

12 Stupid Things That Mess Up Recovery



Avoiding Relapse through Self-Awareness
and Right Action

Allen Berger, Ph.D.

12 Stupid Things That Mess Up Recovery

Jennifer Matesa



12 Stupid Things That Mess Up Recovery:

12 Stupid Things That Mess Up Recovery Allen Berger, 2009-06-03 Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness To grow in recovery we must grow up emotionally This means getting honest with ourselves and facing up to the self defeating thoughts and actions that put our sobriety at risk Although there are as many ways to mess up recovery as there are alcoholics and addicts some general themes exist which include confusing self concern with selfishness not making amends using the program to try to become perfect not getting help for relationship troubles and believing that life should be easy In simple down to earth language Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery He then provides tools for working through these problems in daily life This useful guide offers fresh perspectives on how the process of change begins with basic self awareness and a commitment to working a daily program [12 Stupid Things That Mess Up Recovery & 12 Smart Things to Do When the Booze an](#) Allen Berger, 2010-11-17 A bundle of two ebooks by recovery expert Dr Allen Berger to help you avoid pitfalls and be proactive in your recovery journey 12 Stupid Things That Mess Up Recovery contains concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness To grow in recovery we must grow up emotionally This means getting honest with ourselves and facing up to the self defeating thoughts and actions that put our sobriety at risk Although there are as many ways to mess up recovery as there are alcoholics and addicts some general themes exist which include confusing self concern with selfishness not making amends using the program to try to become perfect not getting help for relationship troubles and believing that life should be easy In simple down to earth language Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery He then provides tools for working through these problems in daily life 12 Smart Things to Do When the Booze and Drugs Are Gone offers a fresh list of smart things to do to attain and sustain emotional sobriety Whether it s called dry drunk or white knuckle sobriety it s that stage in recovery when we realize that putting the plug in the jug isn t enough The next step is taking responsibility for the emotional immaturity that fuels our addictive personality and has a tremendous impact on ourselves and others These smart things include understanding who you are and what s important to you learning not to take others reactions personally trusting your inner compass and taking responsibility for your reactions to problematic situations **12 More Stupid Things That Mess Up Recovery** Allen Berger, 2016-06-14 With his popular book 12 Stupid Things That Mess Up Recovery Allen Berger has shown many people how to confront self defeating thoughts and behaviors With this sequel you ll gain the tools to work through twelve more hazards on the path to long term recovery and you ll meet others who ve used these tools too Whether you re facing relapse learning to overcome complacency or working to take responsibility for your feelings and actions this book will guide you along the road of happy destiny Page 4 of cover [12 Hidden Rewards of Making Amends](#) Allen

Berger,2013-05-28 Did you know there are hidden rewards to making amends Without a willingness to experience our painful feelings we can never grow and mature into the person we d like to be We can never reach our potential We can never become our true self To grow we must stay in close contact with our experience whatever it is We need to stay in close contact with how we behaved in our relationships in order to make a thorough list of those we have harmed We must face the wrongs we have done without running away from the truth If we were rigorously honest with ourselves while making the list of people we had harmed we probably felt one or more of the following feelings anxiety shame discomfort or guilt This is exactly what we were suppose to feel We were learning that we don t have to feel comfortable to be OK In fact another hidden reward is that the more willing we are to feel uncomfortable the more comfortable we become Yes another paradox One of the many hidden rewards in working Steps 8 9 and 10 is to stay in close contact with our experience so we can learn from it This self understanding is at the heart of self forgiveness and emotional recovery Excerpted from 12 Hidden Rewards of Making Amends *12 Smart Things to Do When the Booze and Drugs Are Gone* Allen Berger,2010-09-08 The author of the classic 12 Stupid Things That Mess Up Recovery offers a fresh list of smart things to do to attain and sustain emotional sobriety Learn the attitudes and behaviors that are key to attaining and sustaining emotional sobriety and developing a deeper trust in the process of life Dr Allen Berger draws on the teachings of Bill W and psychotherapy pioneers to offer us twelve hallmarks of emotional sobriety These right actions help us develop the confidence to be accountable for our behavior to practice asking for what we want and need and to cultivate a deeper trust in the process of life Dr Berger s list of smart things includes understanding who you are and what s important to you learning not to take others reactions personally trusting your inner compass Through practicing these twelve things we find release from what Bill W described as an absolute dependence on people or circumstances Freed from the emotional immaturity that fueled our addictive personality and hurt ourselves and others we can develop the tools to find strength from within and continue our successful journey of recovery The Law of Sobriety Sherry Gaba,2010-09 Outlines seven action steps to help recovering addicts shift their focus from addiction to behaviors that align with sobriety offering a new style of addiction recovery to create and maintain a clean and sober life filled with joy and purpose **The 7 Secrets of the Prolific** Hillary Rettig,2011-11-17 You are not lazy undisciplined or uncommitted Procrastination perfectionism and writer s block are habits rooted in scarcity and fear If you know the seven secrets of the prolific you can magically recover all the energy discipline and commitment you thought you had lost Author coach and workshop leader Hillary Rettig characterizes in great detail and depth the major causes of underproductivity including procrastination perfectionism resource scarcity time scarcity an ineffective writing process bias ambivalence internalized oppression traumatic rejection and exploitative career paths Then she tells you how to conquer each The solutions are 1 Identify and Overcome Perfectionism 2 Abundantly Resource Yourself 3 Manage Your Time 4 Optimize Your Writing Process 5 Understand and Claim Your Identity as a Writer 6 Cultivate Resilience in the Face of

Rejection and Harsh Criticism and 7 Create a Liberated Career Those are the 7 Secrets of the Prolific And whether you write fiction or nonfiction or poetry screenplays or something else or whether you write for business or school those secrets will help you speed your output lower your stress and bring you joy and fulfillment Special sections include writing on the Internet and how to withstand the Internet s harsh culture coping with the many clueless and or challenging comments and questions people direct to writers e g When will you get that thing done and Publishing Without Perishing a special Appendix just for graduate students and other academic writers

12 Steps That Can Save Your Life Barb Rogers,2009-09-01 Real life stories from people working twelve step programs and practical advice from the author of Addiction Grief Clean and sober twenty days or twenty years it makes no difference We all need a little help every once in a while Barb Rogers has been sober for a long time And she knows that doesn t make a difference what makes a difference is that she s clean and sober today Rogers s newest book offers true stories from real life people Their addictions have led them to a twelve step program Yet in working the program they have found as the saying goes things are simple but not always easy The important thing is no matter what difficulties we have with any of the steps is to keep working the steps as many times as it takes There is no perfection there is no goal there is only walking the talk one day at a time In 12 Steps That Can Save Your Life Barb Rogers once again offers down home sensible advice along with stories a struggling reader can identify with Twelve step programs are neither cult curse nor cure They work because they are ongoing because of the focus is inward and outward and because people recognize that their lives are better when they work them Praise for 12 Steps That Can Save Your Life This small book offers great insight hope education and the invitation to celebrate or even to recommit to the 12 Step journey if one has wandered away I have been on this path for 34 years and thoroughly enjoyed hearing Barb s stories and sharing in her joy about the miracle recovery has given her and so many others Karen Casey Ph D author of Let Go Now Barb Rogers does it again In plain language she explains the simple 12 Step program that has saved so many lives It saved mine and yours could be next Elizabeth Engstrom author of The Northwoods Chronicles Barb shows how the 12 Steps can be applied to overcome any problem destroying your life When she says the Steps can save your life it isn t just a hook to get you to buy the book it is a reality Allen Berger Ph D author of 12 More Stupid Things that Mess Up Recovery If Barb Rogers were the Lone Ranger her latest book would be a silver bullet left in her wake 12 Steps That Can Save Your Life is a powerful tool Earnie Larsen author of Stage II Recovery Life Beyond Addiction

Unfuck Your Brain Faith G. Harper, PhD, LPC-S, ACS, ACN,2017-11-07 Our brains are doing our best to help us out but they can be real assholes sometimes Sometimes it seems like your own brain is out to get you melting down in the middle of the grocery store picking fights with your date getting you addicted to something or shutting down completely at the worst possible moments You already told your brain firmly that it isn t good to do these things But your brain has a mind of its own That s where this book comes in With humor patience and lots of swearing Dr Faith shows you the science behind what s going on in your skull and talks you through the process of

retraining your brain to respond appropriately to the non emergencies of everyday life If you re working to deal with old traumas or if you just want to have a more measured and chill response to situations you face all the time this book can help you put the pieces of the puzzle together and get your life and brain back Here s an excerpt from the book Knowing what s going on up in your brain is HUGE So much of how we interact with the world around us is a completely normal response when we take into account our past experiences and how our brains work Freaking the fuck out Avoiding important shit we need to take care of Feeling pissed off all the time Being a dick to people we care about Putting shit in our bodies that we know isn t good for us Doing shit we know is dumb or pointless None of these things are fucking helpful But they all make sense Your brain has adapted to the circumstances in your life and started doing things to protect you bless it It s not TRYING to fuck you over even though it totally is at times As we navigate the world nasty shit happens The brain stores info about the nasty shit to try to avoid it in the future Sometimes these responses are helpful Sometimes the responses become a bigger problem than the actual problem was It s called a trauma reaction And even if you aren t dealing with a specific trauma Adaptive coping strategies bad habits and funky behaviors all wire in similar ways And research is showing that these issues are actually some of the easier ones to treat in therapy if we address what s really going on rather than just the symptoms

The Grey Drinking Reset Carrie Schell, 2023-01-10 Over the years I have had many times when I thought that I was drinking too much or that I should really take a break from drinking I tried several times to stop drinking I have even gone for a couple weeks or months without drinking although even during those times of not drinking I would sneak in a glass of wine here and there and feel super proud of myself that I had such restraint But sure enough while on my self imposed drinking hiatus I d think Why am I being so restrictive I don t need to be so all or nothing about alcohol I can have a glass of wine with dinner Or I d rationalize my drinking with In Europe they have a glass of wine with lunch and dinner If I were in Europe I wouldn t even be second guessing how much wine I drink Our views on alcohol are so uptight in North American So I d start drinking again

The Joy of Recovery Michael McGee, MD, 2018-03-29 Are you ready to join the ranks of the addiction free This is the guide you ve been waiting for With his new 12 step program Harvard trained Dr Michael McGee has helped hundreds of patients in their full recovery Start reading now and completely transform your life from suffering to joy fully heal the wounds that drove you to addiction drastically improve your relationships live longer and be healthier feel and look better improve your financial situation discover a deep sense of peace and happiness never before available to you Dr McGee s one of a kind guide based on 30 years of experience in enabling addiction recovery has been awarded the Readers Favorite five star seal of excellence and has been featured on ABC NBC and Fox Grab your copy now to take the first step on your journey to an addiction free life REVIEWS FOR THE JOY OF RECOVERY There are many books on recovery but every now and again a book is published that best captures what it takes to recover from addiction Dr McGee has done just that I have been in the field for over four decades and I must say I learned a lot from reading his book and you

will too Allen Berger PhD Clinical Director The Institute of Optimal Recovery and Emotional Sobriety The Joy of Recovery gives a new perspective in treating an old disease This book can turn today s failures into tomorrow s miracles John Harsany Jr MD DFSAM Medical Director Riverside County Substance Abuse Program The healing power of Love runs through this book like a golden thread William R Miller PhD Emeritus Distinguished Professor of Psychology and Psychiatry The University of New Mexico The Joy of Recovery is a wonderful addition to the available lexicon of materials that are designed to help people follow a recovery path that not only leads to abstinence but leads to a life filled with joy and meaning Dr McGee provides a very practical approach that translates his extensive experience into tools and tips for the reader at every step along the path I would not hesitate to recommend this book to those individuals suffering with addiction who are seeking an informed and helpful companion on their journey of hope Kenneth Minkoff MD I had relapsed before I was introduced to Dr McGee and the Touchstones of Recovery I needed more than the fellowship that 12 step programs provide The Joy of Recovery is the next evolutionary step in addiction recovery This book expands on tried and true methods using 21st century thinking and practices to make living in recovery a joyful experience DN a patient of Dr McGee s The Joy of Recovery is a must read for anyone dealing with the hardships of addiction whether it s for yourself or someone you love The Touchstones of Recovery along with Dr McGee s mental and spiritual fortitude have given me the strength and encouragement to overcome many obstacles in my life The Touchstones can be a guide to help change your life forever They have showed me how to get the most out of my recovery and have changed me into the person I have always wanted to be ST a patient of Dr McGee s

Rewired Erica Spiegelman, 2015-04-28 A counselor at one of the most innovative and renowned drug and alcohol treatment centers in the world introduces an empowering approach to addiction recovery that addresses the whole self mind body and spirit This useful and practical perspective on what you can do to recover from addiction can replace or supplement 12 step programs at any stage in your recovery Allen Berger Ph D author of 12 Stupid Things That Mess Up Recovery Rewired is a new breakthrough approach to fighting addiction and self damaging behavior by acknowledging our personal power to bring ourselves back from the brink Centered on the concept of self actualization Rewired will guide you towards not only physical sobriety but a mental emotional and spiritual sobriety by learning to identify key principles within yourself including authenticity honesty gratitude and understanding a need for solitude Rewired addresses the whole self just as addiction affects every part of one s life so too must its treatment By helping us to build a healthy space to support our own recovery we can rewrite the negative behaviors that result in addiction Usable in conjunction with or in place of 12 step programs Rewired allows for a more holistic approach helping to create a personalized treatment plan that is right for you Each section in Rewired includes Personal anecdotes from the author s own struggles with alcoholism and addiction Inspiring true success stories of patients overcoming their addictions Questions to engage you into finding what is missing from your recovery Positive affirmations and intentions to guide and motivate With

all the variables both physical and emotional that play into overcoming addiction Rewired enables us to stay strong and positive as we progress on the path to recovery Rewired teaches patience and compassion the two cornerstones of a new humanist approach to curing addiction Remember addicts are not broken people that need to be fixed they just have a few crossed wires

A Man's Way through Relationships Dan Griffin, 2014-07-28 An essential guide to the challenges men face in creating healthy and engaged relationships in all areas of their lives Every idea is presented through the lens of the Man Rules the often unconscious ideas men carry with them into every relationship they have that affect their ability to find true connection A Man's Way through Relationships offers practical advice and inspiration for men to define with their partners their own sense of masculinity and thus heighten their potential to love and be loved Dan Griffin excerpts interviews with men who share their innermost lives and experiences with relationships He draws from his own life with over two decades of recovery and ten years of marriage Readers will learn to recognize how their ideas about masculinity have shaped who they are and how they approach their relationships For every man who has wandered through the entanglements of love unwilling to ask for directions and secretly hoping for a guide Dan Griffin offers a clear and comprehensive road map For any man serious about love and any woman who loves him this book is a must Terrence Real Author of I Don't Want to Talk About It Overcoming the Secret Legacy of Male Depression

The Recovering Body Jennifer Matesa, 2014-09-23 Just as recovery requires daily practice so does physical fitness and a healthy lifestyle In The Recovering Body seasoned health writer Jennifer Matesa ignites the recovery community with the first ever guide to achieving physical recovery as part of your path to lifelong sobriety In our former lives as practicing alcoholics and addicts we likely punished our bodies as much as our minds And yet recovery programs often neglect the physical focusing primarily on the mental emotional and spiritual dimensions of staying sober In The Recovering Body popular health writer and Guinevere Gets Sober blogger Jennifer Matesa provides simple effective ways for addicts to heal the damage caused by substance abuse whatever our age lifestyle or temperament Combining solid science and practical guidance along with her own experience and that of other addicts Matesa offers a roadmap to creating our own unique approach to physical recovery Each chapter provides key summaries and helpful checklists focused on exercise and activity sleep and rest nutrition and fuel sexuality and pleasure meditation and awareness Matesa's holistic approach frames physical fitness as a living amends to self a transformative gift analogous to the spiritual fitness practices worked on in recovery

Befriend Your Brain Faith G. Harper, 2022-01-04 Do you freak out at small things Do you yell at people when you don't mean to Do you cry or get scared and you aren't sure why Does it feel like your feelings control you All of these feelings are a normal part of life for everybody but sometimes they're just too much and it seems like you're the only one on the planet that feels them Our brains are doing their best to help us out but sometimes we get hurt instead And sometimes we hurt people we love too because we just don't know what to do with all of our feelings With humor and patience Dr Faith G Harper shows you the science behind why your brain is acting up and ideas for new

ways to respond when you're feeling scared, sad, anxious, or angry. You can train your brain to be your friend and help you live a happy, calm, and healthy life. If you have experienced trauma or if you have a hard time feeling good and getting along with other people, this book can help. This is an adaptation of Dr. Faith's bestselling book, which has an R-rated title written for tweens, teens, and the adults trying to help them navigate it all.

Addiction & Grief Barb Rogers, 2011-10-01 How learning to deal with unresolved emotions leads to true healing and authentic emotional recovery from addiction. Just as one needs to hit bottom with drinking or using in order to begin recovery, eventually one will also hit an emotional bottom of fear, anger, and grief. And recovery can only start by first understanding how, when, and where those emotions took control. Barb Rogers challenges readers in recovery to investigate the unresolved grief and loss in their lives and navigate the impacts of those emotions, emotions that can lead back to using if not resolved. Recovery from addictions involves more than getting sober. It involves finding happiness, which can only happen if the emotional work is done as well. Negative emotions have the ability to weigh on us and influence both our decisions and the way we handle life's challenges. If we continue to live with fear, anger, and grief, we aren't really free from our addictions. The steps to recovery, authentic and complete recovery, involve healing from the deeper issues in our life. Learn more about the emotional healing that goes hand in hand with addiction recovery.

Dealing with grief and resolving underlying issues How to find happiness after getting sober *Helping Men Recover* Stephanie S. Covington, Dan Griffin, Rick Dauer, 2022-07-25 AN INSIGHTFUL, EFFECTIVE, AND CONTEMPORARY APPROACH TO ADDICTION TREATMENT FOR THOSE WHO ARE IMPACTED BY THE JUSTICE SYSTEM In the newly revised second edition of *Helping Men Recover: A Program for Treating Addiction*, Special Edition for Use in the Justice System, a team of experts delivers a practical and straightforward framework to assist men struggling with substance use disorders. Targeting the four areas most consistently identified by men as triggering relapse: the self, sexuality, spirituality, and relationships, this therapeutic program has twenty-one sessions and explores topics like self-awareness and identity, the impact of family abuse and trauma, communication, male socialization, and many more. Readers will also find three additional sessions with new exercises. Comprehensive strategies for the creation of safe spaces in which men will feel comfortable expressing themselves, reflecting, and learning. Information about how men experience and recover from addictions and trauma. Ways to develop and learn, teach the skills men need to maintain and sustain recovery from substance use disorders and live the life they want to live. An indispensable collection of exercises and other resources for men in the criminal justice system who are struggling with substance misuse. *Helping Men Recover* belongs on the bookshelves of social workers, clinicians, and other correctional system professionals.

Deschingu Tu Cerebro Faith G. Harper, PhD, LPC-S, ACS, ACN, 2020-11-09 Nuestros cerebros están haciendo todo lo posible para ayudarnos, pero a veces pueden ser verdaderos imbéciles. A veces parece que tu propio cerebro está tratando de atraparte, alterándose en frente de todo el público buscando pleito con tu pareja, volviéndose adicto a algo o congelándose por completo en los peores momentos posibles. Ya le dijiste a tu

cerebro que en serio no es bueno hacer este tipo de cosas Pero tu cerebro tiene una mente propia Ah es donde este libro llega a ser til Con humor paciencia y muchas palabrotas Dr Faith te muestra la ciencia detr s de lo que est sucediendo en tu cr neo y te explica a trav s del proceso c mo reentrenar tu cerebro para responder adecuadamente a las cosas que no son de emergencia en la vida cotidiana Si est s trabajando para lidiar con viejos traumas depresi n ansiedad enojo dolor o adicci n o si solo quieres tener una respuesta m s calmada y relajada a las situaciones que enfrentas todo el tiempo este libro puede ayudarte a poner las piezas del rompecabezas juntas y recuperar tu vida y tu cerebro **Yoga Recovery** Carrie

Schell,2019-01-31 Thank you Thank you for having the strength and courage to open this book The last 38 years of my life have been shaped by alcoholism and addiction The fact that you are here on this journey signals hope and love It is my intention that Mind Body Spirit be a light in your day a light that will shine on your true Self that source of love and goodness Be kind to yourself Never lose sight of the truth that you are here at this moment reading this with every intention of living a life of clarity and purpose You may stumble and lose your way but please do not give up You are worthy of all of the love and goodness divinely present I am sending you love and blessings through Mind Body Spirit to help carry you Thank you for being you Thank you for being present and having the courage to continue your journey You have my deepest admiration and respect Namaste I promise you that when you let the light in miracles will happen You will experience forgiveness and love You will see the true you once again and fall in love with you You are perfection Past all that you perceive are your failings and shortcomings is you that radiates love to others when you allow the true Self to shine **Rein In Your Brain** Cynthia

Moreno Tuohy,Victoria Costello,2014-05-06 Those in recovery are often stuck in a dangerous loop of making poor choices based on instant feel good payoffs Rein in Your Brain offers 10 proven techniques for intervening on faulty impulsive thinking and actions that have a negative impact on our lives and relationships Addiction whether to mood altering substances gambling sex or food stems in part from an over reliance on the reward system of a primitive part of the brain that can push us to make poor choices based on an expectation of immediate gratification Those of us in recovery often struggle with the compulsive thoughts and behaviors that are still programmed in our addictive brains well after the drinking and drugging has stopped These often play out thoughtlessly in our interactions with others damaging our relationships and growth as balanced human beings Rein in Your Brain by addiction expert Cynthia Moreno Tuohy offers ten tools for breaking the cycle of impulsivity These time tested self interventions include standing still in the moment giving up control not assuming the other person s intent tolerating differences accepting emotions without giving them free reign and differentiating between immediate fear driven reactions and measured thoughts By incorporating these tools in your daily interactions your relationships can move from those of conflict to mutual respect and understanding

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