugs of any kind are not an effective long-term treatment for my sleeping problems. Nobody has ever died from a lack of sleep, but people like me die every day from resorting to pills or alcohol to put themselves to sleep. My sleep will vary from others. My sleep pattern from using alcohol and any other drugs has been disrupted for so long that I will have no idea as to what normal means. In early recovery, I am not likely to find out. My body is still rebounding wildly from the effects of my drug use. If I am withdrawing from Benzodiazepine's or other sedatives, I may not be able to sleep at all. If I had been using stimulant drugs, I may feel like sleeping around the clock. It will take time for my brain to rehabilitate itself after being at war with drugs. My sleep pattern will usually clear up in five or six days. Worrying about not sleeping will compound the problem. Lying in bed and thinking "I won't be able to fall asleep" will convert my anxiety into reality. No matter how disruptive my temporary sleeplessness is, it can't compare to the problems that my alcohol or other drug use caused in my life.

## What Are Some Things I Can Do?

- Go To Bed at Regular Time
- Listen To Soothing Music
- Meditate
- Practice Telling My Life Story
- Get Up at The Same Time
- Count Backwards From 100
- Listen To Recovery Tapes
- Read Recovery Literature
- Try A Different Bed
- Stop Resisting and Relax
- Get Up If I'm Able to Sleep
- Make A Mental Gratitude List
- Take A Warm Bath
- Get It Back Rub
- Pray
- Avoid Daytime Naps
- Avoid Loud Music
- Drink Warm Milk
- Keep The Bedroom Dark
- Focus On Other Things
- Remake My Bed
- Take Time to Relax
- Hurt!
- Take The TV Out of The Bedroom
- Cuddle With Someone I Care About
- Avoid Heavy Meals Before Bedtime
- Go To Bed to Sleep-Not Worry
- Spend Time with Recovery Friends
- Don't Exercise Before Bedtime
- Keep The Bedroom Temperature Comfortable
- Buy A New Mattress
- Avoid Caffeine After Early Afternoon
- Don't Obsess About Not Sleeping
- Do Some Moderate Exercise Each Day?

## Use the Following Slogans

1. Recovery is a process that takes time; some things cannot be rushed.
2. I am either practicing my illness or I'm or I am practicing my recovery.
3. this is the last time I ever have to go through withdrawal.
4. I deserve a chance at recovery, and I refuse to let my illness win!
5. I will address my sleeping one day at a time
6. I will say to myself this too shall pass.
7. I will turn it over by letting go and letting God.
8. I will tell myself easy does it.
9. I will say to myself that think, think, think it is not a good idea for me.

## My Personal Plan to Help Me Sleep

---

---

---

---

---

---

---

---

---



# ATTITUDE

---

"The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past, we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude. I am convinced that life is ten percent what happens to me and ninety percent how I react to it. And so it is with you. We are in charge of our attitudes."

---

Charles Swindoll

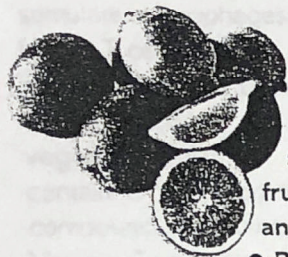


## Successful Tactics for Smarter Eating

A healthy diet need not be boring and monotonous, and you don't have to put severe restrictions on what you eat. In fact, the wider the range of fresh vegetables and fruit you eat the

better. The tastiest and most colorful fruit and vegetables are also the healthiest. So you can easily increase the amount and variety of fresh foods as well as making meals healthier and

more interesting. Good choices include citrus fruits, papaya, mango, kiwifruit, tomatoes, sweet potatoes, sweet peppers (all colors), broccoli and dark, leafy greens.



### GOOD GUYS

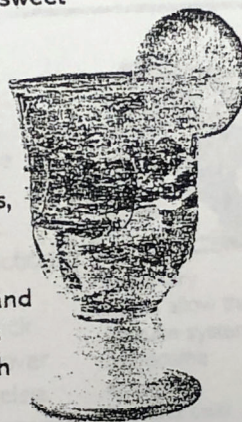
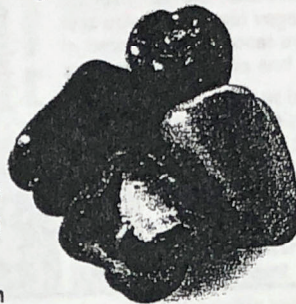
- Vitamin C found in fruit and vegetables. Good sources include citrus fruits, strawberries, kiwi and sweet peppers.

- Beta-carotene found in vegetables. Good sources include carrots, broccoli, spring greens, spinach, cabbage, red and orange sweet peppers, sweet potatoes and pumpkins.

- Vitamin E-rich foods. Good sources include vegetable and nut oils, avocados, nuts and egg yolks.



- High-fiber foods. Good sources include beans, peas, whole grain cereals and whole wheat pasta. Rice and corn starch process carcinogens in much the same way.



### BAD GUYS

- Foods high in saturated fats such as meat and full fat dairy products can increase the risk of breast and bowel cancers. The average American diet contains too much saturated fat—more than 40%. By reducing this to 10%, you also reduce your risk of cancer and heart disease.

- Foods made from refined flour and sugar contain fewer vitamins and fiber than wholefoods. Switch to brown rice, whole wheat pasta and whole wheat bread.

- Salted foods that are pickled and smoked contain carcinogens that can lead to stomach cancer.

- Tobacco smoke, exhaust fumes and air pollution all increase the number of free radicals in the body.

- Nicotine, alcohol and caffeine destroy the body's antioxidants.

## The Diet/Disease Link

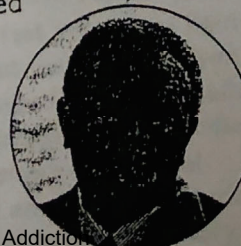
Many factors are connected with cancer, but researchers have shown a direct dietary link by studying ethnic diets with those of ethnic groups who have migrated to the U.S. They found that:

- Africans, who eat a high-fiber diet, rarely get bowel cancer, yet it is common in African-Americans. The rates of bowel cancer are lowest in countries with a high-fiber diet.

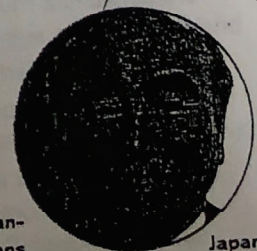
- Rates of breast cancer are low in Japan, but high among Japanese

women living in the U.S. The traditional Japanese diet is very low in fat compared to the average American diet.

- Rates of stomach cancer are much higher in Japan compared with other parts of the world. There, people eat more smoked, pickled and salted foods. The lower rate of stomach cancer in Japanese-Americans matches the decline of these foods in their diet over the last 50 years.



African-Americans have higher rates of bowel cancer



Japanese-Americans have lower rates of stomach cancer



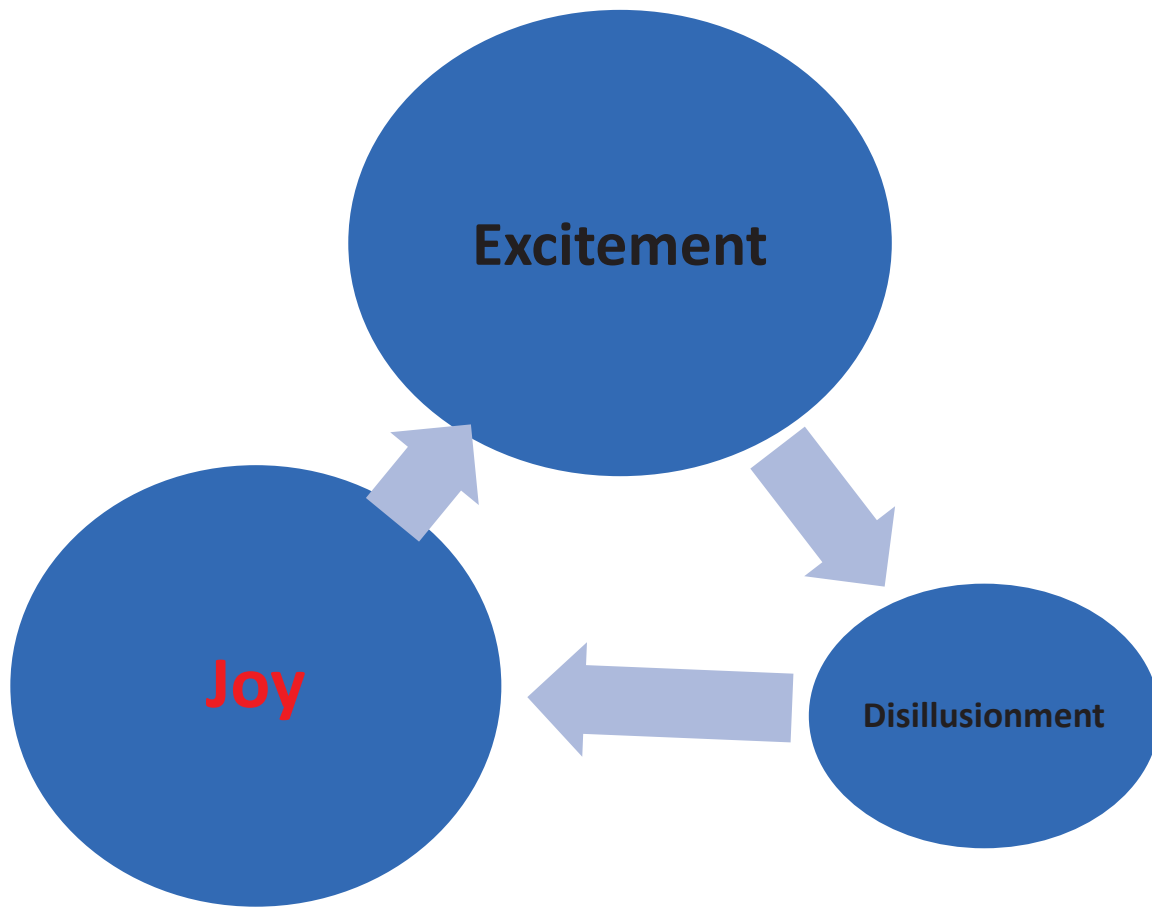
# Defense Mechanisms

In most persons, defenses are a survival mechanism, a way of dealing with unpleasant facts, by unconsciously distorting the truth. In alcoholism, the defense has become very extreme and very rigid. Defenses keep the alcoholic and the family of the alcoholic from seeing the drinking problem for what it is, and therefore keep them from getting help and living fulfilling lives. Some examples of the common defenses are listed below: (circle each one that you have used during your lifetime)

<b>Denying</b>	I don't have a drinking problem, well, I don't drink everyday. I drink because I want to drink, not because I have to. I can quit anytime
<b>Excuses</b>	I can't help it I've had a rough day, life, childhood... If you had my job, or my wife, or my husband, or my kids you would drink too.
<b>Explaining</b>	well, you see officer, I was just trying to avoid the potholes, adjusting the radio, eating a pizza, etc.
<b>Blaming</b>	those officers are just out to get me. It's your fault I drink. If my friends didn't keep buying me drinks, etc.  You drank too. And you drink too much coffee. You're always on my back. You never wash my underwear. You, etc.
<b>Rationalizing</b>	I got so drunk last night because I kept on winning at pool, and you don't quit a winning streak, and friends kept buying me drinks, and I kept on talking and forgot the time.
<b>Fast</b>	I drink alcohol fast because I drink everything fast coffee, cola, orange juice, etc.
<b>Switching</b>	my problem is cigarettes not alcohol
<b>Intellectualizing</b>	I'm not an alcoholic, because alcoholism is hereditary, and my parents aren't Alcoholics. Besides I don't like to put people in categories.
<b>Minimizing</b>	I only had a couple. It doesn't happen that often.
<b>Comparing</b>	I'm not as bad as my uncle, or your mother, or your father, or your brother, or my brother, or your friend, or my friend. S/He gets drunk every day and gets the shakes every time s/he drinks, s/he is the alcoholic not me.
<b>Name calling</b>	You are an S.O. B., You slob, jerk, your fat, your ugly, Shit-head, fucker, terrible Dad/Mom, lazy, good for nothing, etc.
<b>Complying</b>	You're right. I'm an alcoholic. Can I go now?
<b>Universalizing</b>	Everybody drinks more than they mean to now a days. If you drink for more than five years, you're bound to get a DUI everybody has blackouts.
<b>Part True</b>	I didn't get drunk Thursday. Weekdays I don't drink period last week I drank two and then drank pop the rest of the night.



# Every Relationship Has Cycles of Growth



**No person is perfect. No couple is perfect. We are all human beings. There is no magical words that make two people become one. Just Faith, Hope, and Love; and blood, sweat, tears, and time. Every day you choose to love and serve, not seek to change or dominate.**



# Exhortation of the Dawn



by Kalidasa

English version by W. S. Merwin & J. Moussaieff Masson

Original Language Sanskrit

Listen to the Exhortation of the Dawn!

Look to this Day!

For it is Life, the very Life of Life.

In its brief course lie all the  
Verities and Realities of your Existence.



The Bliss of Growth,  
The Glory of Action,  
The Splendor of Beauty.  
For Yesterday is but a Dream,  
And To-morrow is only a Vision;

But To-day well lived makes  
Every Yesterday a Dream of Happiness,  
And every Tomorrow a Vision of Hope.

Look well therefore to this Day!  
Such is the Salutation of the Dawn!







Designed by Landor Associates in 1994, the FedEx logo might appear simple, boring even, to the casual observer. But once you have spotted the forward-facing arrow created by the negative space between the 'E' and the 'x', it is impossible not to think “that’s clever”.

Source- <https://www.creativereview.co.uk/fedex-logo/>



# Goodbye To My Enemy

Goodbye drugs! You pretended to be my best friend. You gave me a false sense of euphoria, confidence, pleasure, and happiness, and took all of my pain away.

You stuffed my feelings way down so I did not have to deal with them. You helped me sleep better, stay awake better, eat better and even have better sex.

Now let us discuss the things I will not miss about you. No more screaming matches with my boyfriend, no more throwing up, no more stealing, no more long nights making my whole family worry if I am still alive, no more shallow breathing, no more junkies rating my drawers, no more using my home to crash.

No more paychecks disappearing into thin air, no more web of lies, no more trails of tears from my daughter and deep regression to the pain of cold sweats, no more getting fired from jobs, no more jail cells, no more disappearing for days or weeks at a time, no more looking around for your friends seeing only a headstone In a grass field, no more hospital beds no more seeing your own brother pawning hundreds of dollars worth of jewelry from

Missing section

Poem from a Patient 12/18/2013



# Group Rules

- Be At Group on Time.
- Pay Each Time You Come.
- Smoking Only Under the Green Tent.
- No Food, Drink, Or Tobacco in Group.
- Water Only Allowed.
- Turn Off Cell Phones.
- Confidentiality Rule in Place.
- One Person Talks at A Time.
- No Side Conversations.
- Avoid Distracting Behavior.
- Must Have Eyes Open During Group.
- No Foul Language or Prejudice Remarks
- Respect Rule Is in Place.
- Participate Honestly, Share Yourself
- Give Feedback. Use “I” Statements
- Be Proactive About Your Treatment
- Own Your Use If You Mess Up -At Check In
- Johari Window- Jim Will Explain It.





# Healthy Functional Relationships

## Clear The Land

- Abstinence from dysfunctional behaviors, not from relationships -Big Bang relationship .
- If there is emotional, physical, or sexual abuse -relationship separation is necessary.

## Lay The Foundation

- Communication -get to know them first .talking and listening
- With Yourself-Know what you are thinking,, feeling, and doing.
- With Partner-Know what they are thinking feeling and doing
- care about yourself and care about your partner -you do not want to get into another abusive relationship.

## Healthy Relationship

## Build the Stories

- Casual contact no commitment no obligations.
- companionship doing things together ,activity more important than the person .
- friendship-being with the person more important than the activity.
- Romantic Love- Passion, sexuality, commitment.
- Committed Love- All relationships are conditional relationships. All relationships grow when you say yes I will spend the evening with you , I will listen to your problems , I will invest money with you, I will Make Love to you, I will have children with you

## Add The Roof

- Relationships should nurture and support us, not drain us and hurt us .
- Healthy people Know the strengths and the weaknesses of having relationships.
- They know the value of asking for help. They know the importance of setting boundaries. They are willing to try to have a positive loving relationship .
- All relationships take time to build. No relationship can last if you are not willing to admit when you are weak and vulnerable. Relationships are not always fun and easy. If the relationship is not good for you then you must choose to leave.



# The Holmes-Rahe Life Stress Inventory

## The Social Readjustment Rating Scale

**INSTRUCTIONS:** Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

LIFE EVENT	MEAN VALUE
1. Death of spouse	100
2. Divorce	73
3. Marital Separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual Difficulties	39
14. Gaining a new family member (i.e. ... birth, adoption, older adult moving in, etc.)	39
15. Major business readjustment	39
16. Major change in financial state (i.e. ... a lot worse or better off than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments w/spouse (i.e. ... either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20. Taking on a mortgage (for home, business, etc. ... )	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, attending college, joined mil.)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)	25
29. Revision of personal habits (dress manners, associations, quitting smoking)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (i.e. ... a lot more or less than usual)	19
36. Major change in social activities (clubs, movies, visiting, etc.)	18
37. Taking on a loan (car, tv, freezer, etc.)	17
38. Major change in sleeping habits (a lot more or a lot less than usual)	16
39. Major change in number of family get-togethers ("")	15
40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	11

**Now, add up all the points you have to find your score**

**TOTAL**

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.  
 150 to 300 pts implies about a 50% chance of a major health breakdown in the next 2 years.  
 300pts or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.



I am Alcohol...

I am  
more  
powerful  
than the  
combined  
armies  
of the world  
I have  
destroyed  
more men  
than all the  
wars  
of all the nations  
I have caused  
millions  
of accidents and  
wrecked more homes  
than all the floods  
tornadoes and hurricanes  
put together  
I am the worlds slickest thief  
I steal billions of dollars  
I find my victims among  
the rich and poor alike  
I am relentless insidious  
unpredictable  
I bring sickness, poverty and death  
I give nothing and take all  
I am your worst enemy  
I am  
alcohol



My Declaration of Self Esteem  
I Am Me

In all the world, there is no one else exactly like me  
Everything that comes out of me is authentically mine  
Because I alone chose it – I own everything about me  
My body, my feelings, my mouth, my voice, all my actions,  
Whether they be to others or to myself – I own my fantasies,  
My dreams, my hopes, my fears – I own all my triumphs and successes,  
all my failures and mistakes because I own all of me,  
I can become intimately acquainted with me  
By so doing, I can love me and be friendly with me in all my parts  
I know there are aspects about myself that puzzle me,  
and other aspects that I do not know  
But as long as I am friendly and loving to myself,  
I can courageously and hopefully look for solutions to the puzzles  
and for ways to find out more about me  
However I look and sound, whatever I say and do, and  
Whatever I think and feel at a given moment in time  
is authentically me  
If later some parts of how I looked, sounded, thought and felt  
turn out to be unfitting, I can discard that which is unfitting,  
keep the rest, and invent something new for that which I discarded –  
I can see, hear, feel, think, say, and do  
I have the tools to survive, to be close to others, to be productive,  
and to make sense and order out of the world of people  
and things outside of me  
I own me, and therefore people and things outside of me  
I own me, and therefore I can engineer me  
I am me and I am okay

-Virginia Satir



## My Declaration of Self Esteem

### I Am Me

In all the world, there is no one else exactly like me  
Everything that comes out of me is authentically mine  
Because I alone chose it – I own everything about me  
My body, my feelings, my mouth, my voice, all my actions,  
Whether they be to others or to myself – I own my fantasies,  
My dreams, my hopes, my fears – I own all my triumphs and successes,  
all my failures and mistakes because I own all of me,  
I can become intimately acquainted with me  
By so doing, I can love me and be friendly with me in all my parts  
I know there are aspects about myself that puzzle me,  
and other aspects that I do not know  
But as long as I am friendly and loving to myself,  
I can courageously and hopefully look for solutions to the puzzles  
and for ways to find out more about me  
However I look and sound, whatever I say and do, and  
Whatever I think and feel at a given moment in time  
is authentically me  
If later some parts of how I looked, sounded, thought and felt  
turn out to be unfitting, I can discard that which is unfitting,  
keep the rest, and invent something new for that which I discarded –  
I can see, hear, feel, think, say, and do  
I have the tools to survive, to be close to others, to be productive,  
and to make sense and order out of the world of people  
and things outside of me  
I own me, and therefore people and things outside of me  
I own me, and therefore I can engineer me  
I am me and I am okay

~Virginia Satir



# I'M YOUR DISEASE

Author Unknown

I hate meetings. I hate higher power.  
I hate anyone who has a program.  
To all who come in contact with me, I wish you death.  
And I wish you suffering.

Allow me to introduce myself.  
I am the disease of alcoholism and drug addiction.  
Cunning, baffling, and powerful. That's me.  
I have killed millions, and I am pleased.  
I love to catch you with the element of surprise.  
I love pretending I am your friend and lover.  
I have given you comfort, have I not?  
Wasn't I there when you were lonely?  
When you wanted to die, didn't you call me?  
I was there.

I love to make you hurt.  
I love to make you cry. Better yet,  
I love to make you so numb you can neither hurt nor cry.  
You can't feel anything at all. This is true glory.  
I will give you instant gratification  
And all I ask of you is long term suffering.  
I've been there for you always.

When things were going right in your life, you invited me.  
You said you didn't deserve these good things.  
And I was the only one who would agree with you.  
Together we were able to destroy all things good in your life.  
People don't take me seriously.

They take strokes seriously, heart attacks,  
Even Diabetes they take seriously, fools that they are.  
They don't know that without my help,  
These things would not be made possible.  
I am such a hated disease.



And yet, I do not come uninvited. You choose to have me.  
So many have chosen me over reality and peace.  
More than you hate me,  
I hate all of you who have a 12-step program.  
Your program, your meetings, your Higher Power.

All weaken me and I can't function in the manner  
I am accustomed to.

Now I must lie here quietly.  
You don't see me, but I am growing bigger than ever.  
When you only exist, I may live. When you live, I only exist.  
But I am here...and until we meet again,  
If we meet again. I wish you death and suffering.





# Why I love My Jailers

Troy Chapman

The gospel of Thomas quotes Jesus as saying, “if you bring out what is in you, what you bring out will save you. If you don't bring out what is within you, which you do not bring out will destroy you”. What is within me is a deep need to love. I have learned from experience that if it isn't brought out, it will turn to poison. It will destroy me.



In the final analysis, then, I love my jailers because it is my last refuge. I have run from there hounding into my hiding places, only to be rooted out and to have my humanity lashed and kicked and beaten. That is what prison is all about: hating and fearing someone humanity to the point where you want to destroy it. That's the reality of prison. I suspect, of all war and depression as well. Hatred and fear caused me to commit my crime, and it causes prisons to continue committing theirs.

But precisely what is it that we hate and fear about another persons humanity? After everything else was stripped away, I realized that the essence of my humanity is my need and ability to love others. Take that away, and I'm destroyed. Leave it, and I'll be eternally safe, eternally intact, and I'll have no need of any other defense- even in jail.

So I love my jailers for the simple reason that I don't want to die. It isn't because I want to be a good person, but because love, the power of goodness, is the only political and personal power I possess. I want victory over death. I love them for reasons of self-preservation; to protect my essence, my core, my soul.



# If Drugs Could Talk...

by John Sickora

## **I destroy homes, tear families apart,**

I'll take our children, and that's just for starts!  
I am more costly than diamonds, more precious than gold.  
The sorrows I bring are the sight to behold.

If you need me, I am easily found.  
I live all around you, in schools and in town.  
I live with the rich: I live with the poor,  
I live down the street, and maybe next door.

I have many names, oh, that's for sure,  
I am heroin, I am coke, I am whatever you adore.  
My power is awesome just try me you'll see.  
But if you do you may never break free!

Try me once: I might let you go,  
But try me a second time and I'll own your soul.  
The sweats, the shakes, and the visions you'll see.  
I want you to know that they're all gifts from me!

By then, in your heart you'll know it's too late,  
Now you are all mine and there is no escape.  
You're mine now and you'll steal, and your lie,  
You'll do what I say, just for my high.

You'll wish you never met me, they always do!  
But you come to me, man, not I to you!  
The crimes you'll commit for my narcotic chains  
Will be worth the pleasure you'll feel in your veins!

You'll lie to your mother and steal from your dad.  
When you see their tears, you should be sad.  
But you'll forget your morals, and how you were raised.  
I'll be your conscience, I'll teach you my ways.

I steal kids from parents, and parents from kids.  
I turn people from God, and separate friends.  
I'll take all you own, your looks and your pride.  
I'll always be there right at your side.

Now that you know me, what will you do?  
Will you try me, or not? It's all up to you.  
I'll bring you more misery than words can tell.

**Please, take my hand...**  
**I'll lead you through Hell.**





# I'm Too...



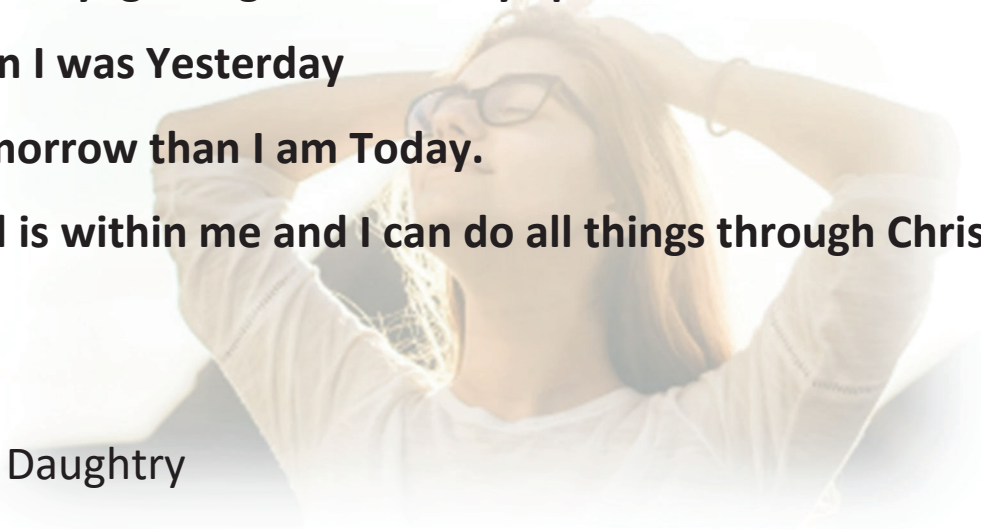
**I'm too Blessed to be Stressed  
I'm too Anointed to be Disappointed  
I'm too Sound to be Down  
I'm too Serene to be Mean  
I'm too Happy to be Snappy  
I'm too Cool to be a Fool  
I'm too Kind to be left Behind  
I'm too Strong to be Wrong  
I'm too Complete to be Left in the Street  
I've been Found and I can't be Let Down**

**The Spirit of the Lord is upon me and I'm getting better in my Mind,  
getting better in my Body, getting better in my Spirit**

**I'm better Today than I was Yesterday  
and I'll be better Tomorrow than I am Today.**

**The Spirit of the Lord is within me and I can do all things through Christ  
who strengthens me**

**Author: Rev. Herbert Daughtry**





# Installing Love

**Tech Support:** Yes, how can I help you?

**Customer:** Well, after much consideration, I've decided to install Love. Can you guide me through the process?

**Tech Support:** Yes. I can help you. Are you ready to proceed?

**Customer:** Well, I'm not very technical, but I think I'm ready. What do I do first?

**Tech Support:** The first step is to open your Heart. Have you located your Heart?

**Customer:** Yes, but there are several other programs running now. Is it okay to install Love while they are running?

**Tech Support:** What programs are running?

**Customer:** Let's see, I have Past Hurt, Low Self-Esteem, Grudge and Resentment running right now.

**Tech Support:** No problem, Love will gradually erase Past Hurt from your current operating system. It may remain in your permanent memory but it will no longer disrupt other programs. Love will eventually override Low Self-Esteem with a module of its own called High Self-Esteem. However, you have to completely turn off Grudge and Resentment. Those programs prevent Love from being properly installed. Can you turn those off?

**Customer:** I don't know how to turn them off. Can you tell me how?

**Tech Support:** With pleasure. Go to your start menu and invoke Forgiveness. Do this as many times as necessary until Grudge and Resentment have been completely erased.

**Customer:** Okay, done! Love has started installing itself. Is that normal?

**Tech Support:** Yes, but remember that you have only the base program. You need to begin connecting to other Hearts in order to get the upgrades.

**Customer:** Oops! I have an error message already. It says, "Error—Program not run on external components." What should I do?

**Tech Support:** Don't worry. It means that the Love program is set up to run on Internal Hearts, but has not yet been run on your Heart. In non-technical terms, it simply means you have to Love yourself before you can Love others.

**Customer:** So, what should I do?

**Tech Support:** Pull down Self-Acceptance; then click on the following files: Forgive-Self; Realize Your Worth; and Acknowledge Your Limitations.

**Customer:** Okay, done.

**Tech Support:** Now, copy them to the "My Heart" directory. The system will override conflicting files and begin patching faulty programming. Also, you need to delete Self-Criticism from all directories and empty your Recycle Bin to make sure it is completely gone and never comes back.



# Installing Love

**Customer:** Got it. Hey! My heart is filling up with new files. Smile is playing on my monitor and Peace and Contentment are copying themselves all over My Heart. Is this normal?

**Tech Support:** Sometimes. For others it takes awhile, but eventually everything gets it at the proper time. So Love is installed and running. One more thing before we hang up. Love is Freeware. Be sure to give it and its various modules to everyone you meet. They will in turn share it with others and return some cool modules back to you.

**Customer:** Thank you, God.

God/**Tech Support:** You're welcome, I'm here anytime.



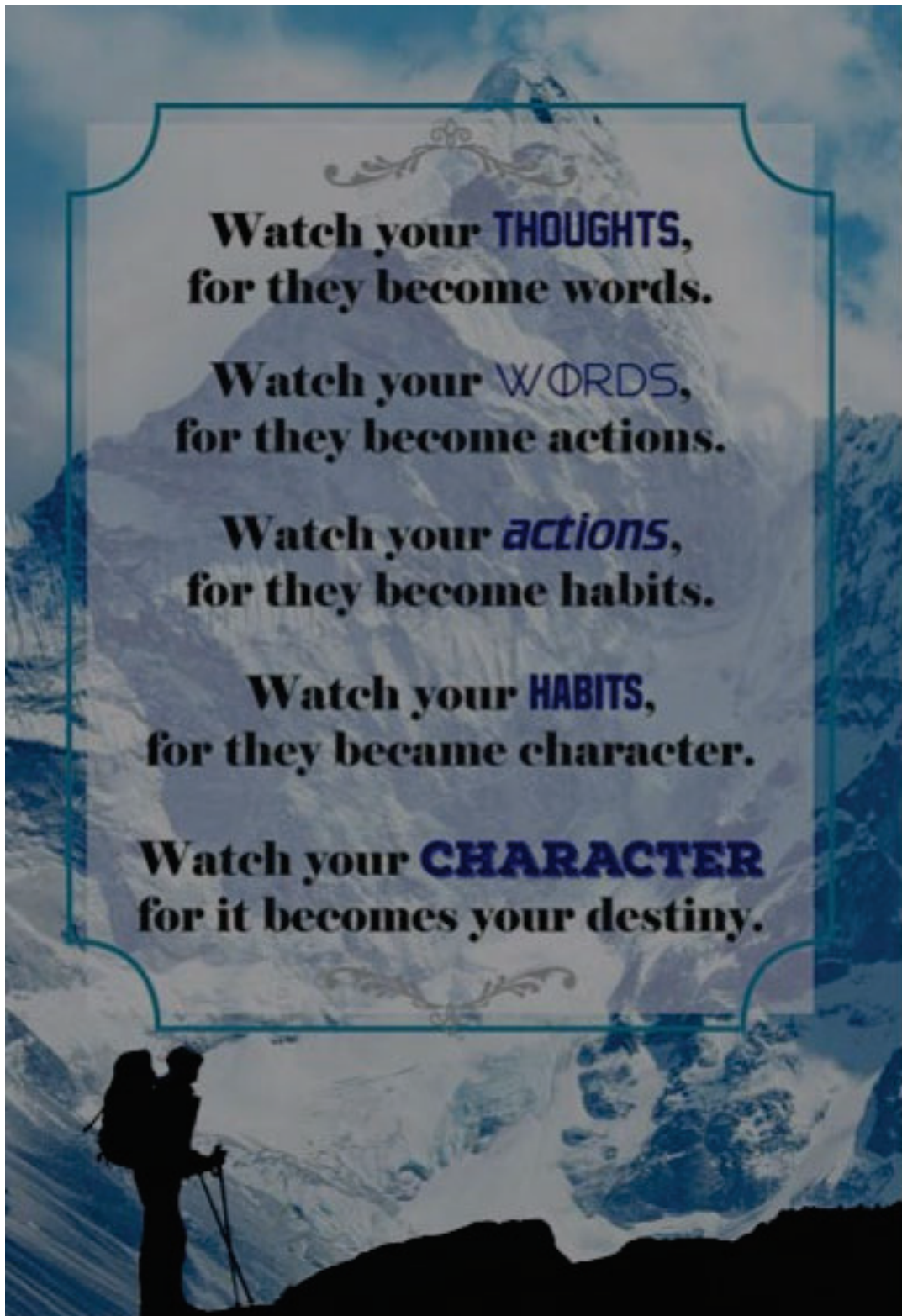
## Internal Changes Occurring During the Fight/ Flight Arousal Response

- Increase sugar and fats enter the bloodstream to provide more fuel for quick energy.
- Increased breathing rate increases oxygen supply in the blood.
- increased heart rate and blood pressure ensure a sufficient blood supply to the cells.
- Blood clotting mechanisms are activated to protect against injury.
- Increased muscle tone (tension) prepares body for action.
- Increased pituitary functioning stimulates endocrine production of the hormones, Adrenaline, and glucose production increases.
- Digestive processes shut down, blood is diverted to muscles and the brain. Peristalsis decreases and digestive enzymes are decreased.
- Pupils are dilated, allowing more light to enter the eye.
- Attention and alertness increase.
- Blood flow to the cognitive areas of the brain decreases. Rational thinking decreases. The brain is focused on the survival of the body by either getting away or fighting. Short term and long-term memory capability is reduced.





# It All Begins with Thoughts...





# My Plan to Ruin Your Life



**The first recovery book written by your addiction . . .**

**(with a little help from Ken Montrose)**

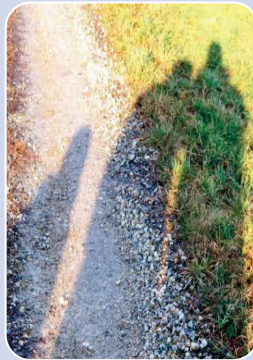


## Life Management Systems EAP Symptoms of Possible Stress



### Financial

- Lack job skills
- need more income
- no emergency funds
- tax problems
- Lack financial savings
- lack retirement savings
- impulsive spending
- credit card debt
- lack of transportation
- medical bills
- health disability



### Family

- Difficult family relationships
- failure to communicate
- lack of time with family
- health problems of family
- drug or alcohol addiction and family
- marital problems , divorce
- Death of family member
- family financial problems
- challenges of parenthood



### Personal

- low self esteem
- negative
- low frustration tolerance
- inability to
- angry
- excessive commands
- being a perfectionist
- drug or alcohol addiction
- health problems
- Poor social skills
- lack of close friends



### Organization Career

- Lack of job skills
- fear of losing job
- stressful job
- physically demanding job
- problems with coworkers
- low employee morale
- not well paying
- dangerous
- high turn over
- Not productive
- not fulfilling
- not respected



## Please Listen: A Poem

By: Leo Buscaglia

When I ask you to listen to me  
and you start giving me advice,  
You have not done what I asked.

When I ask you to listen to me  
and you begin to tell me why  
I shouldn't feel that way,  
you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something  
to solve my problem, you have failed me, strange as that may seem.



Listen! All I ask is that you listen.  
Don't talk or do – just hear me...  
And I can do for myself; I am not helpless.  
Maybe discouraged and faltering,  
but not helpless.

When you do something for me that I can and need to do for myself,  
you contribute to my fear and Inadequacy. But, when you accept as a simple  
fact that I feel what I feel, no matter how irrational, then I can stop trying to  
convince you and get about this business of understanding what's behind this  
irrational feeling.

And when that's clear, the answers are  
obvious and I don't need advice.  
Irrational feelings make sense when we  
understand what's behind them.  
So please listen, and just hear me. And if you  
want to talk, wait a minute for your turn—  
and I will listen to you!





# My Relationship Matrix ....

<b>POSITIVE ASPECTS OF THIS RELATIONSHIP</b>	<b>NEGATIVE ASPECTS OF THIS RELATIONSHIP</b>
<b>MY NEEDS THAT ARE BEING MET IN THIS RELATIONSHIP</b>	<b>MY NEEDS THAT ARE NOT BEING MET IN THIS RELATIONSHIP</b>



## WELCOME

### INTENSIVE OUTPATIENT (IOP) PROGRAM

You are a client of the Clermont Recovery Center because you are sick with a chronic addiction- that is a harmful dependency on a chemical substance, which interferes with your daily life.

Because your condition is chronic, you cannot be cured. But you can be treated successfully.

Our treatment objective is two fold: to arrest your disease and help you recover your health.

Rehabilitation- that is, organizing a new way of life with new patterns of thinking and behaving- is your primary purpose in treatment. Upon satisfactory completion of treatment, you will be able to lead a normal life, free from mood-altering drugs, provided you embrace and continue the program offered to you while a client.

Your unreserved cooperation is essential to your recovery. Mere compliance- going through the motions without personal motivation- will leave you sick.

You will find the atmosphere friendly and the staff understanding of your disease and problems. You will gain much support from other clients and will be able to contribute much toward their recovery also.

### THE INTENSIVE OUTPATIENT PROGRAM (IOP)

Clients in this Intensive Outpatient Program group will attend groups on Monday, Wednesday and Thursday from 9:00am – Noon for at 6- 8 weeks. You will then go to Relapse Prevention care and attend groups twice weekly : for at least 12 weeks. Finally, you will attend Peer Support once weekly for a few weeks.

There are four essential elements of treatment in the Intensive Outpatient Program. The first of these is **EDUCATION**. Through lectures, class exercises, and homework assignments you will receive accurate and current information concerning the nature and dynamics of your progressive and chronic disease and the physical, social, and personality deterioration that accompany it. You will gain a basic understanding of a method for achieving and maintaining a comfortable way of life free from further dependence on mood –altering drugs.

The second element is **GROUP THERAPY**. Repeated experiences in-groups of people who suffer from the same disease provide you with encounters designed to confront and break down defense mechanisms and negative attitudes, which accompany chemical dependency. Group therapy enables you to recognize and accept who you are and which specific attitudes and behaviors must be modified in order to live comfortably without dependence on mood-altering drugs.

The third element is **INDIVIDUAL AND FAMILY COUNSELING**. Particular life problems vary from person to person, and other members of your family are always involved in the disruption caused by your illness. Therefore, both individual and family counseling are viewed as essential to your recovery. Clients in the Intensive Outpatient Program are expected to schedule appointments for individual counseling about every other week. To successfully complete the IOP program, you need to also have members of your personal support system, such as spouses, family members, or close friends learn about and attend ALANON or attend an Individual Session with you.

The final element of treatment is **ALCOHOLICS ANONYMOUS, NARCOTICS ANONYMOUS, RR, AV, RU** or other outside 12-step type support groups. Twice weekly attendance of AA (or NA) is a requirement of the Intensive Outpatient Program. This will expose you to the most successful model of recovery in the world. Your continued recovery will be, to a large extent, dependent upon your adopting the twelve-step process of recovery developed by AA.

We offer you the opportunity to recover from your illness, and we hope that you will take advantage of it.



## INTENSIVE OUTPATIENT PROGRAM GENERAL CLIENT GUIDELINES

All clients enrolled in IOP have individualized treatment plans. However, the following guidelines apply to all IOP participants.

1. **Missed Appointments** – Two missed appointments, for any reason, can result in discharge from IOP. In most situations, each missed appointment will result in a missed appointment charge and a urine screen. Excused misses are for a documented family death or medical emergency. Work is not an acceptable excuse for missing an appointment. Your counselor will provide documentation for employer if necessary. Reports to referral sources will note attendance.
2. **Fees** – All counseling fees are due at the time the service is delivered. Other fees such as missed appointments and urine screens are due within two weeks. Failure to comply with your financial contract may result in discharge and return you to your referral source. There are no approved discharges until outstanding fees are paid.
3. **Prescription Drugs** – Please inform your counselor of any medications you are taking. Certain medications prohibit one from participating in IOP.
4. **Relapses** – All relapses must be reported at the first counseling session (group or individual) following the use. Treatment works best when relapses are freely reported rather than discovered by the means of a urine screen.
5. **Toxicology Screens** – Urine or breathalyzer screens are administered randomly. You are expected to submit specimens within two hours of the request. Failure to do so is considered non-compliance and may result in discharge. Generally, screens are given every two weeks. Payment is due within two weeks.
6. **Individual Appointments** – These appointments are considered critical to the treatment process. Individuals allow you to address issues that may be difficult to bring up in group. Individuals are scheduled a minimum of one hour each two week period. You will be expected to arrange time off work to attend. Missed individual appointments will prolong your treatment experience and may lead to an unsuccessful discharge.
7. **Self Help** – ALL IOP participants must attend self-help meetings (AA, NA, AV, RR etc...) at least 2 times per week. A self-help sponsor must be obtained by the time one steps down to Continued Care Group. Written documentation of these activities may be required. Failure to comply will result in discharge from IOP.
8. **Treatment Plans** – are the agreed upon directions for each individual client in treatment. Each client is expected to participate in the development of and the agreed activities identified in the TX plan. Failure to progress may result in termination from the program.
9. **Family Involvement** – We strongly believe the participation of a significant person from your life is essential to and a vital part of your recovery. Therefore, we require some kind of participation from a significant person in your life. Family group needs to be attended on Thursdays by this significant person. If this is not possible, other arrangements must be made with your counselor. These other arrangements can include family counseling sessions.
10. **Progress Toward Recovery** – You will be responsible for progress toward abstinence along with the attitude and life style changes that accommodate recovery. Failure to actively participate in your problem resolution may result in discharge. Change is difficult and requires work on your part. We do not "give up" on any individual attempting to help him/her self. However, there are situations that may require more intensive intervention than IOP allows.

The Recovery Center is committed to providing an environment where you may explore your self and your relationship with chemicals. We will help you explore choices that may benefit you. Ultimately you are responsible for your experience at the Recovery Center and the results.

By signing below you agree to follow the above guidelines and participate in your treatment.

Client Signature X Date X



## INTENSIVE OUTPATIENT PROGRAM GENERAL CLIENT GUIDELINES

All clients enrolled in IOP have individualized treatment plans. However, the following guidelines apply to all IOP participants.

1. **Missed Appointments** – Two missed appointments, for any reason, can result in discharge from IOP. In most situations, each missed appointment will result in a missed appointment charge and a urine screen. Excused misses are for a documented family death or medical emergency. Work is not an acceptable excuse for missing an appointment. Your counselor will provide documentation for employer if necessary. Reports to referral sources will note attendance.
2. **Fees** – All counseling fees are due at the time the service is delivered. Other fees such as missed appointments and urine screens are due within two weeks. Failure to comply with your financial contract may result in discharge and return you to your referral source. There are no approved discharges until outstanding fees are paid.
3. **Prescription Drugs** – Please inform your counselor of any medications you are taking. Certain medications prohibit one from participating in IOP.
4. **Relapses** – All relapses must be reported at the first counseling session (group or individual) following the use. Treatment works best when relapses are freely reported rather than discovered by the means of a urine screen.
5. **Toxicology Screens** – Urine or breathalyzer screens are administered randomly. You are expected to submit specimens within two hours of the request. Failure to do so is considered non-compliance and may result in discharge. Generally, screens are given every two weeks. Payment is due within two weeks.
6. **Individual Appointments** – These appointments are considered critical to the treatment process. Individuals allow you to address issues that may be difficult to bring up in group. Individuals are scheduled a minimum of one hour each two week period. You will be expected to arrange time off work to attend. Missed individual appointments will prolong your treatment experience and may lead to an unsuccessful discharge.
7. **Self Help** – ALL IOP participants must attend self-help meetings (AA, NA, AV, RR etc...) at least 2 times per week. A self-help sponsor must be obtained by the time one steps down to Continued Care Group. Written documentation of these activities may be required. Failure to comply will result in discharge from IOP.
8. **Treatment Plans** – are the agreed upon directions for each individual client in treatment. Each client is expected to participate in the development of and the agreed activities identified in the TX plan. Failure to progress may result in termination from the program.
9. **Family Involvement** – We strongly believe the participation of a significant person from your life is essential to and a vital part of your recovery. Therefore, we require some kind of participation from a significant person in your life. Family group needs to be attended on Thursdays by this significant person. If this is not possible, other arrangements must be made with your counselor. These other arrangements can include family counseling sessions.
10. **Progress Toward Recovery** – You will be responsible for progress toward abstinence along with the attitude and life style changes that accommodate recovery. Failure to actively participate in your problem resolution may result in discharge. Change is difficult and requires work on your part. We do not "give up" on any individual attempting to help him/her self. However, there are situations that may require more intensive intervention than IOP allows.

The Recovery Center is committed to providing an environment where you may explore your self and your relationship with chemicals. We will help you explore choices that may benefit you. Ultimately you are responsible for your experience at the Recovery Center and the results.

By signing below you agree to follow the above guidelines and participate in your treatment.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_



## **The Addict and Over-The-Counter Medicines**

Caution: Avoid Any Product Containing Alcohol or "PG" ( Paragoric) !!

**Avoid** Products Advertised To Help You Sleep, Wake You Up, Calm You Down or Make You Lose Weight!!

Always **Read Labels**. If You Have Any Questions, Consult A Pharmacist and Be Sure To Tell Him of Your Addiction.

### **Recommended Over-the Counter Products for Recovering Chemically Dependent People**

#### **PAIN**

Acetaminophen ( Tylenol)  
Aspirin  
Ecotrin ( enteric coated aspirin)  
Ascriptin ( aspirin and Maalox)  
Nuprin  
Advil  
Ibuprofen

#### **ALLERGY SYMPTOMS**

Antihistamines (Chlor-trimeton, Dimetane)  
Antihistamine plus Decongestant  
(Sudafed Plus, Actifed, Drixoral long acting,  
Chlor-trimeton, Tylenol Sinus or generic  
Substitute.)  
Antihistamine plus aspirin  
(Coricidin (PLAIN)

#### **NASAL CONGESTION**

Oral Decongestant ( Sudafed, Sudafed S A long  
Acting, Afrinol long acting)

#### **NASAL DECONGESTANT AND HEADACHE**

Decongestant plus acetaminophen (Tylenol Sinus)

#### **SORE THROAT**

Spray/Gargle (Chloraseptic, Cepastat sugar free)  
Lozenge (Cepacol, Cepastat sugar free, Chloroseptic)

#### **COUGH**

Suppressant- used to stop cough  
(Liquid Delsym)  
Lozenge (Succret Cough Control,  
Mediquel Chewy Cough Squares)  
Suppressant plus Anesthetic  
(Chloroseptic Cough Control, Spec-T  
Sore Throat/Cough Suppressant, Vicks  
Formula 44 Cough Control Discs, Vicks  
Cough Silencers)

#### **DIARRHEA**

Kaopectate, Kaopectate Concentrate  
Imodium

#### **CONSTIPATION**

Natural Fiber Laxative (Metamucil,  
Hydrocal sugar free, Fiberall, Citracil,  
Fiber One tabs)



## WORKSHEET ON TRIGGERS

WHAT ARE THE THINGS IN THE PAST THAT HAVE SET YOU OFF TO DRINKING  
OR DRUGGING? WHAT COULD IN THE PRESENT? OR IN THE FUTURE?

WHAT ARE THE SITUATIONS, TIMES, EVENTS, IN WHICH IT WOULD  
BE MORE LIKELY THAT YOU WOULD DRINK OR DRUG?

(CIRCLE THE ONES THAT APPLY TO YOU)

WORK: NIGHT BEFORE, IN AM, AT LUNCH, ON BREAKS, AFTER WORK

SEASON OF THE YEAR: WINTER, SPRING, SUMMER, FALL

WEEK: SUN. MON. TUES. WED. THURS. FRIDAY SATURDAY

SPORTS: WATCHING THEM ON TV OR PARTICIPATING IN THEM YOURSELF

FISHING BOWLING DARTS POOL HORSESHOES

SOFTBALL BASEBALL FOOTBALL BASKETBALL

NASCAR \_\_\_\_\_

EVENTS: WEDDINGS COOKOUTS LABOR DAY FIREWORKS

FAMILY REUNIONS PICNICS HOLIDAYS JULY 4<sup>TH</sup>

THANKSGIVING CHRISTMAS NEW YEARS \_\_\_\_\_

FAMILY/RELATIONSHIPS: BREAK UP OF A RELATIONSHIP DIVORCE

DEATH SERIOUS ILLNESS MONEY PROBLEMS WIFE

SIGNIFICANT OTHER CHILDREN PRESENT RELATIONSHIP

FRIENDS: OLD HIGH SCHOOL FRIENDS FROM THE NEIGHBORHOOD

WORK ASSOCIATES SPORTS PARTNERS \_\_\_\_\_

PROJECTS: CUTTING GRASS PAINTING WORKING IN THE GARAGE

WORKING AROUND THE HOUSE IN DOOR HOME PROJECTS

FEELINGS: ANGER SAD FEAR DOUBT WORRY SUCCESS SHAME GUILT

STRESS ANXIETY PHYSICAL PAIN EMOTIONAL PAIN HALT-B



## COUNT THE COST WORKSHEET – WHAT ARE MY LOSSES?

DIRECTIONS: ON EACH OF THE LINE ON THIS SHEET, PUT A NUMBER THAT BEST REPRESENTS THE AMOUNT OR NUMBER OF TIMES THAT YOU HAVE EXPERIENCED A LOSS IN THE AREA INDICATED.

\_\_\_\_\_ arrests / citations / tickets

\_\_\_\_\_ time spent in jail / prison

\_\_\_\_\_ time on the shelf / over head

\_\_\_\_\_ late to work or left early

\_\_\_\_\_ days missed at work

\_\_\_\_\_ job or jobs lost

\_\_\_\_\_ missed promotions

\_\_\_\_\_ lack of productivity

\_\_\_\_\_ missed opportunities

\_\_\_\_\_ quit school

\_\_\_\_\_ disciplined at school

\_\_\_\_\_ loss of respect

\_\_\_\_\_ loss of trust

\_\_\_\_\_ time away from partner

\_\_\_\_\_ time away from children

\_\_\_\_\_ embarrassment

\_\_\_\_\_ guilt

\_\_\_\_\_ shame

\_\_\_\_\_ reputation

\_\_\_\_\_ hiding it from family

\_\_\_\_\_ hiding it from friends

\_\_\_\_\_ no sober leisure activities

\_\_\_\_\_ not able to have feelings

\_\_\_\_\_ out of touch with feelings

\_\_\_\_\_ LOSSES THAT YOU CAN THINK OF YOURSELF:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fines \_\_\_\_\_

Court costs \_\_\_\_\_

Probation fees \_\_\_\_\_

Attorney fees \_\_\_\_\_

Towing fees \_\_\_\_\_

Storage fees \_\_\_\_\_

Interlock fees \_\_\_\_\_

Repair bills \_\_\_\_\_

Restitution \_\_\_\_\_

Increased insurance Cost: \_\_\_\_\_

SR 22 bond \_\_\_\_\_

Lost wages at work \_\_\_\_\_

Cost of alternative Transportation \_\_\_\_\_

Assessment cost \_\_\_\_\_

Tox screen fees \_\_\_\_\_

Cost of treatment \_\_\_\_\_

ALCOHOL costs \_\_\_\_\_

POT costs \_\_\_\_\_

OPIATES costs \_\_\_\_\_

PILLS costs \_\_\_\_\_

**TOTAL:** \_\_\_\_\_

When presenting your losses in group, try to be aware of as many of the things that have gotten away from you that are important to you, whether they are persons, places or things, possessions, or just things that you cannot do any more. It is a loss to not just get into your car and go where you want to go.

The purpose of this exercise is to stay in touch with the pain so that it is less likely that we will want to add to this list ever again.



## STEP ONE QUESTIONNAIRE

A successful recovery program must be based upon an understanding and acceptance of one's powerlessness and unmanageability in one's relationship with alcohol or drugs; and, that these are key elements of the disease of chemical dependency.

Please answer the following questions to the best of your ability and as honestly as possible. In doing so, you will be better able to recognize the extent of the two key elements, powerlessness & UNMANAGEABILITY, and, how your recovery must consider these factors.

### FIRST STEP PREPARATION

1. What type of alcohol and/or drugs did you use? How much of each and how often? When did you start using? How did your usage change or progress over the years?

<u>AGE</u>	<u>ALCOHOL/DRUG</u>	<u>HOW MUCH</u>	<u>HOW OFTEN</u>



1. In what ways were you preoccupied with alcohol or drugs? Such as: Thinking about, looking forward to, planning to use, hiding use, etc...

2. What were the destructive behaviors that resulted from your use of alcohol and drugs? Physical and emotional behaviors?

3. In what ways did you attempt to control or stop your use of drugs and alcohol? Were you successful? List past periods of abstinence, previous treatment or of sobriety.

4. Have you ever experienced loss of memory or blackouts as a result of your use of drugs or alcohol? Please list as many as you are now sure of.



5. What does unmanageable mean to you? "... and our lives had become unmanageable."
6. In what ways had your life become physically unmanageable? Including illness, injuries, hospitalization, etc.
7. In what way had your life become emotionally unmanageable? Including mood swings, fear, shame, guilt, feelings about yourself and others etc...
8. In what ways was your life spiritually unmanageable? Including loss of joy in living, having a sense of purpose and dedication.
9. How has your life become financially unmanageable? Including debt, fines, increased insurance, court and lawyer cost.
10. What are the legal consequences of your use of drugs and alcohol? Include charges, jail sentence, fines, etc...
11. How did your standards and values change as a result of drugs or alcohol?



12. In what way was your life socially unmanageable? (Include your family life.)  
Including isolation, rejection, loneliness, blaming, holding grudges, etc...
13. In what ways was your occupation unmanageable as a result of drugs or alcohol?  
Include missed days, lost jobs, change in productivity, job changes, etc...
14. In what way was your sex life unmanageable? Including feelings about yourself as  
a man or woman, sexual desire, promiscuity, etc...
15. In what ways were your thoughts or feelings about yourself unmanageable?  
Including self-image, self-esteem, etc...
16. Can you use alcohol and drugs safely? Why or why not?
17. Do you feel you are an alcoholic or chemically dependent person? Why or why  
not?



## AFFIRMATION LIST

Acceptable	Empathetic	Joyful	Self Assured
Accepting	Energetic	Kind	Serene
Active	Faithful	Knowledgeable	Serious
Adventurous	Flexible	Likeable	Sexy
Assertive	Focused	Loveable	Spiritual
Aware	Forceful	Loving	Spontaneous
Balanced	Forgiving	Motivated	Strong
Beautiful	Free	Open	Sympathetic
Calm	Funny	Optimistic	Talented
Capable	Generous	Outgoing	Tolerant
Caring	Giving	Patient	Trusting
Cautious	Happy	Peaceful	Trustworthy
Centered	Healthy	Perceptive	Truthful
Cheerful	Honest	Persevering	Understanding
Clean	Hopeful	Playful	Wealthy
Clear	Humorous	Positive	Wise
Committed	Imaginative	Powerful	_____
Confident	Insightful	Relaxed	_____
Courageous	Intelligent	Reliable	_____
Creative	Interested	Resourceful	_____
Dedicated	Interesting	Respectful	_____
Dependable	Intuitive	_____	_____
Determined	Inventive	_____	_____
Dynamic	_____	_____	_____

## SELF-ESTEEM EXERCISE: DIRECTIONS

From the list of words above or your own ideas of the following steps:

- Make a list of 10 positive traits that you see in yourself (Keep it to yourself – don't share it yet)
- Ask 2 other people to make a list of 5 to 10 things that they see positive in you
- On the date assigned in your treatment plan – ask the group for positive traits they see in you.
- Share your list of 10 things that you made in "A" above.



## Week # 5

### Write a Good-Bye Letter to Your Drug/s of Choice (including Alcohol)

It must include the following:

- A. How the relationships started and how it felt at the beginning
- B. How the relationship progressed- good and bad times
- C. How things got gradually worse and what the damage to you was
- D. When and how you realized it was over
- E. Why you never want to be together again
- F. Final good-bye; good riddance; go to \_\_\_\_\_, you \_\_\_\_\_. You may use as much strong (foul) language as you want.
- G. One side of page at least.



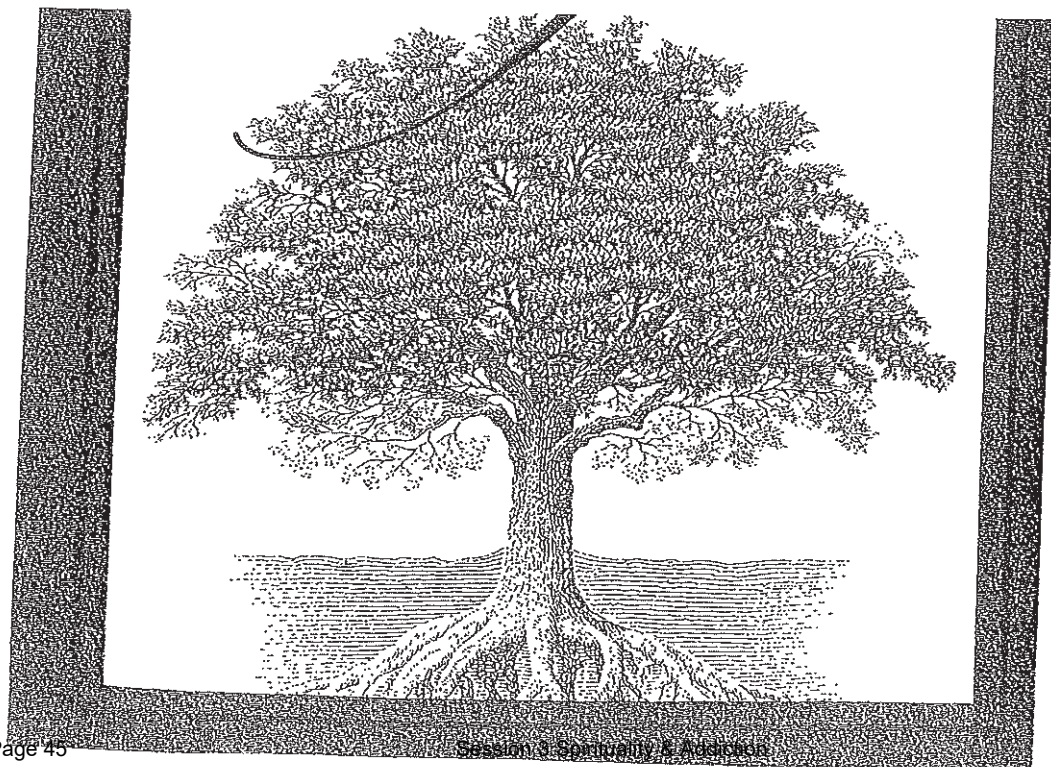
## Week # 6

Your disease (addiction) is like a tree and what is behind your addiction is the roots of the tree (underground), which are hard to see. What do you think the roots of your addiction are?

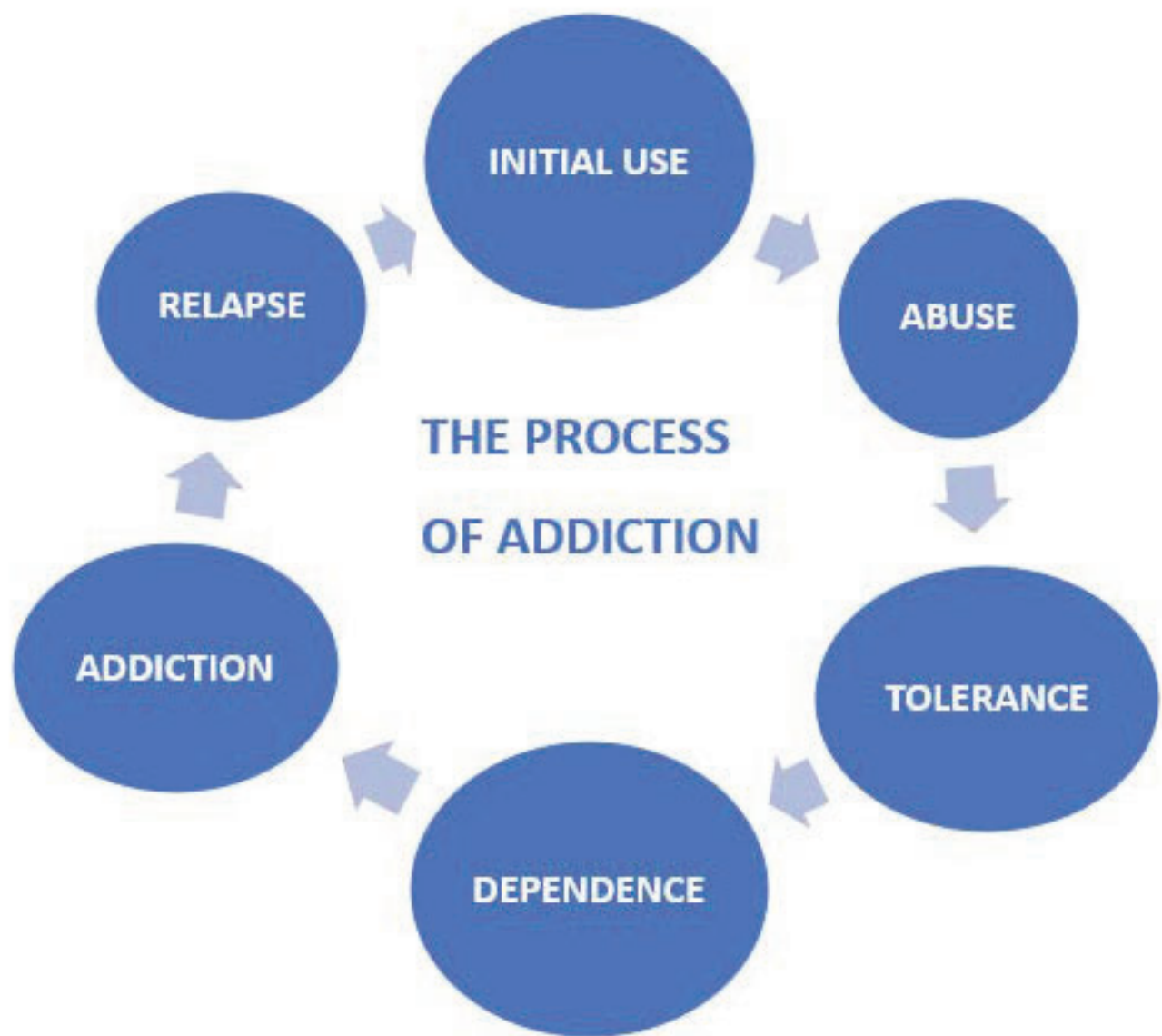
Your assignment for week #6 is to make a report in group- the topic is something that you and I can arrive at together, that get as close to the roots you can get to.

Some topics that have been popular in the past are:

Anger	Grief and Loss	Communication
Abuse	Relationships	Summary of a Movie
Summary of a Booklet	Stress	Boundaries
Dysfunctional Family	Mini Lead	Story of a Famous Person in Recovery That You Admire

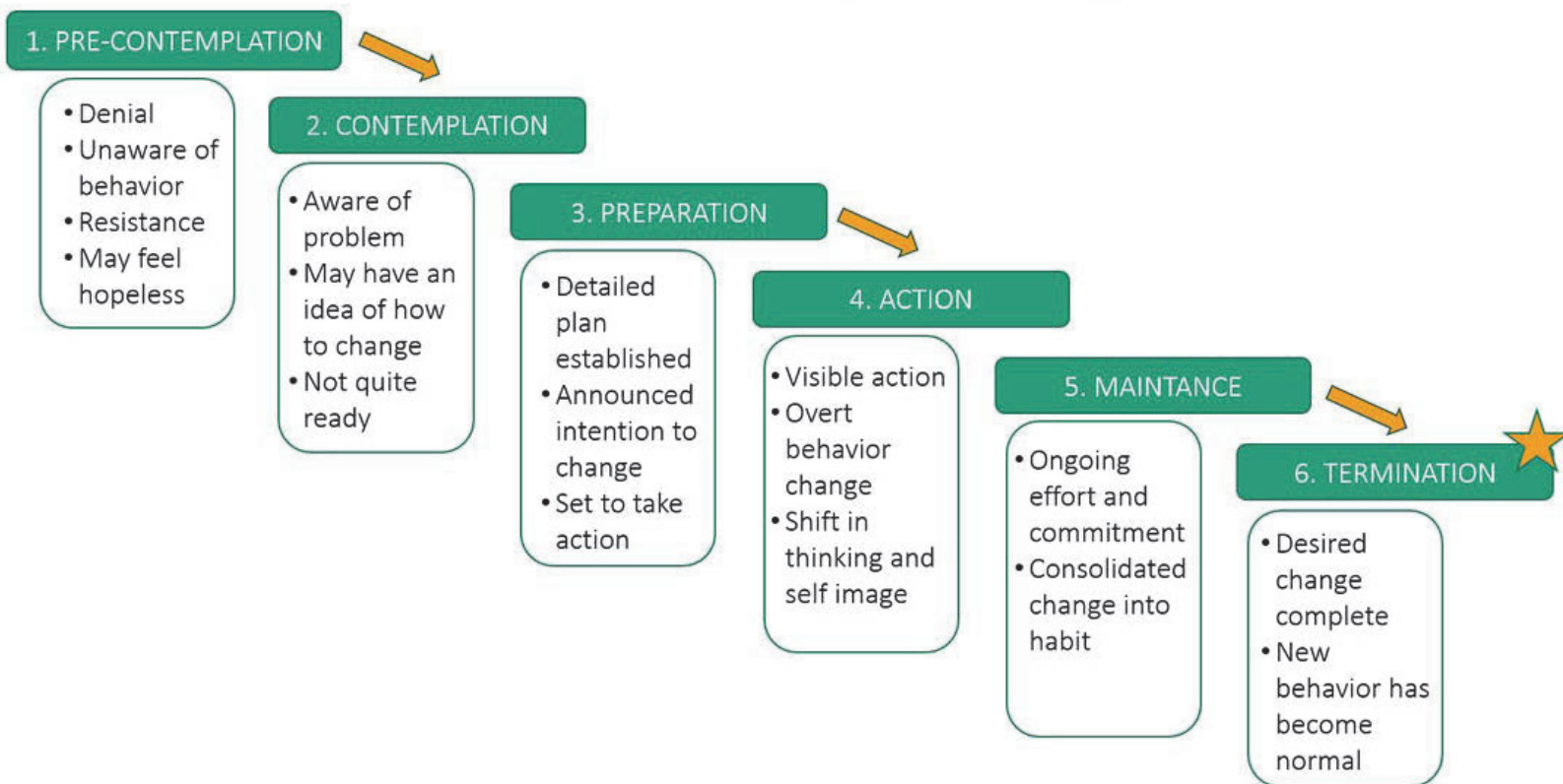






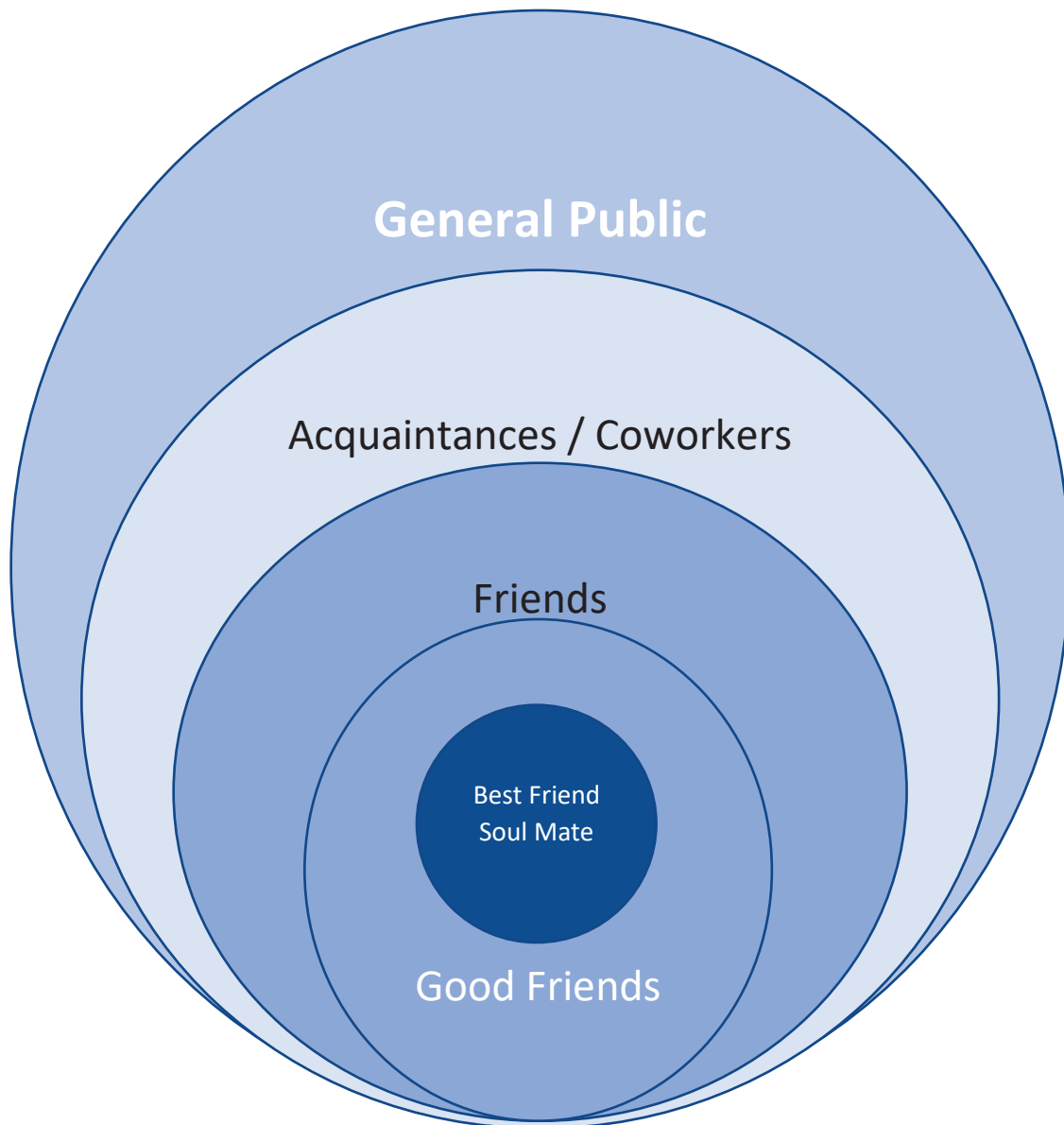


## Prochaska's Six Stages of Change





# Relationship Circles



We each need to have positive caring people in our life. Some help us to achieve important goals in our life. Some are mentors and colleagues. Some are friends, very few are good friends. It is rare and a blessing to find “best Friends” and even soul mates. Each person we meet has a chance to become any of these if we let them and if they wish to be. The more we are open to treating others well, the greater the opportunity that our relationship circle can expand. We can meet them through family, friends, Church, work, AA, and charity activities.

**Who have you opened-up to and who have you pushed away? Why?**



# Relationship Styles

	Compulsive	Apathetic	Healthy
Expectations	magical unrealistic	minimal Don't rely much	rational realistic know who you are know what you need.
Gratification	Instant- love how partner makes them feel.	no pain avoid pain	long term Genuinely likes the partner
Communication	Dishonest	minimal	Honest-integrity Know each other's strengths and weaknesses
Influence	control -make partner think, feel and do what I want	Abandonment- control by what I don't do	shared power- equal input on decisions
Trust	Irrational- I love you, you will change	not necessary emotional couch potatoes	rational don't expect partner to change-
Boundaries	Merged-not clear where I end and other begins	Rigid-walking down tracks on separate rails	Flexible-walk together the way we choose
Sociability	isolated	Separated- few shared friends.	integrated my friends, your friends, our friends, my family, your family, our family
Consequences	pain	alienation	contentment
Cycle	pleasure Pain Disillusionment Intense desire to fix it	part want to work it out other part doesn't want to work it out	trust process as we work things out- content, respect, contentment, love



# The Serenity Prayer

God, grant me the Serenity  
To accept the things I cannot change...  
Courage to change the things I can,  
And the Wisdom to know the difference.

Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as the pathway to peace.  
Taking, as He did, this sinful world as it is,  
Not as I would have it.  
Trusting that He will make all things right  
if I surrender to His will.  
That I may be reasonably happy in this life,  
And supremely happy with Him forever in the next.  
Amen.

God, give us grace to accept with serenity  
the things that cannot be changed,  
Courage to change the things  
which should be changed,  
and the Wisdom to distinguish  
the one from the other.

Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking, as Jesus did,  
This sinful world as it is,  
Not as I would have it,  
Trusting that You will make all things right,  
If I surrender to Your will,  
So that I may be reasonably happy in this life,  
And supremely happy with You forever in the next.  
Amen.



# Strength Through Struggle – The Story of the Butterfly

When he was a small boy, he had loved butterflies. Oh, not to net and mount them, but to wonder at their designs and habits.

Now grown man with his first son to be born in a few weeks, he found himself once again fascinated with a cocoon. He had found it at the side of the park path. Somehow the twig had been knocked from the tree, but the cocoon had survived undamaged and still woven to the branch.



As he had seen his mother do, he gently protected it by wrapping it in his handkerchief and carried it home. The cocoon found a temporary home in a wide top Mason jar with the holes in the lid. The jar was placed on the mantle for easy viewing and protection from their curious cat who delight involving the sticky silk between her paws. The man watched. His wife interest lasted only a moment, but he studied the silky envelope.

Almost imperceptible at first, a cocoon moved. He watched more closely and soon the cocoon was trembling with activity. Nothing else happened. The cocoon remained tightly glued to the twig and there was no sign of wings. Finally, the shaking became so intense, the man thought the butterfly would die from the struggle. So, he removed the lid on the jar, took a sharp penknife from his desk drawer, and carefully made a tiny slit in the side of the cocoon. Almost immediately, one wing appeared and then outstretched the other period the butterfly was free! It seemed to enjoy its freedom and walked along the edge of the Mason jar and along the edge of the mantle. But it did not fly.



At first the man thought the wings needed time to dry, but time passed and still the butterfly did not take off. The man was worried and called upon his neighbor who taught high school science. He told the neighbor how he had found the cocoon, placed it in the Mason jar, and the terrible trembling as the butterfly struggled to get out. Then he described how he had carefully made a small slit in the cocoon. The teacher interrupted him, "Oh that is the reason- you see the struggle to leave the cocoon gives the butterfly the strength to fly."



**So, it is with us, sometimes it's the struggles in life that strengthen us the most.**



# Stress Level Survey

Do you know your stress level? Take a few minutes to complete the following self-evaluation compliments of Life Management Systems Employee Assistance Program. Read each statement and then determine the appropriate number which you think best characterizes yourself and your behavior. There are no right or wrong answers. Try not to spend too much time on each answer.

1= Not at All   2= Slightly   3= Moderately   4= Very Much

- ☐ I often lose my appetite or eat when I am not hungry.
- ☐ My decisions tend to be more impulsive than planned, I tend to feel unsure about my choices and change my mind often.
- ☐ The muscles of my neck, back, or stomach frequently get tense.
- ☐ I have thoughts and feelings about my problems that run through my mind for much of the time.
- ☐ I often have a hard time getting to sleep or waking up, I usually feel tired.
- ☐ I feel the urge to cry or to escape and get away from my problems.
- ☐ I tend to let anger build up and then explosively release my temper in some aggressive or destructive act.
- ☐ I have nervous habits, like tapping my fingers, shaking my leg, pulling my hair, scratching, wringing my hands, biting my nails, etc.
- ☐ I often feel fatigued, even when I have not been doing hard physical work.
- ☐ I have regular problems with Constipation, diarrhea, upset stomach, or nausea.
- ☐ I tend not to meet my expectations, either because they are unrealistic, or I have taken on more of a burden than I can handle.
- ☐ I periodically lose my interest in sex.
- ☐ I have frequent headaches.
- ☐ I often have bad, unhappy dreams, or nightmares.
- ☐ I tend to spend a great deal of time worrying about things.
- ☐ My use of alcohol, coffee, drugs, or tobacco have increased.
- ☐ I feel anxious, often without any reason that I can identify.
- ☐ In conversation my speech tends to be weak, rapid, broken, or tense.
- ☐ I tend to be short tempered and irritable with people.
- ☐ Delays even ordinary ones make me feel fiercely and patient.
- ☐ **Total**

Add the numbers you have chosen. A score of 20 - 40 indicates low degree of stress. If you scored under 30, you are virtually without stress or perhaps misunderstood the questions. A score of 41 -60 indicates a moderate degree of stress. Over 60 indicates a high stress level. This self-evaluation is only one possible indicator of your actual stress level. It is important to discuss this information with the counselor or trusted friend.



## STRESS REDUCERS

Work	Social	Physical	Psychological
DO THE BEST YOU CAN ON A TASK AND THEN LET GO!	TREAT OTHERS WITH RESPECT	TAKE CARE OF YOUR BODY	STRESS IS A PERCEPTION
YOU'RE NEVER LOCKED IN, YOU HAVE OPTIONS	LEARN WHEN TO SAY YES AND WHEN TO SAY NO	IMPOSE A PERIOD OF REST AWAY FROM WORK	DON'T WORRY ABOUT THINGS THAT CAN'T BE ALTERED AND THAT CAN'T BE CONTROLLED
DO ONE TASK AT A TIME	MAKE FRIENDS	RELAXATION	EXPRESS YOUR FEELINGS HONESTLY.
ESCAPE FROM YOUR WORK	BE OPEN TO NEW EXPERIENCES	EXERCISE	BE POSITIVE
PLAN YOUR WORK	DEVELOP A STRONG SOCIAL SUPPORT NETWORK	MAINTAIN IDEAL BODY WEIGHT	LIVE IN THE PRESENT
ORGANIZE	TALK MAKE FRIENDS WITH NON-WORRIERS	LIMIT INTAKE OF CHOLESTEROL AND SODIUM	LEARN TO SELF REWARD
ACTIVATE	REVIEW OBLIGATIONS, DO THEY BRING REWARDS TO YOU?	GET PLENTY OF REST	BE REALISTIC
DO UNPLEASANT TASKS EARLY IN THE DAY	ASSOCIATE WITH PEOPLE WHO AFFIRM YOUR PERSONHOOD	EAT RIGHT	FORGIVE YOURSELF
MAKE TIME YOUR ALLY, NOT YOUR MASTER	DON'T DRIFT ALONG IN TROUBLESOME SITUATIONS (EX. BAD MARRIAGE)	LAUGH	SHED THE VICTIM ROLE
		SOOTHE THE SENSES - LISTEN TO MUSIC, TAKE A WARM BATH, PET A DOG, GIVE A HUG, GET A HUG, HOLD A HAND	ESCAPE THE TYRANNY OF PERFECTIONISM. RELAX YOUR STANDARDS.
			ESTABLISH BOUNDARIES
			REDISCOVER PLAY!
			LEARN SOMETHING NEW
			GIVE YOURSELF TO A CAUSE
			CENTER YOURSELF THROUGH DAILY PRAYER AND MEDITATION



# That Smell – Lynyrd Skynrd

Whiskey bottles and brand new cars  
Oak tree you're in my way  
There's too much coke and too much smoke  
Look what's going on inside you

Ooh, that smell  
Can't you smell that smell?  
Ooh, that smell  
The smell of death surrounds you Yeah

Now they call you Prince Charming  
Can't speak a word when you're full of 'ludes  
Say you'll be alright come tomorrow  
But tomorrow might not be here for you (Yeah, you)

Ooh, that smell  
Can't you smell that smell?  
Ooh, that smell  
The smell of death surrounds you

Oh, you a fool, you  
Go on, stick them needles in your arm  
Ooh hoo hoo hoo  
I know I been there before  
(You fool)  
(Fool)

One little problem that confronts you  
Got a monkey on your back  
Just one more fix, Lord, might do the trick  
One hell of a price for you to get your kicks (Hell yeah)

Ooh, that smell, Can't you smell that smell?  
Ooh, that smell, The smell of death surrounds you

Oh, you a fool, you, Go on, stick those needles in your arm  
You're just a fool, just a fool, just a fool, Gimme one more blow  
One more blow for my nose, whoa, yeah





# The Four Agreements

## BE IMPECCABLE WITH YOUR WORD

- Speak With Integrity.
- Say Only What You Mean
- Avoid Disparaging Yourself And Others
- Do Not Gossip
- Use Your Words To Share Truth And Love

## DON'T TAKE ANYTHING PERSONALLY

- Nothing Others Do Is Because Of You
- What Others Say And Do Is A Projection Of Their Own Reality, Their Own Dream
- When You Are Immune To The Opinion And Actions Of Others, You Won't Be The Victim Of Needless Suffering.

## DON'T MAKE ASSUMPTIONS

- Find The Courage To Ask Questions And To Express What You Really Want.
- Communicate With Others As Clearly As You Can To Avoid Sadness And Drama.
- Honesty And Clarity Can Change Your Life

## ALWAYS DO YOUR BEST

- Your Best Is Going To Change From Moment To Moment
- You Will Be Different When You Are Healthy As Opposed To When You Are Sick
- Simply Seek To Do Your Best, And You Will Avoid Self-judgement, Self-abuse, And Regret
- Do Not Seek Perfection In Yourself Or Others.



# The House Where You Live

An elderly carpenter was ready to retire. He told his employer of his plans to leave the house building business and live a more leisurely life with his family. He would miss the pay cheque, but he needed to retire. The employer was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said 'yes', but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior material. It was an unfortunate way to end his career.

When the carpenter finished his work, his employer handed over the key to the house to the carpenter — “This is your house, my gift to you.” What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently! Now he had to live in a poorly built house.

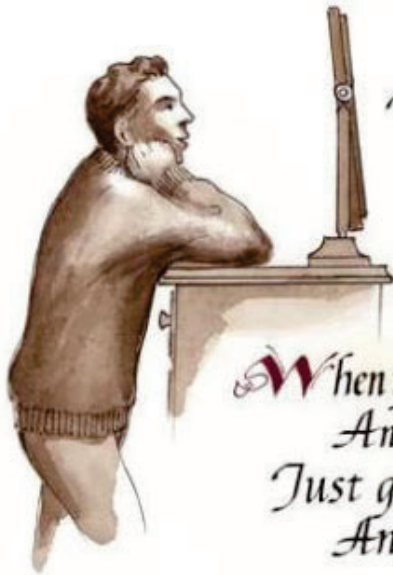
So, it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then, with a shock, we realize we have to live in the house we have built. If we could do it over, we would do it much differently. But you cannot go back. You are the carpenter, and every day you hammer a nail, place a board, or erect a wall. Someone once said, your attitude, and the choices you make today, help build the “house” you will live in tomorrow. Therefore, build wisely!

Think of yourself as the Carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. You build relationships and get important tasks done. You either build a better world for yourself or others; or create a place where no one wishes to live. It is the only life you will ever build. In even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says, “life is a do-it-yourself project”.









## The Man in the Glass

*When you get what you want in your struggle for wealth,  
And the world makes you king for a day,  
Just go to the mirror and look at yourself:  
And see what that man has to say!*

*It isn't your father or mother or wife,  
Who judgment upon you must pass,  
The one whose verdict counts most in your life:  
Is the one staring back in the glass.*

*He's the one you must satisfy beyond all the rest,  
For he's with you right up to the end...  
And you have passed your most difficult test:  
If the man in the glass is your friend.*

*You may be one who got a good break—  
Then think you're a wonderful guy;  
But the man in the glass says you're only a fake:  
If you can't look him straight in the eye.*

*You may fool the whole world down the pathway of years...  
And get pats on the back as you pass;  
But your final reward will be heartaches and tears:  
If you've cheated the **Man in the Glass!***

*Anon.*

*Heirloom Artists Lake Oswego Or.*



# Sister Ignatia

## Meet Sister Ignatia Gavin, the Catholic religious sister who played a vital role in founding AA.



This special nun cared for thousands of alcoholics for decades of her life. Sister Mary Ignatia (1889-1966) was beloved by all who were associated with or helped by her. She was often referred to as the “Angel of Alcoholics Anonymous.”

Born Della Mary Gavin in 1889 in Ireland, Sister Ignatia worked closely with Dr. Bob. Starting in 1939, they worked together to help admit alcoholics into St. Thomas Hospital in Akron, Ohio. She surmounted obstacles to personally care for thousands of alcoholics. For several decades, she helped alcoholics in Akron and later at St. Vincent Charity Hospital in Cleveland. Sister Ignatia was beloved by all who were associated with or helped by her. She was often referred to as the “Angel of Alcoholics Anonymous.”

She was originally a musician. Her order, the Sisters of Charity of Saint Augustine, transferred Sister Ignatia to Akron. She worked in the admissions office at St. Thomas Hospital. It was in that capacity that she first met and worked with Dr. Bob. Speaking with Bill W., Sister shared cherished recollections of her work with Dr. Bob.

*“Dr. Bob was the essence of professional dignity. He had a fine sense of humor and exceptional vocabulary.... Now, as I look back over the years, I realize that Dr. Bob was slowly but surely preparing me for the great project he had in mind. We often discussed the problem of alcoholism and the tragedies caused by excessive drinking. The individual given to alcoholic addiction is frequently a wreck of humanity – broken in body and soul, and heart and unable to help himself. His loved ones suffer, too; there were many broken homes and hearts because of compulsive drinking.”*

— SISTER IGNATIA IN A RECORDED INTERVIEW WITH BILL W. IN 1954

Her work in helping alcoholics was done with much dignity and modest distinction. In December 1949, she was presented with the Poverello Medal of the College of Steubenville. The medal was given to her on behalf of the A.A. Fellowship for her untiring efforts with alcoholics in Akron. In March 1961, Sister Ignatia received a letter of acknowledgment from The White House. She shared this letter about her pioneering contributions with Bill W. The letter read:

*Dear Sister Mary Ignatia:*

*Through an admirer of yours, the President has learned of the fine work you have done in the past at St. Thomas Hospital in Akron, and, more recently, at St. Vincent's in Cleveland. He has been informed that a large number of citizens have been restored to useful citizenship as a result of your efforts. As you have been a strong influence for the good to many people, you have added strength to your community and nation.”*

— LETTER FROM THE WHITE HOUSE TO SISTER IGNATIA

Sources- Article is edited, excerpted, and reorganized from the following sources-  
<https://aleteia.org/2021/12/11/the-angel-of-hope-behind-alcoholics-anonymous/>  
[https://wau.org/archives/article/the\\_anonymous\\_angel\\_of\\_alcoholics\\_anonymous](https://wau.org/archives/article/the_anonymous_angel_of_alcoholics_anonymous)



# Sister Ignatia

In response to receiving a copy of the President's letter, Bill responded to Sister Ignatia and wrote:

*We have read the marvelous letter which President Kennedy requested be sent to you. It reminds me that I have no words to tell of my devotion and my gratitude to you, of the constant inspiration you have given me and so many over the years by your example of the finest in all that is spiritual and eternal, as well as temporal."*

Following Dr. Bob's death in 1950, Sister Ignatia continued her work at St. Thomas. Then in 1952, she transferred to St. Vincent Charity Hospital at Cleveland. She was in charge of its alcoholic ward. Upon arrival, the ward at "Charity" was part of a dilapidated wing and was in great need of rejuvenation. The ward was transformed with Sister's urging and much help from A.A. members with carpentry skills. Its new name became [Rosary Hall Solarium](#). Sister Ignatia provided each patient who left her care with a Sacred Heart badge. She asked each recipient to promise that they would return the badge before they drank again. She died in Richfield, Ohio, at age 77, on April 1, 1966. There were reportedly about 3,000 people present at the funeral, including A.A.'s co-founder, Bill W.

## Background

It's 1935 in Akron, Ohio. Sister Ignatia Gavin leaves the Mother Superior's office. She heaves a heavy sigh that echoes through the halls of St. Thomas Hospital in Akron. For the third time this month, the religious has been reprimanded for treating an alcoholic at the hospital.

At this point in the early 20th century, medicine doesn't recognize alcoholics as full-fledged patients. Hardly any hospitals accept them. And when they suffer *delirium tremens*, a state of frightening delirium that accompanies withdrawal, they are quickly relegated to the psychiatric asylum. They don't belong among the patients. And after all, didn't they choose to indulge in alcohol?

Since the hospital was founded in 1928, Sister Ignatia has worked in the admissions office. Since the institute is run by her congregation, she thinks she can finally help people with all kinds of addictions. But even her Augustinian sisters criticize her for "wasting" the hospital's resources on alcoholics.

Ignatia thinks of Andy. He's a 40-year-old worker who lost his wife last winter. Since then, he's drowned his sorrows in drink. Today, his son took him to St. Thomas in the middle of a crisis. Ignatia could not bring herself to send him to the asylum. How can you abandon such poor people in the prison of their misfortune? They take refuge in alcohol to the point of destroying their bodies and their souls, and the hospitals only accept them when their body is already too damaged.

A glint of enthusiasm shines in a surgeon's eyes. In that look, Sister Ignatia guesses that something big is coming. Dr. Bob tells her about his friend, William Wilson, known as Bill W. After many years of alcoholism, Bill says he had a mystical experience, which not only has converted him but has also healed him of his affliction. Dr. Bob and Bill have decided to create a program for alcoholics, and they tell Sister Ignatia that they need her support. Ignatia doesn't hesitate. That same year, St. Thomas officially admits its first alcoholic patient. Thanks to Smith and Wilson, Ignatia opens a center to house alcoholics in

Sources- Article is edited, excerpted, and reorganized from the following sources-  
<https://aleteia.org/2021/12/11/the-angel-of-hope-behind-alcoholics-anonymous/>  
[https://wau.org/archives/article/the\\_anonymous\\_angel\\_of\\_alcoholics\\_anonymous](https://wau.org/archives/article/the_anonymous_angel_of_alcoholics_anonymous)



# Sister Ignatia

Akron. Inspired by the thoughts of St. Ignatius of Loyola, she cares for the health and soul of her patients.

Thanks to her kindness and humility, she is called “the Angel of Hope.” Many patients are converted, touched by Ignatia’s faith and goodness. She also discovers the benefits of coffee in treating patients. She is often quoted as saying, “The alcoholic is deserving of sympathy. Christ-like charity and intelligent care are needed so that with God’s grace he or she may be given the opportunity to accept a new philosophy of life.”

Smith and Wilson are now recognized as the founders of Alcoholics Anonymous, but Sister Ignatia’s role was also vital. It’s estimated that she alone cared for over 15,000 alcoholics.

You can read a more detailed account of her journey from a musician to religious life at [https://wau.org/archives/article/the\\_anonymous\\_angel\\_of\\_alcoholics\\_anonymous](https://wau.org/archives/article/the_anonymous_angel_of_alcoholics_anonymous).

Sources- Article is edited, excerpted, and reorganized from the following sources-  
<https://aleteia.org/2021/12/11/the-angel-of-hope-behind-alcoholics-anonymous/>  
[https://wau.org/archives/article/the\\_anonymous\\_angel\\_of\\_alcoholics\\_anonymous](https://wau.org/archives/article/the_anonymous_angel_of_alcoholics_anonymous)





THINKING BARRIERS	RESPONSIBLE THINKING STEPS
<b>CLOSED THINKING</b>	<b>OPEN CHANNELS</b>
<ul style="list-style-type: none"> <li>Lies by omission</li> <li>Not self-critical</li> <li>Unreceptive</li> <li>Sees others' opinions as worthless</li> </ul>	<ul style="list-style-type: none"> <li>Truthful and open</li> <li>Critical of own behavior</li> <li>Receptive to positive change</li> <li>See genuine value and others</li> </ul>
<b>VICTIM ROLE</b>	<b>PERSONAL ACCOUNTABILITY</b>
<ul style="list-style-type: none"> <li>Full of self-pity</li> <li>Blames others, the past, circumstances, family, genetics, social conditions</li> <li>Sees self as a victim</li> </ul>	<ul style="list-style-type: none"> <li>Reliable, prompt, prepared</li> <li>Takes responsibility for personal actions</li> <li>Admits victimizing others</li> </ul>
<b>POSITIVE SELF-IMAGE</b>	<b>SELF RESPECT</b>
<ul style="list-style-type: none"> <li>Focuses on personal good deeds</li> <li>Refuses to acknowledge harm to others</li> <li>Denies destructive actions</li> </ul>	<ul style="list-style-type: none"> <li>Earns the respect of others, shows gratitude</li> <li>Explores alternatives, works toward solutions control feelings</li> </ul>
<b>RECKLESS CARELESS ATTITUDE</b>	<b>DAILY EFFORT</b>
<ul style="list-style-type: none"> <li>No obligation to others refuses disagreeable tasks</li> <li>Complies only for benefits sees responsibility as dull, irresponsibility as exciting.</li> <li>"I can't means I won't"</li> </ul>	<ul style="list-style-type: none"> <li>Is considerate of others</li> <li>Has healthy associations</li> <li>Organizes to achieve tasks</li> <li>Fulfills obligations</li> <li>Sees responsibility as rewarding</li> </ul>
<b>INSTANT GRATIFICATION- (I want Now)</b>	<b>SELF-DISCIPLINE</b>
<ul style="list-style-type: none"> <li>Unplanned impulsive spending</li> <li>Expects an instant response</li> <li>Makes decisions on feelings</li> <li>Does not learn from the past</li> </ul>	<ul style="list-style-type: none"> <li>Plans and builds towards the future</li> <li>Decides on facts not just feelings</li> <li>Uses past experience and guilt to learn</li> </ul>
<b>FEAR OF LOSING FACE</b>	<b>COURAGE OVER FEAR</b>
<ul style="list-style-type: none"> <li>Has profound fear of personal insults</li> <li>Refuses to admit fears, is overconfident.</li> </ul>	<ul style="list-style-type: none"> <li>. Use criticism as input</li> <li>Admits fears, trust others to help. Me challenges</li> </ul>



THINKING BARRIERS	RESPONSIBLE THINKING STEPS
<b>CLOSED THINKING</b>	<b>OPEN CHANNELS</b>
<ul style="list-style-type: none"> <li>Lies by omission</li> <li>Not self-critical</li> <li>Unreceptive</li> <li>Sees others' opinions as worthless</li> </ul>	<ul style="list-style-type: none"> <li>Truthful and open</li> <li>Critical of own behavior</li> <li>Receptive to positive change</li> <li>See genuine value and others</li> </ul>
<b>VICTIM ROLE</b>	<b>PERSONAL ACCOUNTABILITY</b>
<ul style="list-style-type: none"> <li>Full of self-pity</li> <li>Blames others, the past, circumstances, family, genetics, social conditions</li> <li>Sees self as a victim</li> </ul>	<ul style="list-style-type: none"> <li>Reliable, prompt, prepared</li> <li>Takes responsibility for personal actions</li> <li>Admits victimizing others</li> </ul>
<b>POSITIVE SELF-IMAGE</b>	<b>SELF RESPECT</b>
<ul style="list-style-type: none"> <li>Focuses on personal good deeds</li> <li>Refuses to acknowledge harm to others</li> <li>Denies destructive actions</li> </ul>	<ul style="list-style-type: none"> <li>Earns the respect of others, shows gratitude</li> <li>Explores alternatives, works toward solutions control feelings</li> </ul>
<b>RECKLESS CARELESS ATTITUDE</b>	<b>DAILY EFFORT</b>
<ul style="list-style-type: none"> <li>No obligation to others refuses disagreeable tasks</li> <li>Complies only for benefits sees responsibility as dull, irresponsibility as exciting.</li> <li>"I can't means I won't"</li> </ul>	<ul style="list-style-type: none"> <li>Is considerate of others</li> <li>Has healthy associations</li> <li>Organizes to achieve tasks</li> <li>Fulfills obligations</li> <li>Sees responsibility as rewarding</li> </ul>
<b>INSTANT GRATIFICATION- (I want Now)</b>	<b>SELF-DISCIPLINE</b>
<ul style="list-style-type: none"> <li>Unplanned impulsive spending</li> <li>Expects an instant response</li> <li>Makes decisions on feelings</li> <li>Does not learn from the past</li> </ul>	<ul style="list-style-type: none"> <li>Plans and builds towards the future</li> <li>Decides on facts not just feelings</li> <li>Uses past experience and guilt to learn</li> </ul>
<b>FEAR OF LOSING FACE</b>	<b>COURAGE OVER FEAR</b>
<ul style="list-style-type: none"> <li>Has profound fear of personal insults</li> <li>Refuses to admit fears, is overconfident.</li> <li>Or feels insecure, put down, worthless</li> </ul>	<ul style="list-style-type: none"> <li>. Use criticism as input</li> <li>Admits fears, trust others to help. Me challenges without dodging.</li> <li>Admits when afraid and seeks help and guidance.</li> </ul>
<b>POWER CONTROL</b>	<b>HEALTHY RELATIONSHIPS</b>
<ul style="list-style-type: none"> <li>Desire to control every situation</li> <li>Manipulates and deceives to gain power and control over others. Dissipates goodwill</li> <li>Refuses to cooperate unless "your way"</li> <li>Taking advantage of others.</li> <li>Always selfish purpose</li> </ul>	<ul style="list-style-type: none"> <li>Choose to let go of control.</li> <li>Seeks to understand others</li> <li>Cooperates even when at a disadvantage</li> </ul>
<b>POSSESSIVE ATTITUDE (Its Mine)</b>	<b>RESPECT FOR OTHERS</b>
<ul style="list-style-type: none"> <li>No respect for rights and property of others.</li> <li>View people, places, and things as possessions</li> <li>. Uses sex for personal satisfaction, power, and control</li> </ul>	<ul style="list-style-type: none"> <li>Respect the rights, property, and privileges of others.</li> <li>Works toward when/when cooperative relationships</li> <li>Reserve sex for intimate meaningful relationship.</li> </ul>
<b>SUPERIOR UNIQUENESS</b>	<b>TRUE HUMILITY</b>
<ul style="list-style-type: none"> <li>Demands more of others than self.</li> <li>Ignores higher power</li> <li>Views self as unique and better than others.</li> <li>Quits at first sign of failure.</li> </ul>	<ul style="list-style-type: none"> <li>Demands more of self than others.</li> <li>Acknowledges higher power</li> <li>View self as no better or worse than others.</li> <li>Has realistic expectations</li> </ul>



## My Declaration of Self Esteem I Am Me

In all the world, there is no one else exactly like me  
Everything that comes out of me is authentically mine  
Because I alone chose it – I own everything about me  
My body, my feelings, my mouth, my voice, all my actions,  
Whether they be to others or to myself – I own my fantasies,  
My dreams, my hopes, my fears – I own all my triumphs and successes,  
all my failures and mistakes because I own all of me,  
I can become intimately acquainted with me  
By so doing, I can love me and be friendly with me in all my parts  
I know there are aspects about myself that puzzle me,  
and other aspects that I do not know  
But as long as I am friendly and loving to myself,  
I can courageously and hopefully look for solutions to the puzzles  
and for ways to find out more about me  
However I look and sound, whatever I say and do, and  
Whatever I think and feel at a given moment in time  
is authentically me  
If later some parts of how I looked, sounded, thought and felt  
turn out to be unfitting, I can discard that which is unfitting,  
keep the rest, and invent something new for that which I discarded –  
I can see, hear, feel, think, say, and do  
I have the tools to survive, to be close to others, to be productive,  
and to make sense and order out of the world of people  
and things outside of me  
I own me, and therefore people and things outside of me  
I own me, and therefore I can engineer me  
I am me and I am okay

-Virginia Satir



# WAYS I EXPERIENCE “DIS-STRESS”



## Physical

- Muscle aches and pains
- hives and rashes
- dry mouth
- weakness and fatigue
- racing pulse
- dizziness
- dull senses
- blurred vision
- headaches
- Nausea
- Diarrhea
- Stomach Pain
- Constipation
- Tension in Chest
- High Blood Pressure
- Increased perspiration
- Lowered Sex Drive
- Loss of Appetite
- Weight Loss / Gain
- Increased colds/flu



## Psychological

- Anxiety, fear guilt
- anger , rage
- sadness , depression
- frustration
- lack of concentration
- confusion
- feeling trapped
- forgetfulness
- boredom
- mood swings
- irritability
- worrisomeness
- feeling empty
- negative expectations
- nightmares
- cynicism
- resentments
- loneliness
- suspiciousness



## Behavioral

- tremors
- grinding teeth
- insomnia
- increased sleeping
- increased eating
- increased smoking
- increased chemical use
- sleep disorders
- eating disorders
- crying episodes
- fidgeting , pacing
- withdrawing
- provoking conflict
- lower productivity
- nervous laughter
- increased spending
- performance decline
- sexual dysfunction
- aimlessness



## WAYS I EXPERIENCE “DIS-STRESS”

### Physical

☐

- ☐ Muscle aches and pains
- ☐ hives and rashes
- ☐ dry mouth
- ☐ weakness and fatigue
- ☐ racing pulse
- ☐ dizziness
- ☐ dull senses
- ☐ blurred vision
- ☐ headaches
- ☐ Nausea
- ☐ Diarrhea
- ☐ Stomach Pain

### Psychological

☐

- ☐ Anxiety, fear guilt
- ☐ anger , rage
- ☐ sadness , depression
- ☐ frustration
- ☐ lack of concentration
- ☐ confusion
- ☐ feeling trapped
- ☐ forgetfulness
- ☐ boredom
- ☐ mood swings
- ☐ irritability
- ☐ worrisomeness

### Behavioral

☐

- ☐ tremors
- ☐ grinding teeth
- ☐ insomnia
- ☐ increased sleeping
- ☐ increasd eating
- ☐ increased smoking
- ☐ increased chemical use
- ☐ sleep disorders
- ☐ eating disorders
- ☐ crying episodes
- ☐ fidgeting , pacing
- ☐ withdrawing



# Ways to Respond More Effectively to Your Stressors

## Behavior

### How You React- External Actions

---

- Maybe need to change the External Stressor - Quit the job, learn to say no, reorganize your time, develop assertive communication skills, take regular breaks

## Psychological

### Why You React- The Motivation for the Act

---

- Change Your Thinking. Stress occurs because your thoughts trigger a painful emotional response or fear reaction. Suggest not bringing work home, Shed the victim role, avoid "catastrophizing, Establish boundaries, Escape the tyranny of perfection.

## Physical

### Physical & Emotional Response

---

- Change Physical Activities - Relax, Eat Properly, Learn when to daydream, exercise, get sufficient sleep, avoid medications, drugs, alcohol. Read a positive book, Write or draw your thoughts on paper so you have a better idea of what they are.



## Ways to Respond More Effectively to Your Stressors

### Behavior

#### How You React- External Actions

- Maybe need to change the External Stressor - Quit the job, learn to say no, reorganize your time, develop assertive communication skills, take regular breaks

### Psychological

#### Why You React- The Motivation for the Act

- Change Your Thinking. Stress occurs because your thoughts trigger a painful emotional response or fear reaction. Suggest not bringing work home, Shed the victim role, avoid "catastrophizing, Establish boundaries, Escape the tyranny of perfection.

### Physical

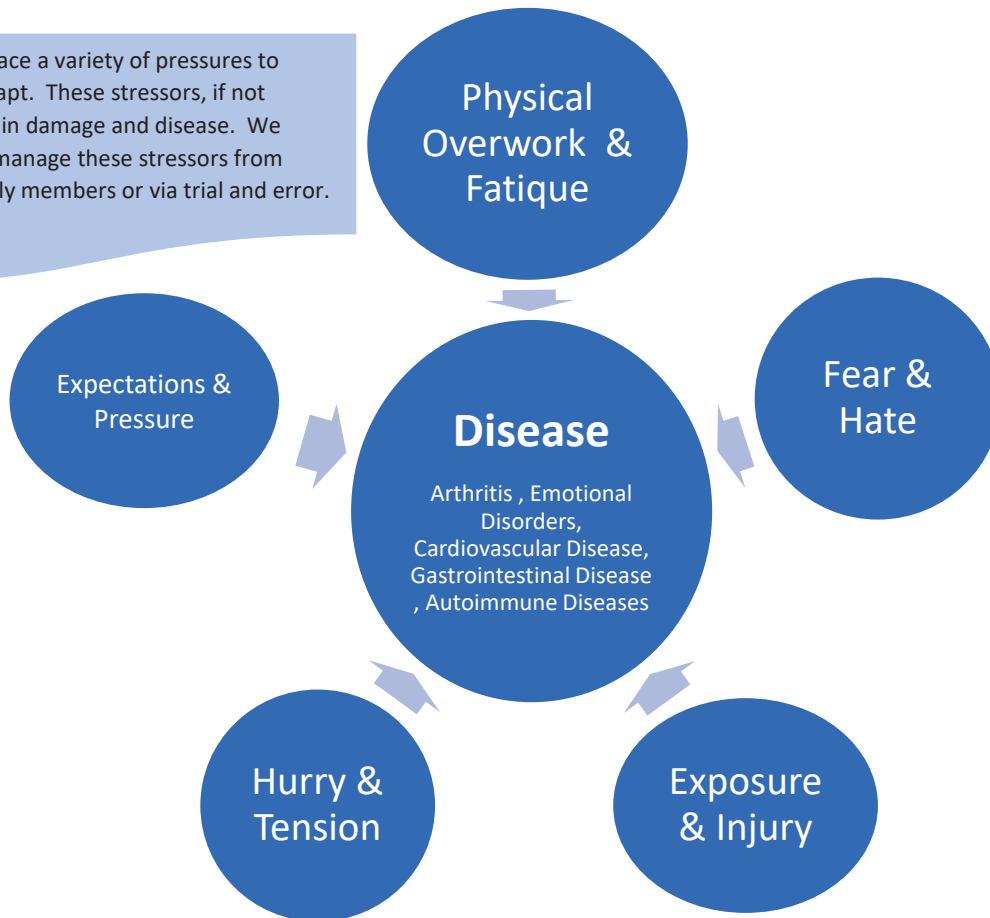
#### Physical & Emotional Response

- Change Physical Activities - Relax, Eat Properly, Learn when to daydream, exercise, get sufficient sleep, avoid medications, drugs, alcohol. Read a positive book, Write or draw your thoughts on paper so you have a better idea of what they are.



## Stress – The Wear & Tear Syndrome

People continually face a variety of pressures to which they must adapt. These stressors, if not managed can result in damage and disease. We often learn how to manage these stressors from watching older family members or via trial and error.



When life pressures are threatening, the body rushes to supply protection for itself by turning on chemical “juices” and preparing to defend itself. Generalized Adaption Syndrome creates the constant “fight Reaction” , which over prolonged time period produces exhaustion, body damage, and emotional disorders, this causes many to seek artificial chemical solutions through alcohol and other drug abuse and addiction. Notice- Some pressures are physical, some are emotional.