

A woman with dark, curly hair is shown from the chest up. She is looking slightly to the left with a thoughtful or perhaps distressed expression. Her hands are pressed against her cheeks, with her fingers pointing upwards. She is wearing a blue and white striped shirt. The background is a blurred indoor setting with a window on the left and shelves on the right.

**MANAGING EMOTIONS**

**DURING ADDICTION RECOVERY**

# Managing Your Recovery From Addiction

**S Nieto**



## **Managing Your Recovery From Addiction:**

Managing Your Recovery from Addiction David F. O'Connell, Deborah Bevvino, 2007 Learn how to get sober and stay that way Getting and staying sober provides a special set of challenges for professional people physicians lawyers corporate CEOs accountants and others who drive themselves to achieve and succeed in high pressure surroundings Managing Your Recovery from Addiction applies business approaches and ideas to the process of planning implementing and carrying out programs that really work for professionals in their first year of recovery This unique self help book provides guidance to impaired executives and professionals seeking recovery through inpatient and outpatient care setting strategies for managing conflict dealing with changing emotions and moods and developing a solid spiritual program Managing Your Recovery from Addiction helps professionals develop both short and long term programs for dealing with the challenges of maintaining sobriety The book is based on the authors extensive experience treating impaired business personnel in a variety of settings including the Caron Treatment Centers and Lifeworks of London England an internationally recognized addictions treatment center Their rational scientific approach complements ongoing counseling and other treatment approaches to help keep the professional's career on track saving the recovering individual and his or her employer significant time and money due to lower productivity arrested organizational development absenteeism and other problems associated with professional level addiction Topics examined in Managing Your Recovery from Addiction include a unique view of the 12 Steps for business personnel the dynamics of managerial addiction essential information to prevent relapse to active addiction coping with relapse basic tasks and fundamental recovery steps setting and tracking recovery goals recovery stages 10 tasks to recovery conflict management strategies spiritual development addictions treatment and much more Managing Your Recovery from Addiction concludes with the O'Connell Dysfunctional Attitude Survey ODAS This book is vital for recovering executives and professionals and is an important resource for addictions and mental health treatment agencies that serve a professional population It is equally helpful for employee assistance program EAP personnel who regularly refer professionals for addictions treatment

*Managing Your Recovery from Addiction* David F O'Connell, Bruce Carruth, Deborah

Bevvino, 2012-12-06 Learn how to get sober and stay that way Getting and staying sober provides a special set of challenges for professional people physicians lawyers corporate CEOs accountants and others who drive themselves to achieve and succeed in high pressure surroundings Managing Your Recovery from Addiction applies business approaches and ideas to the process of planning implementing and carrying out programs that really work for professionals in their first year of recovery This unique self help book provides guidance to impaired executives and professionals seeking recovery through inpatient and outpatient care setting strategies for managing conflict dealing with changing emotions and moods and developing a solid spiritual program Managing Your Recovery from Addiction helps professionals develop both short and long term programs for dealing with the challenges of maintaining sobriety The book is based on the authors extensive experience

treating impaired business personnel in a variety of settings including the Caron Treatment Centers and Lifeworks of London England an internationally recognized addictions treatment center Their rational scientific approach complements ongoing counseling and other treatment approaches to help keep the professional s career on track saving the recovering individual and his or her employer significant time and money due to lower productivity arrested organizational development absenteeism and other problems associated with professional level addiction Topics examined in *Managing Your Recovery from Addiction* include a unique view of the 12 Steps for business personnel the dynamics of managerial addiction essential information to prevent relapse to active addiction coping with relapse basic tasks and fundamental recovery steps setting and tracking recovery goals recovery stages 10 tasks to recovery conflict management strategies spiritual development addictions treatment and much more *Managing Your Recovery from Addiction* concludes with the O Connell Dysfunctional Attitude Survey ODAS This book is vital for recovering executives and professionals and is an important resource for addictions and mental health treatment agencies that serve a professional population It s equally helpful for employee assistance program EAP personnel who regularly refer professionals for addictions treatment

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**Overcoming Any Addiction: Finding the Inner You** Cara Gilmore, 2012-05-06 When growing up and living in an addictive lifestyle one can easily fall into bad habits This book allows one to follow the 12 steps and some few extra steps to try and change bad habits into healthier ones One searching for help and trying to change their life generally may need some tips from an outside source In this book my readers can practice some exercises through their process and journey People in recovery don t want to be told what to do so that is why in this book I offer many different suggestions to one problem so my readers have options I am hoping this book can help at least one person that is looking to change their lives

*Substances, Welfare, and Social Relations* Amber Gazso, 2023-11-30 *Substances Welfare and Social Relations* uses intimate complex portraits to tell the stories of people who have lived some part of their life course while using or recovering from using substances such as alcohol or illicit or prescription drugs and also being part of a family and experiencing poverties Through these multifaceted stories layered with a critical analysis of

welfare policy the book probes the deeply entrenched stigma of living with addiction and in low income Amber Gazso's work revolves around the three principles idea that 1 addiction is part of everyday life 2 if we believe that people are not their addictions then stigmatizing addiction has no place in society and 3 destigmatizing addiction and providing better more imaginative programs and services invites and supports actionable hope Reflecting on qualitative data both narrative interviews and policy discourse Substances Welfare and Social Relations illuminates how stigmas can be overturned through a collective praxis of hope

**Addiction and Mood Disorders** Dennis C. Daley, 2006-07-20 Millions of individuals diagnosed with severe mental illness also suffer from an equally powerful substance use disorder If you or someone you love has been diagnosed with dual disorders this book can help Addiction and Mood Disorders A Guide for Clients and Families is designed primarily to educate individuals with dual disorders and their families about mood and addictive use disorders It not only gives a message of hope but also provides practical suggestions on ways to manage these disorders The author provides guidelines and strategies for recovery from dual disorders based on and adapted from various treatments that have proven effective for addiction mood disorders or both This book is filled with case examples that show growth and positive change as well as the difficulties many individuals struggling with a dual diagnosis face Advocating a recovery model in which the affected individual takes responsibility for getting the most out of professional treatment and self help programs this book shows that being an active participant is the key to getting the most out of your recovery This book is for use not only by those individuals who suffer from addiction and mental illness but also by their family friends and other members of their support system Professionals who work with these individuals will find this book to be a useful guide in their clinical work as well American Book Publishing Record, 2006

**The Truth about Addiction and Recovery** Stanton Peele, Archie Brodsky, Mary Arnold, 1991 A scientific view of the addiction process and how people both as individuals and as a community can overcome their addictions **Regaining Control** Grant Martin, 1990 When Good Things Become

Addictions Grant Martin, 1990 **The Healing Journey Through Addiction** Phil Rich, Stuart Copans, 2000-06-16 TABLE OF CONTENTS Embarking on Your Journey A Road Map Through Addiction Destination Beyond Denial Awakening and Acknowledgment Destination Understanding Your Addiction Destination The Present The Price You Pay Destination Getting Support Destination Addiction Free The Day You Stop Destination Relapse and Slips Destination Understanding Emotions Destination The Past Understanding Personal History Destination Self Inventory Destination Self Esteem and Personal Identity Destination Understanding Relationships Destination Good Health Rebuilding Body Mind and Spirit Destination Unfinished Business Destination The Future Maintaining Recovery As One Journey Ends Another Begins Acknowledgments

**Healing Life's Hidden Addictions** Archibald D. Hart, 1990 TABLE OF CONTENTS Part 1 Understanding Hidden Addictions 1 What Are Hidden Addictions 2 Addictions and Cravings 3 Is There an Addictive Personality 4 The Addictive Cycle 5 Obsessions and Compulsions Part 2 Varieties of Hidden Addictions 6 Lifestyle Addictions 7 Codependency Addiction to

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Journal's ... National Treatment Directory for Alcoholism, Drug Abuse and Other Addiction Problems ,1992     **Subject**

**Guide to Books in Print** ,2001     **Life Management Skills V** Kathy L. Korb-Khalsa,Estelle A. Leutenberg,1999

Access to Health Rebecca J. Donatelle,Lorraine G. Davis,1994 This third edition provides a thorough and comprehensive coverage of health and well being concepts and theory while also providing the tools and strategies to empower students to make responsible decisions about their personal health and the health of their community and world Changes in this edition reflect results of extensive market research in the personal health market These include new coverage of health behaviours and violence and renewed emphasis on managing behaviour to affect healthy lifestyles     You and the Alcoholic in Your

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Rebecca J. Donatelle,2001 Health The Basics emphasizes the essential health information necessary to develop a comprehensive understanding of health promotion and disease prevention from a behavioral management perspective This edition of Health The Basics includes a major update of all pertinent information while retaining strong and timely features that makes it one of the most contemporary books for the 21st century For the fourth edition Health The Basics takes a bold new step by examining the confusing and rapidly growing world of complementary and alternative medical practices CAMs and attempts to provide some clear direction and answers for the health consumer Basics maintains its thorough examination of health care in America and continues to examine health care issues on the cutting edge

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