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12 Stupid Things That Mess Up Your RECOVERY . Avoiding Relapse through Self - Awareness And Right Action . Stupid Thing 1: Believing addiction to one substance is the only problem. Stupid Thing 2: Believing sobriety will fix everything. Recovery begins with breaking the bonds of addiction. But this is only the first step on a long journey.

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12 Stupid Things That Mess Up Your RECOVERY

/ 12 Stupid Things ourselves and our relationships, and dealing with the wreckage of our past. Few of us will relate to all of these issues, but the general themes should be familiar. So without further ado, here are my top twelve nominations for stupid things we do to mess up our recovery: 1. Believing addiction to one substance is the only ...

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With "12 Stupid Things that Mess Up Recovery", Dr. Allen Berger provides the means for targeting behaviors and attitudes that sabotage sobriety. It sounds so simple: Just stop drinking (or drugging, or binging, or gambling), and everything will be fine.

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12 Stupid Things That Mess Up Recovery. Price: \$15.95 Online Price: \$14.35. Qty. Add to Cart Details Summary. 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 ...

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Here are the 12 "Stupid Things" from his first book: Believing addiction to one substance is the only problem. Believing sobriety will fix everything. Pursuing recovery with less energy than pursuing addiction.

12 Stupid Things | Dr. Michael McGee

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