



Smart
Things *to do*

WHEN THE BOOZE AND DRUGS ARE GONE

*Choosing Emotional Sobriety
through Self-Awareness and Right Action*



Allen Berger, Ph.D.

Author of "12 Essential Insights for Emotional Sobriety"

12 Smart Things To Do When The Booze And Drugs Are Gone Choosing Emotional Sobriety Through Self Awareness And Right Action

Taite Adams



12 Smart Things To Do When The Booze And Drugs Are Gone Choosing Emotional Sobriety Through Self Awareness And Right Action:

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 **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

The Recovering Body Jennifer Matesa, 2014-09-09 The Recovering Body offers simple effective ways for addicts to heal the damage caused by substance abuse Jennifer Matesa focuses on five areas of healing through exercise and activity sleep and rest nutrition and fuel sexuality and pleasure and meditation and awareness

Rein In Your Brain Cynthia Moreno Tuohy, BSW, NCAC II, Victoria Costello, 2014-05-06 Those in recovery learn to rein in their brain ending compulsive behaviors while fostering a more thoughtful lifestyle that ensures long term emotional sobriety 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

The Mindful Addict Tom Catton, 2010-10-04 The enlightening and worldly journeys of a once hopeless addict whose life was profoundly changed after a chance meeting with a nomadic spiritual healer In the mid sixties Tom Catton searched for meaning by experimenting with pot LSD and other drugs popular then but instead of the spiritual connection he sought Catton found himself hooked in the web of addiction and consumed by feelings of separation In this earnest insightful and wonderfully written book Catton now in long term recovery describes how he transcended his challenges through the study and practice of meditation and introspection Along the way he journeyed across the world from the beaches of Hawaii to the streets of Kolkata Calcutta meeting remarkable teachers like the magnetic Flobird who became his mentor his spiritual guide and his friend She inhabits the pages of this book along with other singular world figures Catton met in his sojourn like the Dalai Lama and Mother Teresa They are all here in The Mindful Addict and their lessons and love infuse these pages with wisdom and heart

Deschinga Tu Cerebro Faith G. Harper, PhD, LPC-S, ACS, ACN, 2020-11-09 Nuestros cerebros est n haciendo todo lo posible para ayudarnos pero a veces pueden ser verdaderos imbciles A veces parece que tu propio cerebro est tratando de atraparte alter ndose en frente de todo el p blico buscando pleito con tu pareja volvi ndote adicto a algo o congel ndose 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

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

Girlfriend of Bill Karen Nagy, 2014-04-01 If you are dating sheltering in place with or married to someone who s walking the way of 12 step recovery you may be mystified by the landscape and language of the recovery community and wondering how you fit in to your partner s plan Karen Nagy s book is for you This ground breaking guide provides twelve key points you need to know about dating a person in addiction recovery Gain a greater understanding of your companion s recovery program and personality traits while learning to identify red flags in order to build confidence for a successful relationship Being in a new relationship is hard enough but if the person you re dating is a recovering alcoholic or addict there may be more to consider than just mutual interests and attraction For Karen Nagy dating a recovering alcoholic felt in some ways like she was seeing someone from another planet with his own language culture and social behaviors With humor compassion and a great

respect for what it takes to recover from an addiction this first of its kind field guide offers an inside scoop on what people do in all those Twelve Step meetings why they need a sponsor what is a sponsor and why phrases like Live and Let Live and Easy Does It keep creeping into your conversations Nagy offers twelve key points that you need to know about dating a person in recovery She also helps you identify the warning signs of developing your own codependent tendencies by playing into your partner s addictive thinking and behavior and what to do about it By gaining a greater understanding of your companion s recovery program you can help them stay sober learn how to deal with character flaws and also build your confidence in the potential for a healthy successful relationship *Mental Health and Mental Disorders* Len

Sperry,2015-12-14 Serving as an indispensable resource for students and general interest readers alike this three volume work provides a comprehensive view of mental health that covers both mental well being and mental illness A three volume ready reference encyclopedia this up to date work supplies a holistic introduction to the fields of mental health and mental disorders that is written specifically for high school students and college students Covering the full continuum of mental health the set describes typical functioning including biology and neurology of the brain emotions and the traits and characteristics of mental well being It also addresses mental disorders and conditions from obsessive compulsive disorder OCD and post traumatic stress disorder PTSD to phobias and schizophrenia *Mental Health and Mental Disorders An Encyclopedia of Conditions Treatments and Well Being* highlights important concepts and phenomena key individuals treatment techniques organizations and diagnostic tools to give readers a complete view of this broad field of study It also investigates all sides of wellness exploring what it means to be normal and consistently identifying the links between lifestyle and mental health The encyclopedia is consistent with the goals of AP psychology curricula and addresses the various disorders classified in the new edition of the APA Diagnostic and Statistical Manual DSM V TR **The School Counseling and School Social Work Treatment Planner, with DSM-5 Updates, 2nd Edition** Sarah Edison Knapp,David J.

Berghuis,Catherine L. Dimmitt,2017-03-22 This timesaving resource features Treatment plan components for 33 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors Includes Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The School Counseling and School Social Work Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including coverage of disruptive classroom behaviors reinforcing student success bullying peer conflict and school violence Organized around 33 behaviorally based presenting problems in treating students who

experience social and emotional difficulties including social maladjustment learning difficulties depression substance abuse family instability and others Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series

Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners The School Counseling and School Social Work Treatment Planner

Sarah Edison Knapp, David J. Berghuis, Carey Dimmitt, 2012-06-25 The Bestselling treatment planning system For mental health professionals The School Counseling and School Social Work Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including coverage of disruptive classroom behaviors reinforcing student success bullying peer conflict and school violence Organized around 33 behaviorally based presenting problems in treating students who experience social and emotional difficulties including social maladjustment learning difficulties depression substance abuse family instability and others Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series

Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners products including our full line of Treatment Planners visit us on the web at www.wiley.com/practiceplanners **Schluss mit dem Brainfuck** Faith G.

Harper, 2023-10-22 Unser Gehirn tut sein Bestes um uns zu helfen aber hin und wieder kann es sich als echtes Arschloch erweisen es hat Aussetzer wird s chtig nach Dingen oder schaltet im ung nstigsten Moment komplett ab Ihm ist klar dass das nicht gut ist aber manchmal kann es einfach nicht anders vor allem wenn es von einem Trauma besessen ist ber das es nicht hinwegkommen kann Hier kommt dieses lebensver ndernde Buch ins Spiel Mit Wissenschaft Humor Geduld und jeder Menge Schimpfw rtern erkl rt Dr Faith Harper was in unserem Sch del vor sich geht wenn da oben etwas durcheinandergeraten ist Mit wirkungsvollen Techniken l sst sich das aus dem Gleichwicht geratene Gehirn wieder umschulen damit es angemessen

auf die Nicht Notfälle des Alltags reagieren und alte oder neu erworbene Traumata insbesondere die posttraumatische Belastungsstörung erfolgreich bewältigen kann **Не люби себе мозги! Мощные практики для избавления от тревожности, депрессии и гнева** Фейт Дж. Харпер, 2023-03-13 TEDx PDF A4 12 Stupid Things That Mess Up Recovery Allen Berger, 2008-02-11 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 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

The Drinker's Solution Brian M., 2018-01-28 Are you sick and tired of your addiction Have you continuously relapsed after promising yourself to stop drinking alcohol or quit using drugs Your relationship with alcohol and other compulsive behaviors is about to change *The Drinker's Solution* is a 100 day integrative program that will help you finally overcome drug and alcohol addiction If it's about addiction and recovery then this workbook is your addiction recovery program strategy and powerful recovery resource If you want to stop drinking now control your drinking find freedom from addictions love and discover yourself learn how to cut back or quit drinking in the privacy of your own home then this sobriety solution will help you to do just that You will now be truly sober More than just abstaining from addictive substances you will practice emotional sobriety through self awareness and right action This book will be handy for service providers who work with problem drinkers It offers a solution focused approach to alcohol and addiction recovery If you are looking for liberation from compulsive behaviors you can treat your addiction from alcohol and or other drugs If you are struggling with addiction seeking treatment is a powerful positive step toward your recovery and freedom from addiction This book is useful to men and women who have tried to stop their addiction before and relapsed Addiction counseling therapy recovery coaching and cognitive behavioral therapy CBT will help you to have some understanding of the causes of addiction the progression of addiction and common relapse triggers *The Drinker's Solution* book is a program created to help you move past any addictive behavior whether it is alcohol abuse and smoking gambling or shopping addiction Relapse prevention is of Paramount importance to your recovery success This book can be used together with 12 step programs such as the alcoholics anonymous rehab and therapy or coaching As you journey toward your addiction recovery you will need as much support and tools as possible to help you stay sober and avoid relapse With the use of this book you will start your mornings with gratitude and planning for your day a powerful self motivational technique You will create your own personal recovery plan

which you will base on what you want your life to be If you re ready to take on this important journey toward your recovery consider inviting two other friends and start a Sobriety Solution Mastermind Group Support from likeminded people in recovery goes a long way and will be helpful in overcoming your addictions and living life on your terms free of addictions This book will help you if you are interested in addiction recovery relapse prevention addiction recovery daily planning relapse prevention counseling workbooks addiction recovery skills workbooks changing addictive behaviors using CBT mindfulness and motivational interviewing techniques and practical exercises for managing high risk relapse situations This addiction recovery workbook and is a personal recovery planner for transformation from the constant threat of relapse to a life totally free of compulsive behaviors The Drinker s Solution is an addiction recovery skills workbook that will help you to overcome your addictions rewire your brain for recovery heal the addicted brain avoid relapse and practice gratitude through conscious recovery This book will help you beat your addiction advance your recovery and prevent relapse You will now live the life you ve always wanted Addiction recovery book relapse prevention book staying sober book stop drinking alcohol overcome addiction sobriety book sober mom sobriety books for women sobriety books for men overcoming your addiction overcoming your demons [12 More Stupid Things That Mess Up Recovery](#) Allen Berger,2016-05-16 The extra stress of coronavirus can make this part of the recovery journey feel uphill and uneasy All the more reason to watch how you step take it slow and stay away from stupid Whether you are facing relapse learning to overcoming complacency or taking responsibility for your feelings and actions this book will equip you to overcome some of the most common relapse hazards you may encounter on your path to long term recovery Recovery from addiction is often compared to a journey where you meet new people rejuvenate your mind body and spirit and learn new things about yourself that give you hope for the future But like all journeys there are also pitfalls that can jeopardize your sobriety 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 that can sabotage their sobriety In this sequel Allen gives you the tools you need to work through twelve more pitfalls that you are likely to encounter on your path to long term recovery [Restart Your Recovery - 12 Things You Can Do to Get Back on the Beam](#) Taite Adams,2013-06-24 Getting clean and sober for many was a struggle and a life changing process Alcoholism and addiction is something that takes so much from so many and requires a great commitment to recover from What we learn is that recovery from addiction is a lifetime process and something that must be maintained on an ongoing basis as we are never really cured of this disease Unfortunately many of us get better quickly and we may forget just how bad it really was or how good it can be in recovery Priorities change and sobriety often takes a back seat to family career and other commitments When our recovery program begins to suffer so do we and those around us as emotional sobriety goes out the window Restart Your Recovery 12 Things You Can Do to Get Back on the Beam now in its 2nd Edition is a book about re establishing oneself in recovery recapturing emotional sobriety avoiding relapse and finding new beginnings It is a powerful message of

renewal balanced with a set of very clear action items designed to pave a new and stronger pathway in recovery for those who have been struggling with priorities and emotional sobriety With a clear approach to providing suggested actions and drawing on her own history of struggle and renewal in recovery author Taite Adams is able to give the struggling person in recovery hope and provide a clear direction for a way back Some of the areas that are addressed in detail are What is Emotional Sobriety Why We Move Away From Recovery Signs of Relapse Actions You Can Take To Get Back on The Beam The Importance of Service and Fellowship Prayer and Meditation in Recovery Outside Help Taking Action Above All Else and Much More What many people fail to realize is that recovery doesn't just have to be as good as it was in the beginning It can be that and a great deal more if you are willing to take the actions to make it so Whether just coming to terms with the idea that something is missing in your recovery program or are struggling with one of those emotional bottoms in recovery Restart Your Recovery is an invaluable tool for self discovery that will help you take the actions necessary for you to make a new beginning in recovery today and give you the tools to avoid relapse 2nd Edition Published 6 3 2014 **12 Essential Insights for Emotional Sobriety** Allen Berger, 2021-06-03 Be honest Few days go by where you don't find your sense of balance thrown off by what someone said about you how a meeting went what your social media contacts are doing how your fortune changed during the day or your fears about coming events Most of us face this kind of anxiety sadness worry call it what you will every day of the week Most of the times these things seem minor but they nibble at us like so many paper cuts building up and diminishing our lives There is a solution uncovered 70 years ago by Bill Wilson known around the world as Bill W a founder of the Alcoholics Anonymous 12 step program of recovery The solution is a practice called emotional sobriety The thing is Bill W's discovery is NOT just for people who are recovering from addiction It's for everyone Bill W long in recovery from alcoholism sought a solution for his continued chronic bouts of deep depression He realized that his long term problems occurred in part because his sense of self wholeness and well being was completely dependent on external events Yes his personal value was determined by what happened to him by how others treated him and by what others thought of him If people liked Bill great If not he was knocked out of whack Bill W found his solution in the concept of emotional sobriety essentially the practice of learning not to try to control your emotions but rather to understand and moderate your reactions to them In 12 Essential Insights for Emotional Sobriety psychotherapist Dr Allen Berger writes simply to explain and expand on this concept combining wisdom from 12 step programs like Alcoholics Anonymous with long accepted psychological principles Through heart rending stories of profound change careful explanation and thoughtful exercises Dr Berger guides you to a calmer place and a better life Recovering Spirituality Ingrid Clayton, 2011-08-24 Guides those in recovery in developing the awareness and skills to deal with life's issues by practicing authentic spirituality and emotional sobriety Spirituality is a critical aspect of the Twelve Steps and other recovery programs Yet for those of us disposed to addiction it can be easy to get so caught up in the idea of our Higher Power and the abundant joys of a spiritual

life that we experience spiritual bypass the use of spirituality to avoid dealing with ourselves our emotions and our unfinished business In *Recovering Spirituality* researcher and clinical psychologist Ingrid Mathieu uses personal stories and practical advice to teach us how to grow up emotionally and take responsibility for ourselves Without turning away from the true benefits of an active spiritual program she shows us how to work through life s challenges and periods of pain while evolving and maintaining an authentic relationship with our Higher Power

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12 Smart Things To Do When The Booze And Drugs Are Gone Choosing Emotional Sobriety Through Self

Awareness And Right Action Introduction

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