

SEVEN AREAS OF A RECOVERY PROGRAM

Orientation and Welcome
Seven Recovery Tasks

Orientation and Welcome

Orientation and Welcome

Dear Recovering Friend,

Welcome to this program, to this process, of recovery, growth and development.

The material which follows in this "Orientation and Welcome" refers specifically throughout to those who are still struggling with chemical dependency ('alcoholism' or 'drug addiction').

Orientation and Welcome

And, the ideas, explanations, concepts, and practical principles of recovery, personal growth and development, which are presented here, apply just as effectively to the primary precedent dis-ease of codependency,...

Orientation and Welcome

...as well as to virtually any other addictive disease and life-style disorder such as nicotine addiction; sexual addiction; gambling; eating disorders - including frank obesity, compulsive overeating, anorexia, and bulimia; workaholism and problematic Type 'A' behaviors.

Orientation and Welcome

If you have a problem with chemicals or drugs of dependency and wish to RECOVER from those problems, WE CAN HELP YOU.

Orientation and Welcome

Your "problem" caused directly and indirectly from your use of drugs and chemicals like alcohol, cocaine, prescribed pills, marijuana, heroin methadone, LSD, mescaline, or whatever kind of drugs you take, is called by medical science a "disease", the dis-ease of **CHEMICAL DEPENDENCY**.

Orientation and Welcome

If you have a problem with chemicals of dependency and want and NEED to RECOVER from your disease · which is also called "alcoholism," or "drug addiction"- then we can help you achieve that goal of RECOVERY.

We don't do it for you! We don't do it to you!

We help you into RECOVERY. And only if you NEED it.

Orientation and Welcome

It can be very helpful to you if you do WANT recovery, but that is not necessary. What is essential however, is that you be able to recognize that you NEED to recover for a number of reasons which are known to you, such as...

Orientation and Welcome

...to stop hurting and feeling bad most of the time; to recover your physical, mental, emotional, and spiritual life; to literally save your life; to stay out of jail; to get back your family; to hold onto your job or, if you are unemployed,...

Orientation and Welcome

...to enable you to find dignified work; or to find a way of life which will enable you to be reasonably "happy, joyous and free," instead of being enslaved by your disease.

Orientation and Welcome

You have your own set of reasons for **NEEDING** to get clean and sober! What are some of those good reasons for you?

Fortunately you do not even need to like this process called recovery, or like the work involved in achieving your recovery;...

Orientation and Welcome

...merely be able to recognize a major **NEED** in your own life such as - "I **NEED** to recover, and I **NEED** to learn the **SKILLS** which are necessary to stay clean and sober, one day-at-a-time, to feel relatively good and comfortable."

Orientation and Welcome

We are not here to beg you to stop drinking and using other drugs. Nor are we here to plead with you to stay here in this program, or 'process' called your personal program of recovery, growth and development.

Orientation and Welcome

But if some small part of you is "sick and tired of being sick and tired," and somewhere inside of you, you **NEED** to, and would like to change the way you are living and feeling about yourself,...

Orientation and Welcome

and you would like to improve the quality of your life and health in every aspect, so that you might begin to enjoy your life and feel good about yourself- then WE CAN HELP YOU!

Orientation and Welcome

This program is an intensive and extensive medical approach to your disease (problem) of chemical dependency. This medical treatment, or recovery process, involves detoxification, rehabilitation, and Continuing Recovery.

Orientation and Welcome

This is sometimes referred to as "After-Care," and can also be called 'Relapse Prevention.'

Your family, friends, and significant others, are also an essential part of the recovery process...

Orientation and Welcome

...The disease of chemical dependency attacks the integrity and health and functioning of any family or system of relationships, and those unhealthy, unhappy relationships must be addressed and treated.


Orientation and Welcome

Here in the Chemical Dependency RECOVERY Center, you will be participating in recovery program activities from the very first or second day of your admission.

Participation in recovery program activities IMMEDIATELY even while you may be detoxing is a program requirement and is extremely important to your RECOVERY.

Orientation and Welcome

The RECOVERY Center activities as outlined in the weekly schedule are carefully selected treatment elements designed to help you achieve lasting recovery from your medical disease (problem) of chemical dependency (alcoholism, or drug addiction).



In order to accomplish your GOAL of lasting recovery, you are here in this medical hospital, participating in this treatment program, to work on seven tasks, to do seven things.

Orientation and Welcome

You will be supported and guided and helped as you do your RECOVERY WORK by the CDRC team of medical doctors, nurses, and therapists.

You will be able to measure the extent of your own progress in RECOVERY by making frequent assessments of how far along you are on each of these seven tasks.

Orientation and Welcome

You are here in the Chemical Dependency RECOVERY Center (CDRC), being helped in your medical treatment for your disease (problem) of chemical dependency (alcoholism, or drug addiction), to accomplish the following SEVEN RECOVERY TASKS:

Seven Recovery Tasks

1. Body
2. Mind
3. Emotion
4. Surrender
5. Personality and Character
6. Relationships
7. The Twelve Steps

1. BODY:

You are here to detoxify safely, to get your body clear of alcohol, cocaine, and other drugs of dependency; to improve your physical health. This is accomplished, and worked on by you with the CDRC team, through medical attention, physical conditioning, nutrition, and sleep.

2. MIND:

A. Education - You are here to learn about your disease of chemical, what it really is, and what it is not. This is accomplished through education sessions, films, tapes, lectures, discussions, 12-step meetings, reading, and writing.

2. MIND: (con't)

B. New Ideas - "Some of us have tried to hold on to our old ideas but the result was nil until we let go absolutely." You are here to learn NEW IDEAS which will help you get clean and sober, and help you to maintain your RECOVERY comfortably.

2. MIND: (con't)

B. This is accomplished throughout virtually every session or activity of the weekly schedule, including group, self-examination, reading, writing, and 12-step meetings.

3. EMOTIONS (Feelings):

You are here in the CDRC to learn how to identify', clarify; and express your emotions (feelings); to learn how confused and unexpressed feelings (emotions) have often caused you to engage in negative behaviors – including boozin' and usin' which eventually became another problem or negative behavior.

3. EMOTIONS (Feelings):

You are here to learn and practice the fact that you no longer have to be the helpless, unaware victim of your own unexpressed feelings which have been forcing you to do their bidding.

3. EMOTIONS (Feelings):

This RECOVERY WORK of identifying, clarifying, and expressing your own feelings (emotions) is done in group therapy, group sessions and Feelings Workshops, during one-to-ones with your Primary Therapist, while talking to other friends and patients in the CDRC, to nurses, therapists, and 12-step fellows.

4. SURRENDER:

You are here to deepen the level, and improve the quality of, your surrender and acceptance of the medical fact that you have the disease (problem) of chemical dependency.

4. SURRENDER: (con't)

To surrender does not mean that you must like the fact of your disease, only that you have surrendered to the reality of medical science and your medical diagnosis, and recognize that you have a need to be treated for your disease and need to RECOVER.

4. SURRENDER: (con't)

This surrender and acceptance is often emotionally experienced, and is felt at much deeper levels than merely admitting with your mouth and head that you are an alcoholic or a drug addict or a pill-head.

4. SURRENDER: (con't)

Surrender and acceptance is the **FIRST STEP** in recovery. It is crucial to your **RECOVERY**. It is a step you can learn to take better; it is a process you can learn, can deepen, and improve upon.

4. SURRENDER: (con't)

Surrender and acceptance is practiced on a daily basis on the CDRC throughout the schedule and RECOVERY program activities, but is specifically practiced during morning Focus.

5. PERSONALITY and CHARACTER:

You are here to discover and to examine certain aspects of your own personality and character, and ways of thinking, which have prevented you – until now! - from being able to achieve a lasting and contented RECOVERY from your chemical dependency (alcoholism, drug addiction).

5. PERSONALITY and CHARACTER:

Those defects of your own personality and character which have become roadblocks to your RECOVERY come in many different forms and ways of expressing themselves. Some examples:

5. PERSONALITY and CHARACTER:

Pride (as distinguished from healthy self-esteem);
stubbornness; grandiosity; the mistaken notion that "I
can do this by myself" or, "My case is different," or,...

5. PERSONALITY and CHARACTER:

..."I can cure myself with will power," or, "I can cure myself through my self-knowledge, education, money, property, prestige," or many others, ad infinitum, ad nauseum, literally.

5. PERSONALITY and CHARACTER:

So you are here to begin to identify what are those defects, those roadblocks, those blockages in your own personality and character which have prevented you from recovering.

5. PERSONALITY and CHARACTER:

You are here to begin to change those disabling old ideas and aspects of your own personality and character. You are here to practice new behaviors, to practice bringing out healthier, more useful aspects of your personality and character.

6. RELATIONSHIPS:

You are here to re-establish a conscious and healthy relationship to:

- A. YOURSELF as a human being consisting of BODY - MIND - EMOTIONS (feelings) - and SPIRIT(values).

6. RELATIONSHIPS:

B. OTHERS. Your untreated chemical dependency (alcoholism, or drug addiction), has disastrously disrupted your relationships to others in your family, amongst your friends, in your work or career, with society at large, with other people, places, things and situations.

6. RELATIONSHIPS:

B. RECOVERY requires restoring or amending some of those disrupted or dysfunctional relationships including amending or changing or discontinuing some relationships of life-style circumstances which may prevent, or are inconsistent with, RECOVERY.

6. RELATIONSHIPS:

C. THE HIGHER POWERS OF THE UNIVERSE. Your disease (problem) of chemical dependency has actually cut you off - physically, mentally, emotionally, and spiritually - from being able to use the natural healing powers of the universe. For example:

6. RELATIONSHIPS:

C. Breath is the Essence of Life. In RECOVERY you will literally "breathe easier." That is a practical, direct use of the Higher Powers of the Universe. It is important to your RECOVERY that you improve your relationship with mother nature and allow the natural healing powers of the universe heal you unto RECOVERY.

7. THE TWELVE STEPS

Your lasting, contented RECOVERY depends upon you learning how to use The Twelve Steps.

The essence of your on-going program of RECOVERY is The Twelve Steps.

7. THE TWELVE STEPS

If you wish to maintain and continue to develop a reliable, contented, and lasting RECOVERY from your disease of chemical dependency, you will need to learn and to practice the very practical specific tools and steps within the twelve steps.

7. THE TWELVE STEPS

It is a medical, clinical fact that the most effective therapy, treatment program, and lasting program of Recovery for chemically dependent persons (alcoholics, drug addicts, pill-heads), is the twelve steps of Alcoholics Anonymous.

7. THE TWELVE STEPS

The twelve steps of A.A. are specifically designed to treat your disease of chemical dependency.

They work best for virtually any chemical or drug of dependency because the twelve steps are about the process of RECOVERY, not necessarily about one drug only.

7. THE TWELVE STEPS

The Twelve Steps work when you work.

A.A. does not do anything to you. A.A. is a way to DO something - namely to achieve lasting and contented sobriety and RECOVERY.

So while here in the CDRC you will be engaged in serious study of, and participation in, The Twelve Steps.

7. THE TWELVE STEPS

Read carefully the Weekly Schedule of the Chemical Dependency Recovery Center.

Every activity or session listed there is intended to help you in one or more of the seven areas or tasks described above.

7. THE TWELVE STEPS

The RECOVERY WORK you do in those seven areas will virtually guarantee that you will achieve your master GOAL of lasting, comfortable RECOVERY.

And all you need to DO to make progress in any or all of the above seven tasks is to participate to the best of your ability.

7. THE TWELVE STEPS

DO not booze or use, and DO show up, regardless of your "old ideas" and THINKING, and regardless of how you are FEELING (your emotions).

Just **DO!**

7. THE TWELVE STEPS

This medical treatment program exists to help you feel good, to help you achieve the lasting and contented RECOVERY from your disease of chemical dependency which you deserve as a human being.

We honor and respect your choice to RECOVER.

7. THE TWELVE STEPS

On behalf of your chemically dependent fellows who are in this treatment program with you; in the spirit of truly joyous recovery which has been experienced by hundreds of recovering chemically dependent persons who have preceded you on the Path of Recovery;...

7. THE TWELVE STEPS

...and from the Chemical Dependency RECOVERY Center team of doctors, nurses, and therapists, "Welcome."

WELCOME TO RECOVERY!

7. THE TWELVE STEPS

Yours in sobriety, peace, and love and service,

Lames L. Crossen

Program Director/Therapist