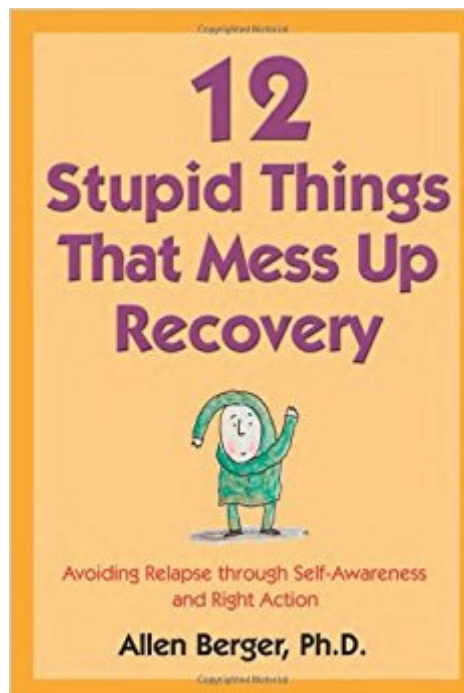




The book was found

12 Stupid Things That Mess Up Recovery: Avoiding Relapse Through Self-Awareness And Right Action



Synopsis

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.

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Customer Reviews

Allen Berger, PhD, a popular public speaker and nationally recognized expert on the science of recovery, is the author of *12 Stupid Things That Mess Up Recovery*, *12 Smart Things to Do When the Booze and Drugs Are Gone*, and *12 Hidden Rewards of Making Amends*. His pamphlet, *How to Get the Most Out of Group Therapy*, helps clients in treatment, continuing care, or Twelve Step groups, understand what happens in group meetings and how these meetings help members acquire recovery skills. Dr. Berger lives in Los Angeles, California.

In research supported by the National Institute on Drug Abuse, tests using PET scans of addict's brains demonstrate that once addiction has been established, the addict's brain physically changes, possibly forever. These changes make it difficult for an addict to learn from their experiences. Psychological processes, such as denial, and neuro-psychological processes, such as state-dependent learning, interfere with the addict's ability to retain the needed information necessary to break the bonds of addiction. This is one key trait that all addicts share - they don't "learn their lesson." This is why it's also said in twelve step groups that there is no mental defense against addiction; a fit spiritual condition is our only hope. Allen Berger has written "12 Stupid Things That Mess Up Recovery" to help us stay in fit spiritual condition. The 12 stupid things are: 1) Believing addiction to one substance is the only problem. 2) Believing sobriety will fix everything. 3) Pursuing recovery with less energy than pursuing addiction. 4) Being selectively honest. 5) Feeling special and unique. 6) Not making amends. 7) Using the program to become perfect. 8) Confusing self-concern with selfishness. 9) Playing futile self-improvement games. 10) Not getting help for relationship troubles. 11) Believing that life should be easy. 12) Using the program to handle everything. Once we get the monkey off our backs, emotional sobriety is the next step in recovery. Because drugs and alcohol suppress emotions, addicts don't develop the emotional maturity necessary to learn from life experiences. Once the drugs and alcohol are removed, we still have to face the problems we've been running from: severe and incapacitating depression or anxiety, chronic relationship problems, underachievement, unprocessed traumas, insomnia, anger and rage, self-hate, fear of social interactions, inability to pursue dreams, thoughts of suicide, feeling lost and alone, and constantly thinking about using. Many of these problems are what caused us to become addicted in the first place, so if we don't learn how to deal with them, just simply not using is not going to work. These problems are not going to go away on their own. "12 Stupid Things That Mess Up Recovery" is one of the best relapse prevention books I've read. As every addict will tell you, quitting is easy, it's staying quit that is hard. If you are serious about recovery, and really want to quit, but just can't seem to, you may be making one or more of these mistakes, so read this book and give it another try. David Allan Reeves Author of "Running Away From Me"

Great stuff, the chapter on confusing self concern with selfishness was eye opening. In AA the message I got early in sobriety was to be less selfish ie: " my problem was self will run riot" but I got confused because I felt I needed a lot of healing physically and mentally and I had no energy to be selfless. This chapter put it all in perspective as the other chapters ie: wrong information we can witness in AA and how to stay on track and be helpful to ourselves and others

Sometimes good things come in small packages. There are so many pearls of wisdom in this little book. I read it with my son and we discussed each topic. Recovery is such a fragile time and this is the second time we have been through it and I hope it will be the last. Don't be fooled by the small size as Dr. Berger has a lot of experience and he boiled his knowledge down to the key points. This is more practically oriented than some of the other references on this subject.

To me this is one of the most helpful books on recovery--straightforward, practical, realistic. It does help the alcoholic in recovery (or in attempted recovery) see the potholes in the road before they come up . . . and sometimes after. Reality check for sure.

Good book

Amazing piece of literature! It really hits you where there is still darkness. You certainly come to realize the work "you haven't done" in your recovery process. One WOW moment after another. A must read for the recovering person that wants to go deeper.

The book challenges you to do some soul searching. It's not a quick fix it book. It requires daily searching of ourselves.

Helped me to discover why I felt so challenged by my emotions. Emotional immaturity is a very real mental state. Not knowing about it kept me victimized by it.

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