

HOW ACRONYMS AND LEARNING
TO REST STRENGTHENED
MY RECOVERY

CULTIVATING
COMPASSION

Recovery Today

ADDICTION, RECOVERY AND SOBRIETY

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Commit to
Unconditional
Love

Why Listening
to My Kids Saves
Me Everyday

Dr. Adi
Jaffe

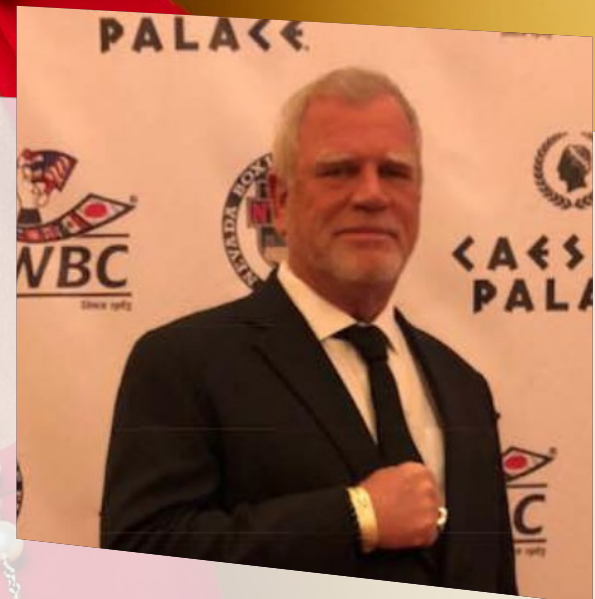
research psychologist, addiction
specialist and founder of IGNTD-
Igniting Lives Beyond Limits

**WHOS YOUR
ESKIMO?**



INTERVIEW

**LUANN
DE LESSEPS**
OF BRAVO'S MEGA-HIT,
THE REAL HOUSEWIVES OF NEW YORK CITY



Scummy Unplugged
Exclusive Interview with
Greg Hannley

★ ★ WORLD HEALTH ORGANIZATION FINALLY RECOGNIZES COMPULSIVE SEXUAL BEHAVIOR DISORDER ★ ★



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parents can reinjure us in ways that make growth and recovery difficult. When we grow up with dysfunctional parenting, we may not recognize it as such. It feels familiar and normal. We may be in ***denial*** and not realize that we've been abused emotionally, particularly if our material needs were met.

Here are some questions to ask yourself about

Are Your Parents Toxic?

1. Do they manipulate, use guilt, or play the victim?
2. Do they listen to you with interest?
3. Do they frequently make demands?
4. Do they try to control you? "My way or the highway?"
5. Do they disregard your feelings and needs?
6. Do they use emotional blackmail?
7. Do they over-react?
8. Do they blame or attack you?
9. Do they envy or compete with you?
10. Do they take responsibility and apologize?
11. Do they respect your physical and emotional boundaries?
12. Do they criticize or compare you?

Get tools to detach without guilt and the ability to set healthy boundaries!

www.whatiscodependency.com

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your parents' behavior. If this conduct is chronic and persistent, it can be toxic to your self-esteem.

1. Do they over-react, create a scene?
2. Do they use emotional blackmail?
3. Do they make frequent or unreasonable demands?
4. Do they try to control you? "My way or the highway."
5. Do they criticize or compare you?
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10. Do they respect your physical and emotional boundaries?
11. Do they disregard your feelings and needs?
12. Do they envy or compete with you?

Detach from Toxic Parents

Detaching is an emotional concept and has nothing to do with physical proximity. It means not

reacting, not taking things personally, nor feeling responsible for someone else's feelings, wants, and needs. Our parents can easily push our buttons. That's because they're the ones that put them there! It's harder to not react to our parents than to our friends and partners, with whom we're on more equal footing. (Read "Getting Triggered and What You Can Do.") Even if you move as far away as you can, emotionally, you may still react and have trouble detaching.

Be Assertive and Set Boundaries

Sometimes, it's impossible to hold on to healthy behavior when we're around our parents. Our **boundaries** were learned in our family. If we don't go along, our family, especially parents, may test us. You may have trouble **setting new boundaries** with your parents. Perhaps, you have a mom who calls every day or a sibling who wants to borrow money or is abusing drugs. Confused, they may attack you or blame your new limits on your partner or therapist.

Relationships with toxic parents can be hard to walk away from. You may need distance from your parents to create the boundaries that you're unable to make verbally. Some people cut off from family for that reason or due to unresolved **anger and resentment** from childhood. Cut-offs may be necessary in very **abusive** environments. However, although they reduce emotional tension, the underlying problems remain and can affect all of your relationships. Many family therapists suggest that the ideal way to become independent from your family is to work on yourself in therapy, then visit your parents and practice what you've learned. It's far better for your growth to learn how to respond to abuse. (See "Do's and Don'ts in Confronting Abuse.") I've witnessed clients who felt uncomfortable returning home do this. They gradually transitioned from reluctantly staying in their parents' residence during visits, to becoming comfortable declining invitations home, to staying in a hotel or with friends without guilt. Some could eventually stay with their parents and enjoy it.

When you visit, pay attention to unspoken rules and the boundary and communication patterns. Try behaving in a way that's different from the role you played growing up (see **Codependency for Dummies**). Pay attention to the habits and defenses

you use to manage anxiety. Ask yourself, “What am I afraid of?” Remember that although you may feel like a child with your parents, you aren’t one. You’re now a powerful adult. You can leave unlike when you were a child.

Where active **drug addiction** and abuse are present, consider what boundaries you require in order to feel comfortable. Know your bottom-line. Is it a one-day or one-hour visit or only a short phone call? Some adult children of addicted parents refuse to talk on the phone or be around them when their parents are drinking or using drugs. You may have siblings who pressure you to rescue a parent, or you may be tempted to do so. With difficult family situations, it’s helpful to talk with a therapist or other people in recovery from codependency.

Some Truths about Having Toxic Parents

Healing a relationship begins with you — your feelings and attitudes. Sometimes working on yourself is all it takes. That doesn’t imply that your parents will change, but you will. Sometimes **forgiveness** is necessary or a conversation is required. Here are some things to think about when it comes to your family:*

1. Your parents don’t have to heal for you to get well.
2. Cut-offs don’t heal.
3. You are not your parents.
4. You’re not the abusive things they say about you either. See “Codependency is Based on Fake Facts.”)

5. You don’t have to like your parents, but you might still be attached and love them.
6. Active addiction or abuse by a parent may trigger you. Set boundaries and practice nonattachment. Get “14 Tips for Letting Go.”
7. You can’t change or rescue family members.
8. Indifference, not hatred or anger, is the opposite of love.
9. Hating someone interferes with loving yourself.
10. Unresolved anger and resentment hurt you.

What You Can Do

Start therapy and attend CoDA, ACoA, or Al-Anon meetings. Learn to identify abuse and **manipulation**. Learn **How to Raise Your Self-Esteem** and heal shame and childhood trauma. (See **Conquering Shame and Codependency: 8 Steps to Freeing the True You**.) Have a support network, and become financially independent from your parents. Do the exercises in my ebook, **How To Speak Your Mind - Become Assertive and Set Limits** and webinar, **How to Be Assertive**. With abusive and difficult parents, my ebook, **Dealing with a Narcissist: 8 Steps to Raise Self-Esteem and Set Boundaries with Difficult People** lays out particular and specific strategies for confronting bad behavior with highly defensive people.

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*Adapted from **Codependency for Dummies** 2nd Ed. 2014, John Wiley & Sons, Inc.



Darlene Lancer is a Licensed Marriage and Family Therapist and expert on relationships and codependency. She’s the author of two books: **Conquering Shame and Codependency: 8 Steps to Freeing the True You** and **Codependency for Dummies**. Ms. Lancer has counseled individuals and couples for 27 years and coaches internationally. She’s a sought after speaker at national conferences, on radio, and to professional groups and institutions. DarleneLancer.com

JIM SPINA

I ALMOST MURDERED A COMPLETE STRANGER

As she opens the front door, the house is surprisingly dark. There is one faint light on, over the kitchen desk. She dimly hears a strange sound. It sounds like muffled gasping; a quiet rattling draw. Moving towards the sound, her eyes quickly lock on me.

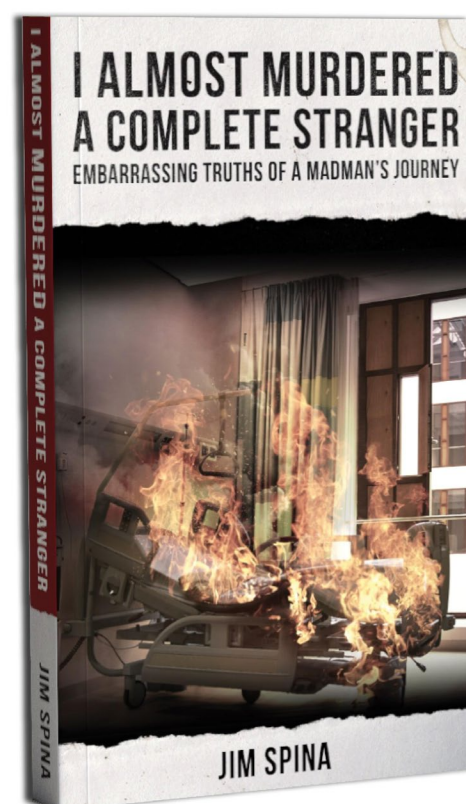
I'm lying face down, in a puddle of blood, unconscious on my kitchen floor. Kristen glances at my German

Shephard, Xena. She's anxiously pacing around me, her dark red paw-prints leaving a ghastly mosaic painted on the ceramic floor tiles.

"Mom, I gotta go. Dad is lying in a pool of blood, I have to call 911. He's not dead."

Click.

Kristen's alone now. Except for me. I'm not much company.



This memoir is not flattering, but it's mine.

It's a true story of a violent and traumatic 42-years journey with alcoholism. It screams out suffering, agony, loss, and blood - lots of blood. But it also sings of change, growth, and hope.

Writing and humor were integral to my healing. If I couldn't laugh at myself, unveiling my story would be unbearable. I've been humbled mightily by my experiences, particularly throughout the last phase of my past life. It's hard not to be humbled when you awaken as a brain-dead zombie, a catheter in your crank and a tube up your rectum. Appropriately, this book is full of self-deprecation; you have to have a sense of humor about these kind of things.

I've since experienced that alcoholism is not only chronic, progressive, and fatal without treatment (and the success rate for

treatment is horrifyingly low), but it is also alive. It is a mysterious, soul-destroying entity that seeks to destroy its victims prior to murdering them. Anyone touched by the bastard always a scourging tale of untold cruelties and suffering weaved through with blood red threads of bitter despair.

An essential and ongoing part of my growth is helping those still suffering. My hope is that reading my book will be an encouraging experience for readers because if there was ever a hopeless case, I was it. Yet hope remained alive, even when I didn't.

I also strive to dismantle the terrible stigma surrounding alcoholism. It's no surprise that those suffering keep their condition a deep, silent secret. This alone would help all of the afflicted and their families.

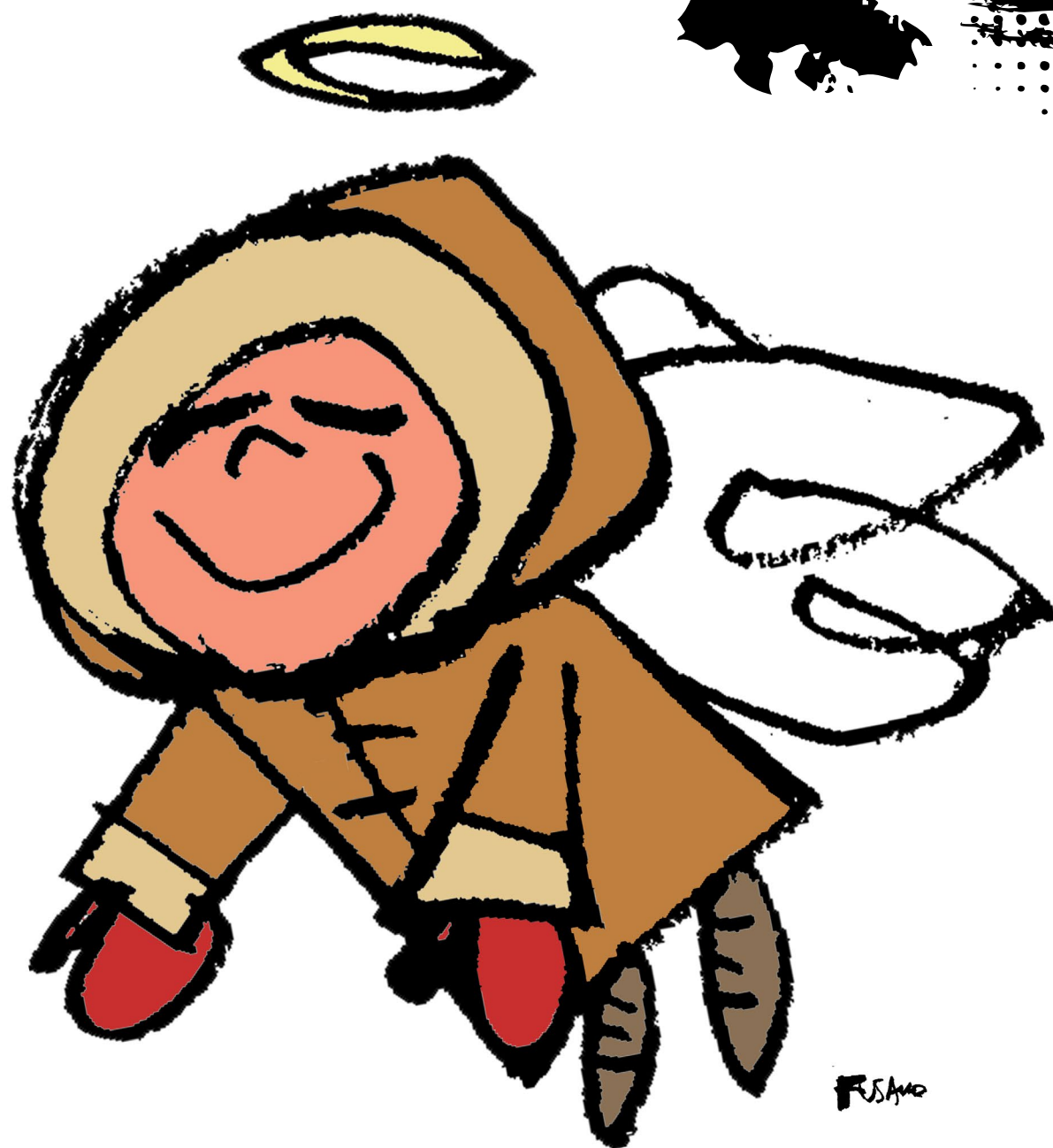
Nothing heals in the darkness of secrets or shame.



Prior to the book's release, I planned and finalized arrangements in 2018 for any profits made from its sale, to be donated to helping others suffering as I did. These profits will be donated to a local, state certified rehabilitation that is effectively assisting struggling alcoholics who want to recover.

Jim Spina served as an Officer aboard US Navy submarines, then in the commercial sector as a Nuclear Physicist in the nuclear energy industry. Now semi-retired, he lives in Maryland and spends his time reading, writing and learning. He enjoys frequent visits to local bookstores, walks with his German Shepard Xena, and loving life as a grandfather. www.jimspina.com





my eskimo.

WHOS YOUR ESKIMO?

The first time I heard the phrase, "So and so was my Eskimo," I had no idea what it meant. I had recently moved to Los Angeles, CA and the phrase was being used frequently by people in twelve-step programs. It was a reference to the person who was instrumental in introducing them to the program. It was clearly a term of endearment,

but why were they referring to them specifically as an Eskimo?

This was a real head-scratcher, especially considering the fact that the only place an Eskimo is mentioned in twelve-step recovery literature is in the Big Book. The term is used in a story about an Eskimo who turned up at the Greenland Ice

Cap. He arrived with a bottle of scotch and ruined a local alcoholic's sobriety. This was a real tragedy considering that the only reason this alcoholic had moved to the Greenland Ice Cap was to avoid temptation. This scenario featuring an Eskimo is used to illustrate the fact that unless alcoholics and addicts seek to enlarge their

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THAT'S TOO COINCIDENTAL TO BE A COINCIDENCE."

—Yogi Berra

spiritual life, they are doomed to use again, no matter how far away they try to hide to avoid temptation.

Curious as to how Eskimo has become a term of endearment, I inquired with a friend. The answer I received was what I had already concluded. "An Eskimo is the person who brought you to the program", she said. When I asked why these kind souls were referred to specifically as Eskimos, no one knew for sure.

As chance would have it, the mystery was solved for me in most unexpected way. Out of the blue an Englishman I knew began talking to me about how he hears the reference to "my Eskimo" often in Los Angeles twelve-step groups and few know its origin. He went on to explain that it comes from an old story that is completely

unrelated to Alcoholics Anonymous. It is an allegory of answered prayer. He shared it with me. It goes as follows:

"A man was sitting in a bar declaring loudly that he didn't believe in God. "Why not?" the bartender asked.

"I was on my dog sled, crossing the frozen Yukon, when a terrible storm came up. I completely lost my way. The dogs and I huddled together for warmth but soon all our food was gone. Day after day, I begged God to help me but nothing, only silence. I knew I was going to die."

"But you're here," said the bartender. "God must have helped you."

"What God?" said the man. "Some Eskimo came and showed me the way."

It's a humorous way to deliver the good news that even if you don't believe in God, if you pray for help, you'll still get it. With that mystery solved I also found it ironic that both Eskimo references, the one used in the Big Book and this one, although strikingly different and completely unrelated, are both an invitation to "come to believe" in a Higher Power.

I am also delighted by the fact that God answered my inquiry by dropping an unexpected Englishman onto my path. I'm always in awe of how "God moves in a mysterious way. His wonders to perform." In this case, the Eskimo who turned up to assist me was an unexpected Englishman. More proof that I live in a benevolent universe and happy surprises are always in store for me on the road ahead.



Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran and author of, *What if Godzilla Just Wanted a Hug? Leading with the Heart Instead of the Chin*. To learn more about Darrell visit www.ThisWillMakeYouHappy.com

HOW ACRONYMS AND LEARNING TO REST STRENGTHENED MY RECOVERY

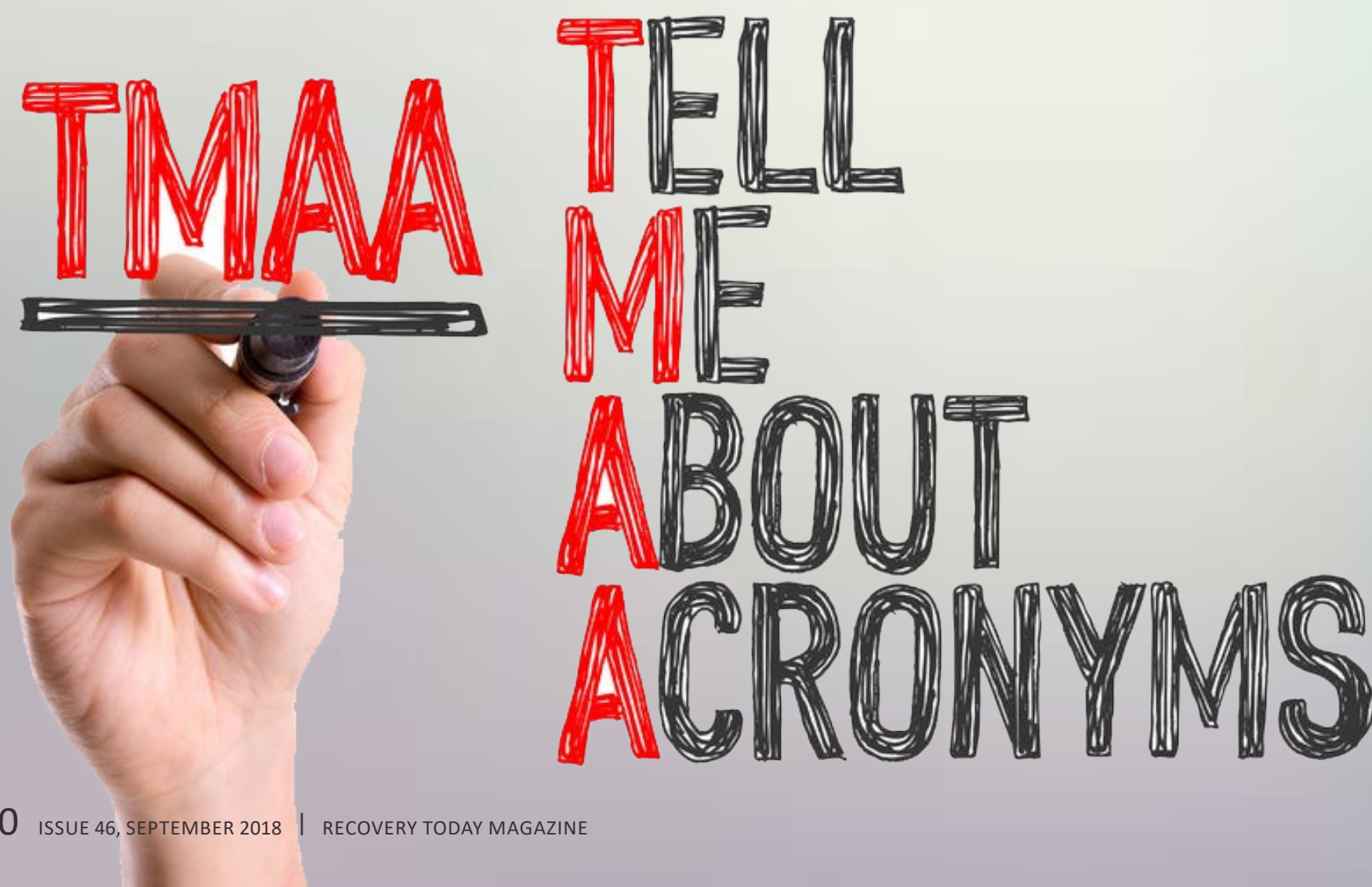
I had no idea how exhausted I was until I came into the rooms of recovery. One day the topic of a meeting was “Resting in Recovery”. In an instant the insanity of my life had flashed before my eyes. I saw flashbacks of how I spent my whole life running from the truth and avoiding reality which ultimately drained my soul from living in peace. I was utterly exhausted from years of living spiritually bankrupt and in a never ending state of *angst*. Right then and there, it was obvious

that the chaos of my life had been exposed and it was a powerful jolt of exactly what I needed to strengthen the foundation of my early recovery.

As much as I needed to work hard early on in recovery, I also needed to learn how to be still and rest! Yes, *be still!* Not make excuses, not rest on my laurels, or rest to the point of procrastination or rest in denial of what work was needed to be done, but rest when my mind, body, and soul needed to refuel

so that my emotional, mental, physical and spiritual systems were in full working order.

A new thought concept was birthed that day when I heard my sponsor talk about the acronym H.A.L.T. (S). My sponsor added an S because she had been sick for years with a back injury. When I heard this share from her I eagerly sat on the edge of my seat listening to the decoding of this acronym. She talked about the value of pausing when: hungry, angry,



lonely, tired or sick. Mind blown! When I heard this and heard others with long term sobriety share about the importance of rest, it completely rocked my world. In the past *resting* meant losing valuable ground. It meant weakness or laziness. Rest was for the faint of heart and the loafers of the world. What I did not know until that day, was that my idea of rest needed to be completely reformulated. I was so exhausted that day, that I cried all the way home with sobs of relief. *I was just granted permission to rest.*

In early recovery my emotions were raw and my vulnerabilities were exposed as I adjusted to the physical withdrawals and the spiritual changes that were happening within my body. Resting helped me find the pause button so that my emotions did not allow my recovery to be based upon reactions to things in my daily life.

Rest allowed time for me to recalibrate my internal compasses so that I did not drive myself off course due to mental fatigue and physical exhaustion. When I was rested and refreshed, I could then realign my daily goals so that I did not unknowingly set myself up for failure due to unrealistic expectations.

Resting has allowed time for me to be fully in the now and not driven by forces that could blur my boundaries or put me in an unhealthy state-of-mind causing me to make poor decisions that could put my sobriety in jeopardy. Resting allowed my mind the ability to refocus and do the next right thing. Rest has also allowed me the opportunity to think clearly and ask my sponsor or a trusted friend for advice rather than making spur-of-the-moment decisions that I may come to regret.

When I stopped and rested, my mind was able to clear the emotional chatter and mental clutter that was distracting me from progressing in my recovery. With time, my mind began to calm down and I was able to gain more confidence in setting boundaries and doing healthy self-care practices that intuitively guided me through emotionally challenging situations. So, take it from a reformed exhausted overachiever, resting is not weakness, it is just the opposite and the ultimate form of self-care. Acronyms gave me moment to moment relief from stressful situations and rest allowed my soul to pause and breathe until I could regain my footing to do the next right thing. And, seven plus years later, I am still pausing and resting in sobriety.

“

Resting helped me find the pause button so that my emotions did not allow my recovery to be based upon reactions to things in my daily life.



Rebecca L. Edwards is a Recovery Advocate, Author and Speaker who uses her life experiences to help those who crave a deeper spiritual understanding of their own trauma and addiction. She shares this unlimited creativity through multiple writing platforms, informative workshops, public speaking events, college campus awareness events and her soon to launch YouTube channel Sober Coffee Talk© where anyone can tune in for tips and tools on how to spiritually enhance their daily grind in recovery. For more information you can reach her at rebecca@rebeccaedwards.com or visit www.rebeccaedwards.com



EXCLUSIVE INTERVIEW WITH

LUANN DE LESSEPS

**OF BRAVO'S MEGA-HIT,
THE REAL HOUSEWIVES OF NEW YORK CITY**

Sherry Gaba, LCSW and Editor of Recovery Today Magazine had the opportunity to chat with Luann de Lesseps, (a.k.a. Countess Luann), a reality television star, author, actress, singer and Mother. An original cast member of Bravo's hit TV show The Real Housewives of New York, Luann just finished filming her tenth season.

INTERVIEW WITH LUANN DE LESSEPS



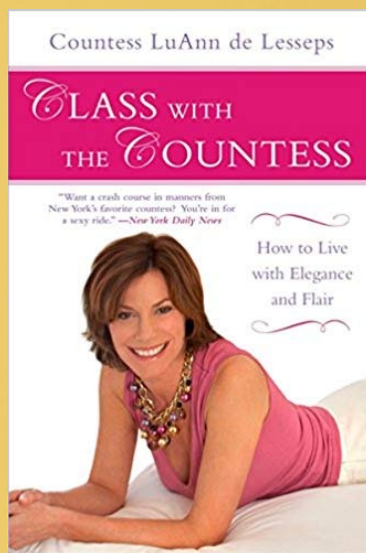
Article and Interview by Sherry Gaba,
Editor of Recovery Today Magazine

Luann shares the gratitude and forgiveness she has of her own journey from alcoholism to sobriety and the gifts of deeper relationships and experiences she has received with her recovery.

Most recently Luann appeared in her first cabaret show #CountessAndFriends at 54 below. After rave reviews, demand grows for more shows as they continue to sell out. #CountessAndFriends will also be going on tour this spring across the country.

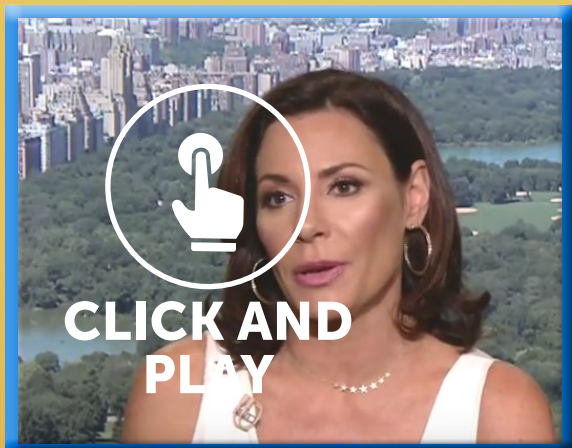
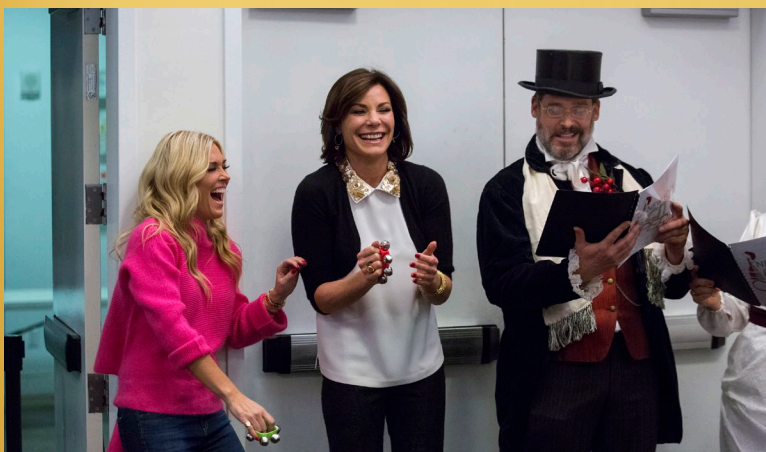
Luann is presently working on a new single to add to her global dance hits “Money Can’t Buy You Class”, “Chic C’est La Vie” and “Girl Code.”


Author of Class With The Countess, she is also at work on her second book.



Luann, known for her hosting savoir faire, recently hosted Open House for NBC and has made numerous guest appearances on national shows including Today, E Entertainment, Watch What Happens Live, Steve Harvey, Wendy Williams, The Talk, and Access Hollywood, amongst others. She also appears on scripted shows such as Hulu’s Difficult People and fans can still see her in airings of her appearance on Law & Order: SVU.

Luann champions many charities, including Look Good Feel Better, the American Cancer Society, GLAAD and ACE Partnership for the Homeless. She is the recipient of a Lifetime Achievement Award from NYU’s School of Nursing. With her two children, Victoria and Noel, Luann divides her time between the Hamptons and New York City.



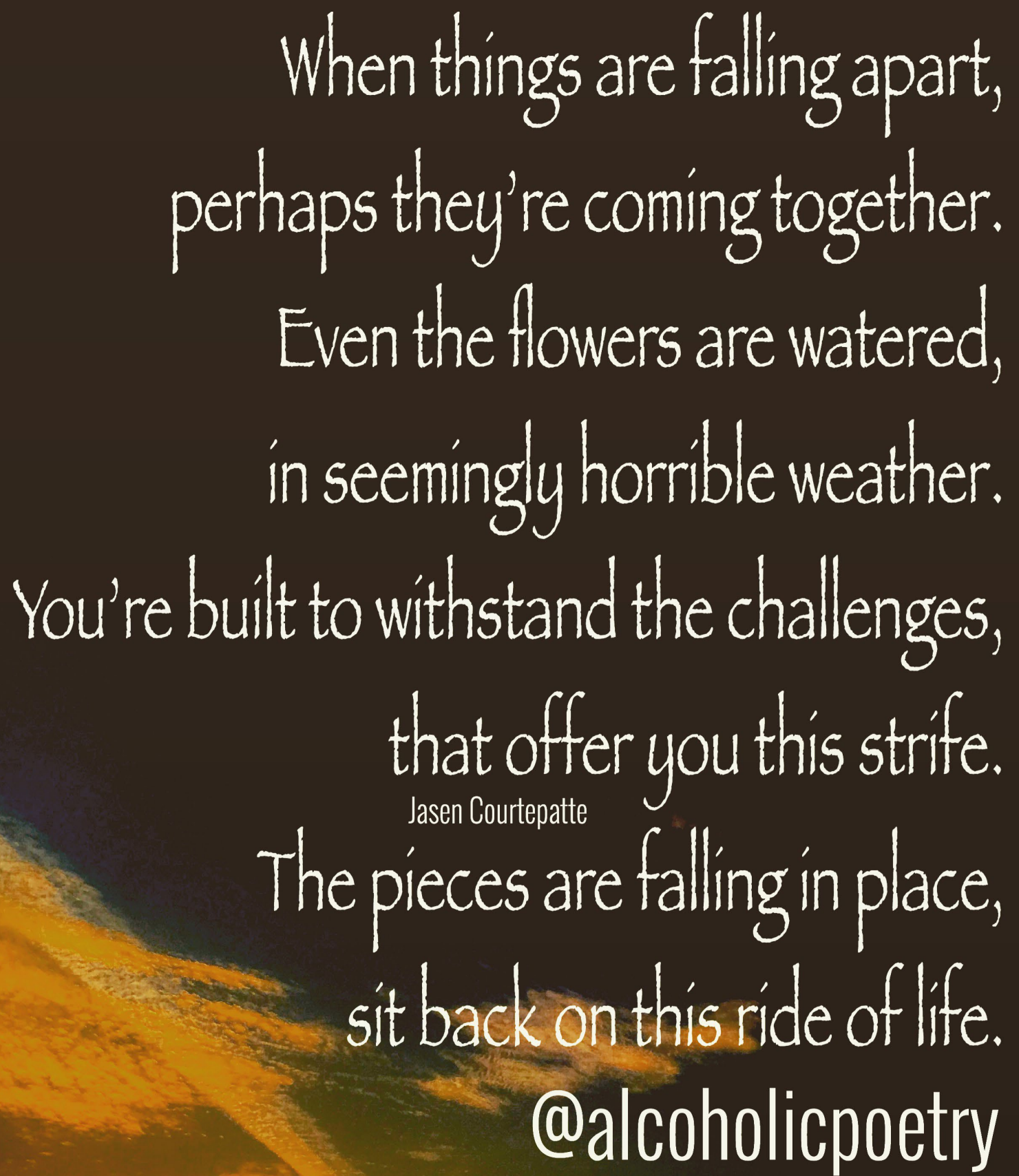


**Too many times,
we focus on bad.
It seems to erase,
the good that we've had
Be grateful for blessings,
we're given each day.**

Jasen Courtepatte

**Wake up tomorrow,
and try to replay.**

@alcoholicpoetry



When things are falling apart,
perhaps they're coming together.
Even the flowers are watered,
in seemingly horrible weather.
You're built to withstand the challenges,
that offer you this strife.
Jasen Courtepatte
The pieces are falling in place,
sit back on this ride of life.
@alcoholicpoetry

Nobody burnt their nostrils, by stopping to smell the roses. @alcoholicpoetry

Jasen Courtepatte



Jasen Courtepatte



Best Selling Author



Speaker



calljtoday@yahoo.ca



Writer / Poet @alcoholicpoetry



Songwriter



**"I've seen you
move the
Mountains, and I
believe I'll see
you do it again!"**

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BE INSPIRED EVERY DAY
IN YOUR RECOVERY

KINDNESS
"In all cultures around
the world, kindness is
the most "attractive"
characteristic a
person can have."
Be Kind

RecoveryToday

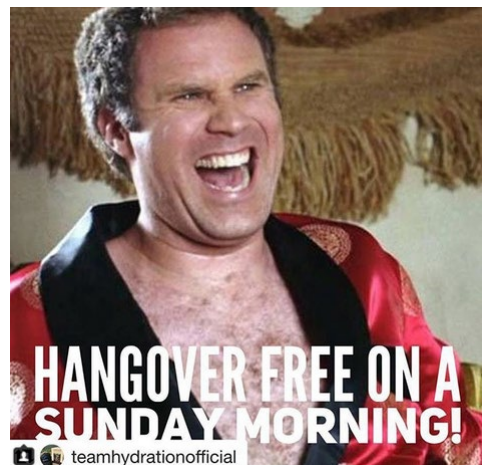
**I HAVE
NEVER FOUND
A BETTER HIGH
→ THEN SOBRIETY ←**

**KISS ME
I'M
SOBER**

**MONDAY IS YOUR
CHANCE TO HIT
RESET!**

GET ANOTHER WEEK, DAY,
HOUR OF SOBRIETY

@RECOVERYTODAYMAG



**What progress, you
ask, have I made? I
have begun to be a
friend to myself." –
Hecato**

RecoveryToday
ADDICTION, RECOVERY AND SOBRIETY

~~FEAR~~
HAVE YOU
STRUGGLED WITH
FEAR?
**WHY OR
WHY NOT???**

**IF ONE IS
NEVER
ENOUGH,...
... HAVE
NONE!**

WHAT'S YOUR STORY



OUR READERS SPEAK

SUE HOLT

Five years ago, I never thought the life I have today was even possible. I was too broken and worthless. My idea of happiness was so limited, and what I have now is absolutely limitless.

Being raised in a dysfunctional family, all I knew was how to live unhappy. My father was an alcoholic and my mother was codependent. My parents married and divorced each other twice.

In 2013 my life changed forever when my dad committed suicide. My relationship

with my dad became a sick codependent relationship. My dad's suicide made me feel like the walking dead. I drank heavily for two months. I sat on the couch, stone cold sober, to watch football. I had an open beer on the table next to me and looked at it. Not a thought in my head. I looked up at the game and instead saw a movie play of my alcoholic future. It ended with my suicide. In recovery that is a spiritual awakening.

Relapse is part of my story and was a bit of a cycle for the first two years. On Father's

Day 2016, I drank enough by 11 am that I had blacked out for the rest of the day. In 24 hours, I destroyed my sanity and my life. My mother sat with me, so I wouldn't kill myself. I was mortified and devastated.

I then pulled myself together and went back to AA. I work the 12 steps with a sponsor, pray and meditate, call my girls, and help others. I share more of my story at www.happyempres.com in the hopes that one more person hears something they need. In June 2018 I will have two years sober. Progress, not perfection. Go easy on yourself.

Sue Holt
Recovered Alcoholic
Lifestyle/Personal Upgrade Blogger
Human Experience Designer
www.happyempres.com

I have worked for 20 years in a design field that requires a sizeable education in psychology and cognitive behavioral science. I also have a Bachelor of Arts in Visual Communication Digital Design, and I am currently working on my Master's Degree in Human Computer Interaction.



To tell your story and have it featured, please send to:
Support@RecoveryTodayMagazine.com

A portrait of Dr. Adi Jaffe, a man with a beard and mustache, smiling. He is wearing a light pink button-down shirt and brown trousers. A silver watch is visible on his left wrist. The background is a textured, greyish-blue wall. A yellow banner is positioned above the text 'EXCLUSIVE INTERVIEW'.

EXCLUSIVE INTERVIEW

DR. ADI JAFFE

Adi Jaffe, PhD., is a research psychologist, addiction specialist and founder of IGNTD- Igniting Lives Beyond Limits. A nationally recognized speaker and expert on mental health and stigma, he has appeared on The Dr. Oz Show, Good Morning America, CNN and more. His Tedxtalk on shame has been seen by nearly 500,000 people.

INTERVIEW WITH DR. ADI JAFFE



Article and Interview by Sherry Gaba,
Editor of Recovery Today Magazine

Q1: Tell us about The Abstinence Myth:

The Abstinence Myth challenges the notion of the abstinence-only criteria of success for addiction treatment. It makes the point that, by making abstinence the first step for those struggling with addiction and trying to get help, we're leaving people out, making the problem worse and it's leading to more deaths.

Q2: What issues are you seeing with the current addiction treatment industry?

We're spending too much time focusing on what is addiction... Is it psychological? Spiritual? Biological? We [treatment professionals] end up fighting about this issue and we forget that addiction is really a little bit of everything. We're fighting over dominance, which is

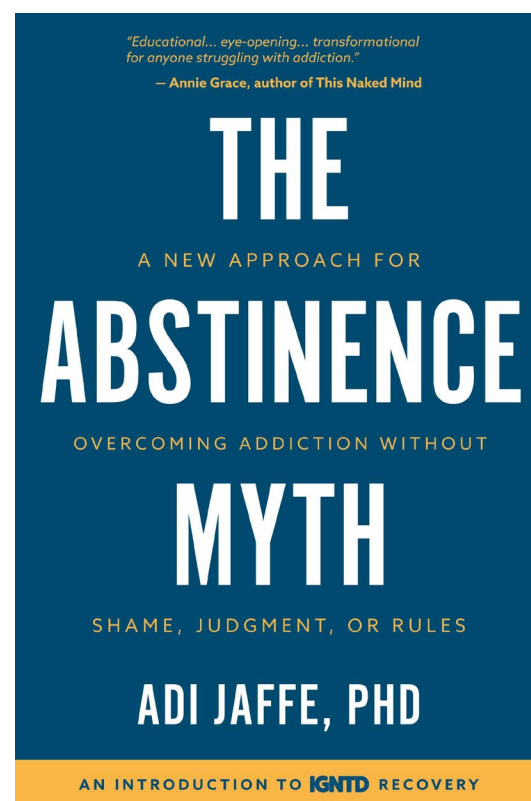
the *main* cause of addiction... and what you get in the mean time: everyone in the field throwing rocks at each other and saying their method is best, while more and more people are dying. The war within the treatment industry needs to stop.

Another huge issue- the existence of Alcoholic Tests- "20 questions to know if you're an alcoholic."

Sample questions from these surveys include:

- » Do you drink because you're shy?
- » Do you drink to build self confidence?

Mind you, answering 'yes' to 2 or more means you are most likely an alcoholic according to the survey. That is ridiculous. We're

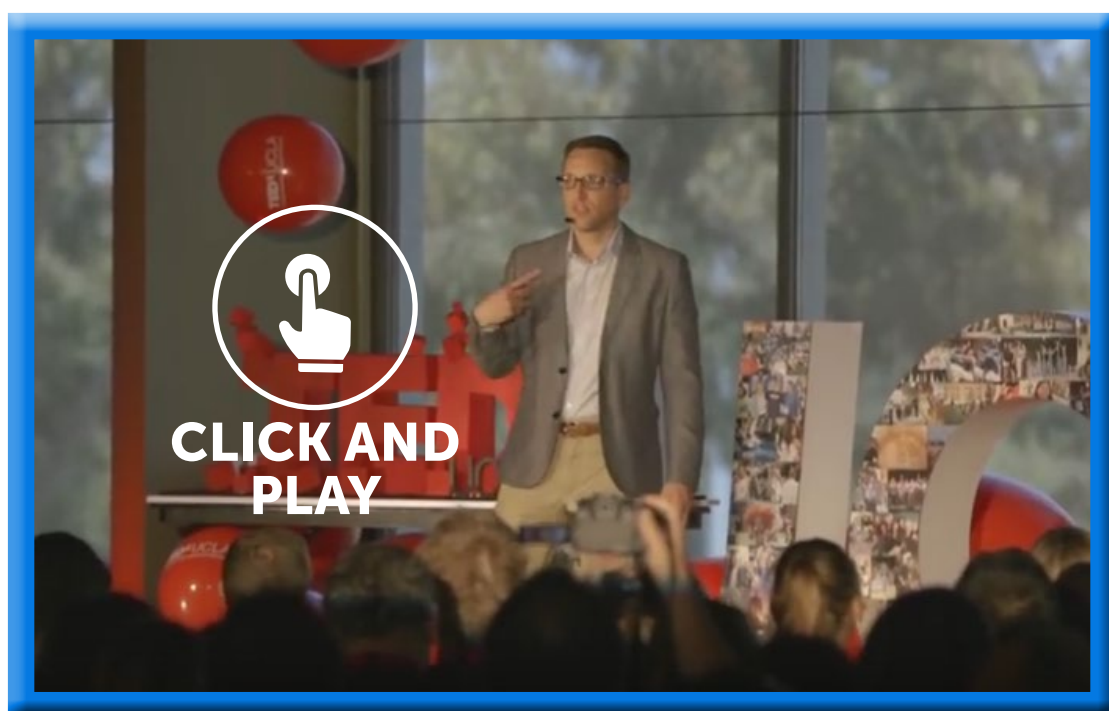


creating a system that puts people in boxes...

I'm not saying there are aren't "textbook addicts" - but we have now looped everyone into this one category... but they don't all fit into the same system and they don't need the same form of treatment. We have to start serving them at the level that they need help on.

Q3: What does The Abstinence Myth offer readers?

The book lays out 3 principles and offers 9 steps to recovery. It contains everything you need to get started on a recovery path regardless of where you are on the journey. The book is geared towards self-help and the steps



are easy to implement on your own. Before spending hundreds of thousands of dollars on rehab, I hope readers can begin these steps on their own to see what path of recovery works best for them. The book is only 113 pages, a quick actionable read.

Q4: You mentioned 9 steps, so which 3 steps are missing?

The book doesn't follow the 12-step model, but if I had to describe the main differences they'd be:

- » No amends - it focuses on showing up better in the present
- » No on powerlessness, IGNTD Recovery is about empowerment
- » No necessary role for God in the process

Q5: What are the myths?

Myth #1: Anyone who struggles with addiction in any form has to stay abstinent to fix the problem. WRONG

Myth #2: People who go to treatment maintain and establish abstinence... WRONG. Most people who go to treatment don't end up abstaining, research strongly suggests that even the best success estimates may be overblown (because people lie when asked), and the industry ignores all of this while calling it failure.

Myth #3: Continuous sobriety as THE marker for success itself is a myth. People come in because their lives are a mess and that's where much of the focus needs to be placed. Quality of life measures, percent abstinence and objective health measures need to become the standard for measuring recovery.



The Abstinence Myth sets out principles and steps that we work on in the IGNTD Recovery online course, which is completely revolutionizing the way people get help for their addictions and compulsive habits.

I feel like 3-myths is enough here... there are a lot more things we discuss in the book, but there 3 seem to hit a lot

Q6: What's the differentiator?

The Abstinence Myth questions the premise of what we're calling addiction and why we are so quick to rely on wholesale one-size-fits-all solutions. Before patients come to me for help, they've had an entire life experience... that's the mythology piece. For example; Terry is a soccer mom who used to be a "party girl," and that explanation makes sense to everyone until something magically happens

the moment Terry is deemed an addict... Terry is no longer the soccer mom (she never was really), Terry is an alcoholic. She is suddenly in a different group, and everything is explained through this new lens... We lose so much nuance when we do this to people. So now, Terry is looking for a solution to her addiction - a silver bullet that will put her alcoholism at bay, like chemotherapy for cancer... But that's not what addiction is: you cannot solve addiction using a standard form of treatment, every single situation is different from the next. In the book I share Terry's story and talk about her struggle to find real help.

We have to stop believing the whole "an addict is an addict is an addict" mythology. We need to stop looking at addiction this way... Some people may have a condition that looks like it's a disease while others don't think it is, it's simply more complicated than we're pretending.

Q7: If readers feel they need additional help outside the book, what can they do?

The Abstinence Myth sets out principles and steps that we work on in the IGNTD Recovery online course, which is completely revolutionizing the way people get help for their addictions and compulsive habits. Based on over 12 years of research and clinical experience, Dr. Jaffe's online education and coaching platform for ANYONE struggling with alcohol, drugs, sex, gambling or food addictions has completely eliminated all of the barriers that have kept 90% of those who need help in the shadows.

WORLD HEALTH ORGANIZATION FINALLY RECOGNIZES COMPULSIVE SEXUAL BEHAVIOR DISORDER

Designation in newest version of the ICD will help 'legitimize' sex, porn addiction in millions across the world

While the debate is certain to continue, those in the mental health field who believe sexual and/or pornography addiction are legitimate conditions were bolstered earlier this summer when the World Health Organization (WHO) released the latest version of its International Classification of Diseases (ICD) and included Compulsive Sexual Behavior Disorder (CSBD) as a mental health condition.

That designation doesn't quite meet the standard for addiction, but nonetheless, it's the strongest statement made by any body of experts in the field of sexual mental health to date.

"In my clinical experience, I have encountered legitimate and illegitimate claims of sexual compulsions," said Dr. Kirk Honda, who hosts the Psychology in Seattle Podcast. "Having this new

ICD label will hopefully be a step for clinicians, researchers, and society to better understand this condition."

WHO characterizes compulsive sexual disorder as "a persistent pattern of failure to control intense, repetitive sexual impulses or urges resulting in repetitive sexual behavior."

Some are pointing to the fact the word "addiction" doesn't appear



in the ICD's description, but Honda said it's not surprising.

"In popular media, the word 'addiction' is used in a wide variety of contexts and with a variety of definitions, which causes confusion and misunderstanding. Thus, it is generally excluded from clinical literature. Other words like 'problem' or 'compulsion' are preferred."

CSBD is not the exact same thing as a sex or porn addiction although they are very closely related, according to Dr. Zoe Shaw, LMFT and host of the Redefining Your Superwoman Podcast.

"You cannot have an addiction without also having an impulse control disorder, although you can have an impulse control disorder without having an addiction. An impulse control disorder does significantly increase your chance of developing an addiction," said Dr. Shaw.

Tony Overbay, LMFT and host of The Virtual Couch Podcast, said while an official CSBD label is important to have, it is still only a label.

"I feel like for those of us on the front lines who are treating what our clients bring into session, meaning a compulsive sexual behavior that is causing them problems – be it a problem with connection to a partner, objectifying men or women, or an unhealthy view of sexuality that is negatively affecting their quality of life – the debate is unproductive. I'm just glad to see the attention brought to the issue, whether we call it sexual impulse disorder, or sex or porn addiction."

Mental health professionals in the United States rarely use

the ICD, preferring the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorder (DSM). There was no designation in the 2013 update, citing a lack of academic research or empirical evidence. Some professionals believe inclusion in the DSM is inevitable.

"I believe American mental health professionals use the DSM simply because that is what is typically taught in school, they are more familiar with it," said Overbay. "I find that more and more I'm being asked to provide an ICD diagnosis code when submitting paperwork for billing so I believe that most mental health professionals, particularly if they work in the area of compulsive sexual behavior, will find their way to the diagnostic information and apply it appropriately to their work."

Regardless of exact nomenclature, Shaw reiterated the time was right for WHO's inclusion of CSBD.

"The advance of technology and the ease with which our world consumes porn has created addictions and disorders that simply didn't exist before. Now, I have clients with these issues coming into my office weekly," she said. "I applaud WHO for its attempt to keep up with the pace of the world and recognize the gap in identifying and describing this cluster of symptoms."



World Health Organization

The World Health Organization lists the symptoms of compulsive sexual behavior disorder as:

- Unsuccessful in reducing sexual behavior
- Neglecting health and personal care
- Adverse consequences based on sexual choices
- Neglecting interests, activities and responsibilities
- Inability to control intense sexual impulses and urges
- Distress or impairment in areas of employment, schooling and social interaction



Joshua Shea is a pornography addiction expert, author and activist who was an addict for 20 years. Now nearly five years into recovery, Shea is a sought-after public speaker on the topic of pornography addiction. He is currently working on his second book and maintains the website RecoveringPornAddict.com



FROM “THE NETWORK” SPOTLIGHT

Recovery Today Network

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COACHING SPOTLIGHT

Rob Eastman
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Snapshot Info:
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As a person in long term recovery myself, I have found amazing success when I’m truly working on the mind, body, and soul. With my Recovery Coaching program you will get a combination of therapy, Life skills, fitness and nutrition, which are all things that have saved my life and helped me find true happiness. It doesn’t matter what type of addiction it is, I can help. I didn’t read about ADDICTION, I lived it! So let me help guide you or your loved one out of hell and back into the light.



THERAPIST SPOTLIGHT

Jeffrey D. Plankeel,
MSW, LCSW, LLC
Call Now 443-255-3748

Snapshot Info:
(For More Information Visit
His Profile Here)

Jeffrey worked as a therapist and then clinical supervisor at Pikes Peak Mental Health, now called AspenPointe, with adults – mostly men and women struggling with severe and chronic mental illness.

He then worked close to four years at the Department of Veterans Affairs here in Colorado Springs, specializing in PTSD treatment for all era combat veterans, and couples therapy. Before launching into private practice in 2014, he was a program manager at AspenPointe over their Comprehensive Health Services Program to adults struggling mostly with severe depression, bipolar disorder, and schizophrenia.

He is excited to bring years of experience to private practice, and considers it such a privilege to do this work of helping people understand themselves and their relationships, and then aiding in the healing and restoration that can come with good, evidence-based

treatment. However, the best treatment approaches are only as good as the collaborative relationship. Lots of research shows, that people get better in the context of relationships, and in the therapeutic relationship he understands that healing can't happen without first establishing trust, understanding, and rapport.

He will work hard to earn your trust, and build confidence while empowering you by teaching you everything you want to know about how treatment works and why we might choose one approach over another. He is a very relaxed and laid back presence, and he enjoys his work. If he can be of help to you to get through any past trauma or current challenges you face

TREATMENT CENTER SPOTLIGHT

Soba Recovery Center
Call Now (866) 435-0504
Location Malibu California

Snapshot Info:
(For More Information Visit
Her Profile Here)

soba
recovery center

“AN INTEGRATIVE APPROACH TO TREATMENT”

If you're reading this right now, you may feel a sense of shame in your addiction and we understand. You were giving it all you could to maintain a life that has become unmanageable. Although you have those feelings of helplessness, shame, and guilt, what matters now is you are on the verge of changing the course of your life by coming to the SOBA Recovery Center (SRC) and that's something for which to have immense gratitude. Our staff understands that people try to rid themselves of alcohol and drug dependency, by themselves and have not been able to do so. That's why we're here at SOBA Recovery Center. Our professionals and addiction treatment modalities will put you on

a new path to rid yourself of addiction and resolve issues in your life that have been buried for years. When we see the transformations in self-esteem, dignity, and self-respect that take place with our clients on a daily basis, it is most rewarding for each and everyone of our treatment team.



ARE YOU A...

TREATMENT CENTER? THERAPIST? COACH?

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.....

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.....



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SCUMMY UNPLUGGED EXCLUSIVE INTERVIEW WITH GREG HANNLEY CEO OF SOBA RECOVERY



Anyone who knows me knows I go at life pretty hard. As a Freestyle Motocross pro, I was “balls to the wall” 24 X7 and that included partying, which led to big time addiction, jail, near homelessness, the whole thing. I’ve been sober now for years and recovery is the main thing in my life. I go “balls to the wall”, equally as hard in recovery as I did jumping my bike (which I still love to do) but I love talking about recovery and I’ve loved being a part of Recovery Today Magazine.

Through my recovery, I’ve had the chance to interview some of the coolest people and talk

about recovery. Some really, really famous, some not so famous but this interview has to be one of my favorites. This one is a little more serious because I had never heard the story before and I was blown away by it.

Today I interviewed Soba Recovery CEO and Publisher of Recovery Today Magazine, Greg Hannley. When I first met Greg, I loved him. The guy is just beyond cool. Owns a movie company, manages a ton of boxers and MMA guys and is just always relaxed. I know this interview is gonna sound like a commercial and maybe over the top but no bullshit, it blew my mind.

YouTube

EXCLUSIVE INTERVIEW WITH GREG HANNLEY

Interviewed
by Colin "Scummy"
Morrison



Follow Greg on Facebook
<https://www.facebook.com/greg.hannley>

Soba Recovery is one of the largest and no doubt one of the most successful rehabs in the country and straight up, no bullshit, I don't think anyone is out there who knows more about treatment centers and how to run them than Greg. The story of how it all came together, ...I don't even know what to say.

Right off the bat, Greg says **"Soba was started Not by my design."** He never planned **ANY** of this shit. It was all about just helping a bunch of guys stay sober and still is. It literally started out about 13 years as a "pizza night" meeting in his garage and grew totally by word of mouth. Now he's helped, I don't even know,

thousands, maybe tens of thousands of people get sober.

What can I say? The story is totally cool and you have to hear it.

Lastly, if you know anyone who needs help, send them here. Yeah, I know it's a plug but just listen to what he says and then you decide.

Here's their website <http://SobaRecovery.com> and here is their phone number. (866) 435-0504 Enjoy the interview. I did.

-Colin "Scummy" Morrison

**IF YOU OR SOMEONE YOU
LOVE IS STILL BATTLING
ADDICTION, NOW IS THE TIME**



SOBA MALIBU

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Call Us Now to Talk
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CULTIVATING COMPASSION

“

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

- Dalai Lama

Compassion is an action we take to relieve suffering. It can be towards ourselves, as in self-compassion, or towards others. It can be as simple as telling someone, “I’m sorry you’re going through such a tough time,” or just being with someone in their pain so that they are not hurting alone.

Compassion is good for everyone. Compassion enhances happiness, self-esteem, and the fulfillment of meaningful connection with others. Compassion reduces stress. Compassion promotes strength, resilience, and courage. Compassion reduces the suffering of painful emotions. When we act with compassion, we feel less empty, more connected, and more loving. Practicing compassion brings about true and lasting happiness.



1. To cultivate compassion, first start with a morning intention to love. Make this part of your morning ritual.

2. Second, practice empathy. Compassion starts with empathy. Empathy is an active practice of inquiry into what others are feeling and thinking. Put yourself in others’ shoes. Listen deeply with a silent mind, attending fully to both what they say and to their nonverbal communication.

3. Third, practice self-compassion. Notice negative self-judgments and feelings of shame, self-hatred, or unwor-

thiness as they arise in your awareness. Smile at them, and gently let them pass. Show yourself kindness. Forgive yourself for your mistakes and shortcomings. Practice holding yourself in your mind with self-reverence.

4. Fourth, see that fundamentally we are all the same. See that we all want to be happy and to not suffer. See that we all want the same things. Mindfully notice judgments of others when they arise and let them go. Practice holding yourself and others in your mind with reverence for our sacred natures.

5. Fifth, practice lovingkindness throughout the day. Take very good care of yourself and others.

6. Finally, end the day with stillness and your ritual of reflection on your day. How did you do? How could you have done better?

Practicing compassion is easier with people who are good to us. It is harder with people who mistreat us. When people hurt you, don’t hurt back unless it is to save your life. Instead, protect yourself. Get away and get safe, because you need time to process your pain. First, remind yourself that whatever they did, it was not about you. It was about them and their feelings, beliefs, needs, vulnerabilities and flaws, and perhaps their lack of skill. See that responding with compassion to those who hurt us makes things better for everyone. Love is always better than hate. This spiritual practice takes just that—practice. We need to be patient with ourselves as we gradually develop the capacity to spiritually override our default neurobiology to hurt others through the practice of compassion.

May you decide to engage in the daily practice of compassion that you too may realize happiness.



Dr. McGee is the author of “The Joy of Recovery: A Comprehensive Guide to Healing from Addiction,” Available on Amazon.com and BarnesAndNoble.com. He is also the Chief Medical Officer of The Haven, an Addictions Treatment Facility near San Luis Obispo, CA. Read Dr. McGee’s blog and other recovery resources at www.drmichaelmcghee.com.

DANA BOWMAN

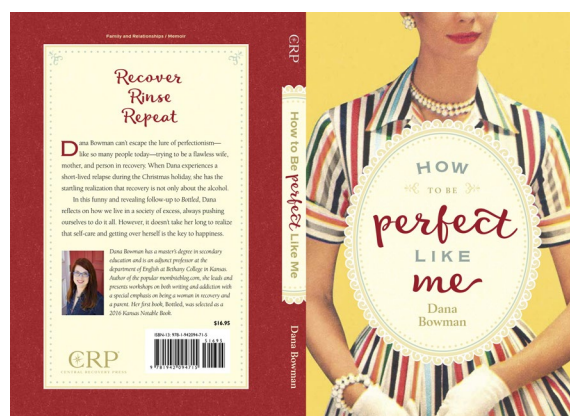
WHY LISTENING TO MY KIDS SAVES ME EVERYDAY



There is no big solution for depression. I can't pull some universal stopper and watch the waters recede to one final circling flourish around the drain. It's not easy or tidy, and any more water analogies are not going to wash it away. Medication can help, and yes, it's totally okay for people in recovery, even me. Journaling and exercise help, too. Counseling is always a good option. It's all so tedious and messy and depressing, dealing with depression.

This is where my children come in handy. I knew they would make themselves useful at some point, and in this case they've become like those therapy dogs. They can sniff out trouble within seconds, and then bammo, they're at your side, all wiggly with wet noses. However, their main therapy tactic is to annoy you into distraction by repeatedly asking for snacks with Ninja Turtles on them.

I cannot help but listen when my children are asking after me. Be-



cause that is all they seem to do: ask for things. Children so rarely come up and just say, "Why hello there, Mother. Lovely day, isn't it? Would you like some tea?" This would be grand, but it would also be weird, like my children had been replaced by a British butler named Barnaby, and butlers make me nervous. (Note: This is purely theory. I have never actually encountered a living butler, or even a dead one.)

Instead, their questions push and prod and require an answer, and unless I want to delve into totally

horrible parenting, I try to avoid that even on my worst days. Common courtesy requires that I answer my children when they ask me thirty times that day, "Mom? Mom? Can we play Wii?"—if only to establish that no, for the thirtieth time, they cannot. Repetition is our love language.

When I was drinking, I did not listen well. I chattered away and clattered about and turned up the music, and all the noise and ruckus kept me from really hearing anything at all. Until, of course, I was silenced by my own addiction, and no amount of noise came through. That's how alcoholism works. It works itself up into a great din with a crash of cymbals and timpanis. It's the final bars of some great opera, exuberant, loud, and long. But then, the music always stops. One way or the other, the music always stops.

My sad days would be poured into a glass when I was drinking, and lo,

INTERVIEW WITH DANA BOWMAN



Article and Interview by Sherry Gaba,
Editor of Recovery Today Magazine

instant fix. The glass, and its contents, worked. I would pour a glass of Pinot Grigio, the music would swell, and relief would come. I didn't need counseling, or journals, or medicine, or God. I had wine. It did all the work for me.

Until, of course, it stopped doing any work at all. Wine, like duct tape, always functions well at first. But then it frays and gets all gummy and makes you look like a slob. But you rarely notice because, well, it's wine.

When I quit drinking, I didn't know how to listen. I was afraid to. I was afraid I would hear things such as "You are the worst mother" and "You are never going to get better" and "Why try? What is the point?"

And when I quit drinking, that is exactly what happened.

Sad days would descend. And with them came a sick certainty that I was the worst mother.

I would never get better.

And there was no point.

When I listen to my children, I am in the habit of bending down and leaning in toward their faces. I know this makes me sound lovely and maternal, but really? My boys



use these breathy, teensy voices at the weirdest times, and so I need to get millimeters away to just hear them. Incidentally, this tiny-voice thing sounds cute and all, but it only occurs when we are alone. If others are around, for example my pastor, or really anyone, my children like to bellow things such as "WHY DO THE BACKS OF YOUR LEGS LOOK LIKE THAT?" These types of conversations are often completely ignored, because as much as I advocate for common courtesy, I know better than to engage with them because I might kill them.

In my sadness, I picture myself leaning down and listening to me. I put my hand on my shoulder and look into my eyes and come in close. I can't carry any journals or a Bible or even a counselor's office number scrawled on a slip of paper in my hands because they are placed on the shoulders of the child who is me. My hands are full. I have no other thing to do but listen.

Because what else is there to do?

I could give up. You see, sometimes all the counselors and prayers and green juices and yoga classes don't seem to work. Or they only work a little, or for a little while, and it's all so very tiring to keep trying.

So, I could give up. I know people who have, and they are dead. Perhaps it seemed their best answer to a brain so tired and tangled.

And I could keep drinking because that was an answer for a while. I could drink and drink, but soon that would prove about as helpful as slamming a door so hard against the winter cold that you break the glass. In comes the cold, and the only thing left to do is sit down and fall asleep in it.

I could give up. It might seem easier. But when I started to listen to that girl, the one with the shoulders that shook with tears and anger, and I bent down and looked at her face and just listened? She looked right back at me, and in a still, small voice I heard her say, "I am still here."

Adapted from *How to Be Perfect Like Me* by Dana Bowman with permission of Central Recover Press. Copyright © 2018 by Dana Bowman.

Bowman is a long-time English teacher and part-time professor in the department of English at Bethany College, Kansas. Her first book, *Bottled: A Mom's Guide to Early Recovery*, published by Central Recovery Press, was chosen as a 2016 Kansas Notable Book. She is also the creator of the popular momsieblog.com and leads workshops on writing and addiction, with a special emphasis on being a woman in recovery while parenting young children.

COMMIT TO UNCONDITIONAL LOVE



Unconditional Love

I come from a line of alcoholics. My grandfather was an angry addict, living many years in and out of prison. My dad vowed he would never be like his father. And he wasn't. Daddy was a loving and kind man who worked really hard to provide for our family.

Everything changed in the late 70's. Daddy started numbing his pain with alcohol when some business deals went sour. The recession in the early 80's was the final straw. Dad became a full-blown alcoholic. He smoked and drank himself to

death, eventually passing at the very young age of 54.

Dad's death took a terrible toll on me. As I looked at his life, I realized that he had spent his entire existence trying to prove himself worthy of being loved. And because he felt like a failure, he became an alcoholic.

Daddy's death woke me up to seeing myself. And let me tell you, I didn't like what I saw. I, too, had no forgiveness for myself. I was addicted to love.

I finally realized that I had spent my life trying to prove that I was worthy of being seen, heard and valued just like Dad had done. I lived by a belief that said if I was good and performed well, I would feel loved in return. But I didn't feel loved, so I walked around angry, believing others were the source of my pain.

I hated being an angry wife and mom. I knew if I didn't change, my kids would grow up and suffer just like my dad and I had done.

I made a decision to break the cycle of pain that had been handed down through the generations. I committed to unconditional love.

Here are four key steps to commit to unconditional love...

1. **Stand in your truth.** Listen to your feelings. Allow them to guide you to your heart. I watched my dad bury his feelings and numb them with alcohol. What he didn't realize was that his negative feelings were his soul telling him that he was not loving himself. Speak your voice, share your heart, give yourself permission to be you. **THIS** is unconditional love. Pay attention to your feelings and allow them to guide you to your truth.
2. **Stop the performance.** When you suppress yourself, you are performing for love and approval. You disconnect from your true self. *This disconnection is what creates your pain and suffering.* After years of performing and feeling angry, I finally understood that seeking love outside of myself was



**You become
a leader of
love so others
can watch
you and learn.
THIS is your
greatest act of
service. And it
begins when
you commit to
unconditional
love.**

futile. I got grounded in the fact that love had to come from within me instead of feeling powerless and being addicted to people's approval. As you stop the performance, you take back your power and end your suffering.

3. **Nurture yourself.** Let go of your guilt and have compassion for

yourself. I took my anger out on a lot of people in the past, and as a result, I was riddled with guilt. The more guilt I had, the more I performed trying to prove my worth. But after making a commitment to heal, I finally understood that my anger was a messenger telling me that I was hurting. So, instead of feeling guilty about my anger, I now saw it as a gift to love and nurture myself with compassion and forgiveness. This is the same with resentment, shame, depression, you name it. If you're feeling any lower level feelings, you're being asked to nurture yourself.

4. **Follow your passions.** Your passions are your soul's guide to a life of fulfillment. For years, due to my internal disconnect, I had no idea what my passions were. But as I loved myself, my passions bubbled to the surface. Loving yourself unconditionally creates a deep connection within. You get high on life and your passions are revealed!

These steps healed my *love addiction* and created a life of peace, passion and fulfillment. As you follow them, you break the generational cycle of pain and struggle. You become a leader of love so others can watch you and learn. **THIS** is your greatest act of service. And it begins when you commit to unconditional love.

Former Miss USA, Terri Britt, is a Love Expert, Energetic Healer, Motivational Speaker, and Change Agent for women and their families. She is the founder of Women Leaders of Love global community and is the host of "Terri Britt's Leading with Love" on the Contact Talk Radio Network. Terri is the author of several books including *The Enlightened Mom: A Mother's Guide for Bringing Peace, Love & Light to Your Family's Life*, winner of the Best Spiritual Book of the Year at both New York and San Francisco Book Festivals, as well as her latest free e-book, *Women Leaders of Love: How to End the #1 Massive Mistake Women Make & Unleash Your Greatest Act of Service*. To learn more about Terri, go to www.TerriBritt.com. To grab her e-book, go to www.terribritt.com/leaders.



Greg Hannley

Publisher

Nationally recognized addiction expert, Greg Hannley is the Publisher of "Recovery Today Magazine". He is also the Chief Executive Officer of SOBA Recovery Center, and Executive Producer of the acclaimed film with Daniel Baldwin, "The Wisdom to Know the Difference". Greg has appeared on CNN's Larry King Live, Fox News, Fox and Friends, San Antonio Living, and other national media outlets. His vision is to provide a safe, sober environment for those suffering from the disease of addiction and to evangelize a simple, powerful message; there is hope.

Rob Hannley, Producer

Sherry Gaba, LCSW Editor

IN THE NEWS



SOBA Living was featured on News 4 San Antonio this month. Watch it here.

Soba Recovery Center is one of the Largest Privately Held Drug and Alcohol Treatment Center in the United States. Their show, "Soba Living", airs monthly on San Antonio's popular Daytime shows "Daytime at Nine" and "San Antonio Living".

Actor / Director Daniel Baldwin, former Miss USA, Tara Conner and Soba CEO, Greg Hannley, talk about trending topics in the world of addiction, recovery and sobriety this month on News 4, San Antonio Living. You'll love this!

SAN ANTONIO LIVING



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