

12

MORE STUPID THINGS THAT MESS UP RECOVERY

NAVIGATING COMMON PITFALLS
ON YOUR SOBRIETY JOURNEY



ALLEN BERGER, PH.D.

Author of 12 SMART THINGS TO DO WHEN THE BOOZE AND DRUGS ARE GONE

12 Stupid Things That Mess Up Recovery

Fellowship of Narcotics Anonymous



12 Stupid Things That Mess Up Recovery

12 Stupid Things That Mess Up Recovery Allen Berger,2008-02-11 Advises recovering addicts on maintaining their sobriety by acknowledging the twelve most common self defeating thoughts that lead to relapse and provides tools for working through these problems in daily life

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

Compassion and Self-hate Theodore Isaac Rubin,Eleanor Rubin,1975

Stop the Chaos Workbook Allen A Tighe,2009-08-05 Stop the Chaos is a practical guide that identifies the telltale signs of addiction offers suggestions for living alcohol or drug free and teaches the skills necessary for healthy living Stop the Chaos a comprehensive practical guide identifies the telltale signs of addiction offers suggestions for living alcohol or drug free and teaches the skills necessary for healthy thinking and living

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

Don't Let the Bastards Grind You Down Georgia W.,2009 No matter what happens you don t have to pick up a drink or drug today These words tend to strike fear in the hearts of many alcoholics and addicts who are new to recovery because just one day without booze or drugs may as well be an eternity It can seem like an impossible task to get through twenty four hours never mind a week or a month so just how do we get that proverbial monkey off our back This book is full of suggestions that can work for anyone who is new to recovery or trying to get clean and sober again The author has drawn on her own experiences and that of others in early recovery to determine the Fifty Things Every Alcoholic and Addict Should Know including The First Thirty Days What to expect and how to get through it Things to Avoid Protecting your recovery and coping with stress Relapse Warning signs and moving forward if it happens Family How to include them and re build relationship Dating in Recovery The not so good the bad and the ugly Dry Drunk How not to be one Twelve Step Programs How they work and what you should know If you have a substance abuse problem and want to quit or are new to sobriety and don t know what to expect read this book It s different down to earth and a very easy read Don t Let the Bastards Grind You Down is not your typical recovery book Tom Chenault Radio Talk Show Host and Recovering Alcoholic

Ten Stupid Things Men Do to Mess Up Their Lives Laura Schlessinger,2002-12-03 For every woman who wants to know what her man is thinking Internationally syndicated radio superhost and columnist controversial psycho therapist and author of the break out New York Times bestsellers How Could You Do That and Ten Stupid Things Women Do to Mess Up Their Lives Dr Laura Schlessinger is back with Ten Stupid Things Men Do to Mess Up Their Lives In ten vital compelling chapters Dr Laura speaks her mind on Stupid Chivalry By getting involved with the wrong woman weak flaky damaged needy desperate stupid untrustworthy immature etc you think that your love will save transform her Stupid Independence Unwilling to admit need for bonding and intimacy you hide in excesses of work play drink drugs porn and meaningless sex Stupid Ambition Unable to comfortably and proudly accept your inherent importance to society and family as husband and father you bow to the false idols of money toys power and status Stupid Strength Uncomfortable with feeling weak vulnerable useless powerless or rejected you use intimidation force or passive aggressiveness to regain control Stupid Sex Taking an attraction opportunity or erection as a sign you measure your masculinity and power by sexual conquests infidelities and orgasms Stupid Matrimony Lacking a mature sense of the purpose meaning or value of marriage you realize too late you ve gone down the aisle with the wrong woman for the wrong reasons and feel helpless to fix it Stupid Husbanding Thinking that marriage is the honorable discharge from loving courtship you continue to live as though you were single and your mommy wife will take care of everything else Stupid Parenting Believing that only women mothers nurture children you withdraw from hands on parenting to assert your masculine importance missing out on the true soul food of a child s hug Stupid Boyishness Having not yet worked out a comfortable emotional and social understanding with your mother you form relationships with women that become geared to avenge resolve or protect you from your ties to Mommy Stupid Machismo Understanding the true and meaningful difference between being male and a man you can become a man

Love First Jeff Jay,Debra Jay,2021-04-27 This revised and expanded third edition of the gold standard for intervention provides clear steps for harnessing the power of family friends and professionals to create a better future with loved ones suffering from addiction Over the course of the last twenty years Love First has become the go to intervention guide for tens of thousands of families This trailblazing book empowers and equips families and friends to use the power of love and honesty to give their addicted loved ones a chance to reach for help Updated with the latest addiction science as well as insights gained from decades of front line experience in family interventions this revised and expanded edition contains practical tools for taking the next step together transforming the intervention team into an ongoing community of loving support lasting accountability and lifelong recovery

Drop the Rock--The Ripple Effect Fred H.,2016-05-24 Drop the Rock The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude When Drop the Rock Removing Character Defects was first published in 1999 it quickly became the standard resource for working Steps 6 and 7 two of the most challenging of the Twelve Steps for many people in recovery Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9 realize the Big Book s Promises and move on to Step 10 In this new follow up resource Fred H explores what he calls the ripple effect that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up the rock again Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions he reveals Step 10 as the natural culmination of working the previous Steps

Passages Through Recovery Terence T Gorski, 2009-07-30 Passages through Recovery presents an action plan for preventing relapse one that can help us understand how recovery works and what is needed to move from active addiction to sobriety Abstinence from alcohol and other drugs is only the beginning of sobriety It s the ticket to get into the theater not the movie we are going to see Passages through Recovery One of the most important things we learn in recovery is that there really is a way out of all the misery if we know which way to go But abstinence from alcohol and other drugs is just the beginning of our journey not our destination And that journey can be a rough one if we don t know what lies ahead Based on the experiences of thousands of recovering men and women Passages through Recovery presents an action plan for preventing relapse one that can help us understand how recovery works and what is needed to move from active addiction to sobriety Gorski s pioneering work describes six stages of recovery from chemical dependency and offers sound advice for working through the challenges of each stage challenges that can create frustration and lead to relapse Passages through Recovery clearly demonstrates that sobriety is more than just healing the damage It s a way of thinking acting and relating to others Gorski writes that promotes continued physical psychological social and spiritual health The skills necessary for long term sobriety are all directed at finding meaning and purpose in life Use this book as a compass in your recovery to help you stay on course

What Went Right Eileen Bailey, Michael G. Wetter, 2016-07-27 Learn to change the self critical stories in your mind and rewire your brain so that you gain the self confidence to build more fulfilling relationships careers and social life Since childhood our experiences and interactions have shaped the running narrative of who we are and how we view ourselves When those interactions are painful many of us have a tendency to internalize the negativity translating mean or selfish messages given to us by family friends or teachers during our youth into truths about who we are our flaws failures and shortcomings Through practical and easy to understand principles and techniques What Went Right teaches you to recognize and intervene on self defeating thought processes and uncover your core beliefs about who you really are Through these exercises you will learn how your thoughts drive feelings that influence your behaviors By changing your thinking you can unlock self affirming feelings and actions needed to create your new life story and become the person you want to be

Now That You're Sober Earnie Larsen, Carol Larsen Hegarty, 2010-05-26 Written a decade before coronavirus pushed in person meetings online and kept us home this portable and practical workbook for the newly sober is a perfect coach for the present moment In this portable recovery aftercare program Earnie Larsen coaches readers through one full year of sobriety with personal practical actionable steps to help them refocus on the core concepts that are essential to sober living Make no mistake about the intention of the guidance offered in this book This is not just another nice recovery book one that you read and then put aside hopefully taking away a few good thoughts My intention is that the material offered here should be chewed pulled apart scrutinized and internalized This book is designed to be worked It is intended to provide support insights and exercises that will do something about the high relapse rate of people starting recovery Earnie Larsen From the introduction In this invaluable guide renowned author and lecturer Earnie Larsen brings you a portable recovery aftercare program that you can easily integrate into your personal life and take with you anywhere you go Now That You're Sober is an all purpose year long compendium of recovery wisdom and inspiration to help those who are newly sober focus on practical applications of Twelve Step principles Like a traditional aftercare program it is designed to keep the basics of recovery front and center in your consciousness as it is the loss of this awareness that causes relapse In his characteristic down to earth tell it like it is style Larsen serves as your recovery coach providing guidance and inspiration when you feel vulnerable in your sobriety and helping you to move past common stumbling blocks and flourish in your daily life Each of his fifty two entries includes a motivational essay or pep talk centered on a key element of recovery followed by personal practical actionable steps to help you refocus on the concepts and behaviors that are essential in a recovering person's life Earnie Larsen is a nationally known pioneer in the field of recovery from addictive and unwanted behaviors He has authored and produced more than fifty five motivational self help books and resources on a variety of topics ranging from managing interpersonal relationships to spirituality

Living Clean: The Journey Continues Fellowship of Narcotics Anonymous,

The Lost Years Kristina Wandzilak, Constance Curry, 2006-08 This riveting memoir of survival and transformation reveals the brutal details of the worst that can happen to an ordinary family and how they triumphed over adversity It describes the true story of a daughter's decline into alcohol and drug addiction prostitution and homelessness and her mother's attempts to rescue her yet protect herself and her other children Written as a dual narrative mother and daughter give their first hand accounts of the years lost to addiction and despair and the subsequent recovery and reconciliation formation reveals all the brutal details of the worst that can happen to an ordinary family and how they triumphed over adversity

A Day at a Time Anonymous, 2009-09-29 Based on the spiritual foundations of Twelve Step programs these daily readings part of Hazelden's meditation series offer inspiration affirmation and hope to those of us in recovery from addiction Drawing upon insightful phrases often overheard in the rooms of recovery the daily reflections and prayers in this collection are intended to offer comfort and guiding reminders to those recovering from alcoholism drug addiction substance use disorders process addictions or other compulsive behaviors Recovery is a process that happens a day at a time and this daily reader will support your journey

A Program For You Anonymous,2009-10-23 A Program for You leads each of us newcomer or old timer to a deeper understanding of recovery as a way of life A Program for You leads each of us newcomer or old timer to a deeper understanding of recovery as a way of life A Program for You clears our way for discovering positive powerful answers to these questions In the years since 1939 the Big Book Alcoholics Anonymous has guided millions in their search for a design for healthy living free of addictive behaviors Now two program old timers share their years of intensive study of the Big Book revealing the vitality of its message for those of us reading it today This celebration of the basic text of Twelve Step recovery breathes new life into the Big Book s timeless wisdom Thoroughly annotated line and page written with down to earth humor and simplicity and providing a contemporary context for understanding A Program for You helps us experience the same path of renewal that Bill W and the first on hundred AA members did

Alcoholics Anonymous Bill W.,2014-09-04 A 75th anniversary e book version of the most important and practical self help book ever written Alcoholics Anonymous Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement Alcoholics Anonymous This edition not only reproduces the original 1939 text of Alcoholics Anonymous but as a special bonus features the complete 1941 Saturday Evening Post article Alcoholics Anonymous by journalist Jack Alexander which at the time did as much as the book itself to introduce millions of seekers to AA s program Alcoholics Anonymous has touched and transformed myriad lives and finally appears in a volume that honors its posterity and impact

The Narcotics Anonymous Step Working Guides ,1998-01-01 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery whether it s the first time through the steps or whether they have been a guiding force for many years This book is intentionally written to be relevant to newcomers and to help more experienced memebers develop a deeper understanding of the Twelve Steps

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **12 Stupid Things That Mess Up Recovery**

In some sort of inundated with screens and the cacophony of instantaneous transmission, the profound power and psychological resonance of verbal beauty frequently fade in to obscurity, eclipsed by the regular assault of sound and distractions. However, set within the musical pages of **12 Stupid Things That Mess Up Recovery**, a charming perform of literary splendor that pulses with fresh emotions, lies an wonderful journey waiting to be embarked upon. Penned by a virtuoso wordsmith, that magical opus manuals visitors on an emotional odyssey, softly exposing the latent potential and profound impact embedded within the complicated internet of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect their captivating publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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dec 5 2009 so i might as well replace all the hoses the two hoses that feed the core look very rusty and one of them has what looks to be a very very small leak in it it also looks like the previous owner may have capped off the bypass line here are

some pics i took the yellow and green lines denote the hoses i m trying to get the names for
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heater hose and pipe replacement ford taurus forum - Oct 21 2022

jan 14 2014 on my 02 taurus with the heater bypass hoses when the time came to replace the heater hoses i used bulk heater hose with 90 degree elbows tees and a couple 90 degree preformed hoses it may have been a little expensive with all the fittings but it will make future repalcements easier

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nov 24 2019 on the following free direct link it has the serpentine belt diagrams for your 2002 ford taurus depending on which of the 3 0l engine options you have plus additional instructional and directional diagrams let me know if this helped or if you have additional information or questions

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