



A Recovery Manual for the Treatment of Addiction.

The following document includes a look at the concept of illness, psychosocial interventions, 12 step modified worksheets, and an overview of the In2recovery Addiction treatment programme. This manual has been adapted in line with the Governments 2010 drug strategy and follows a model of best practise.

<http://www.homeoffice.gov.uk/publications/drugs/drug-strategy/drug-strategy-2010>

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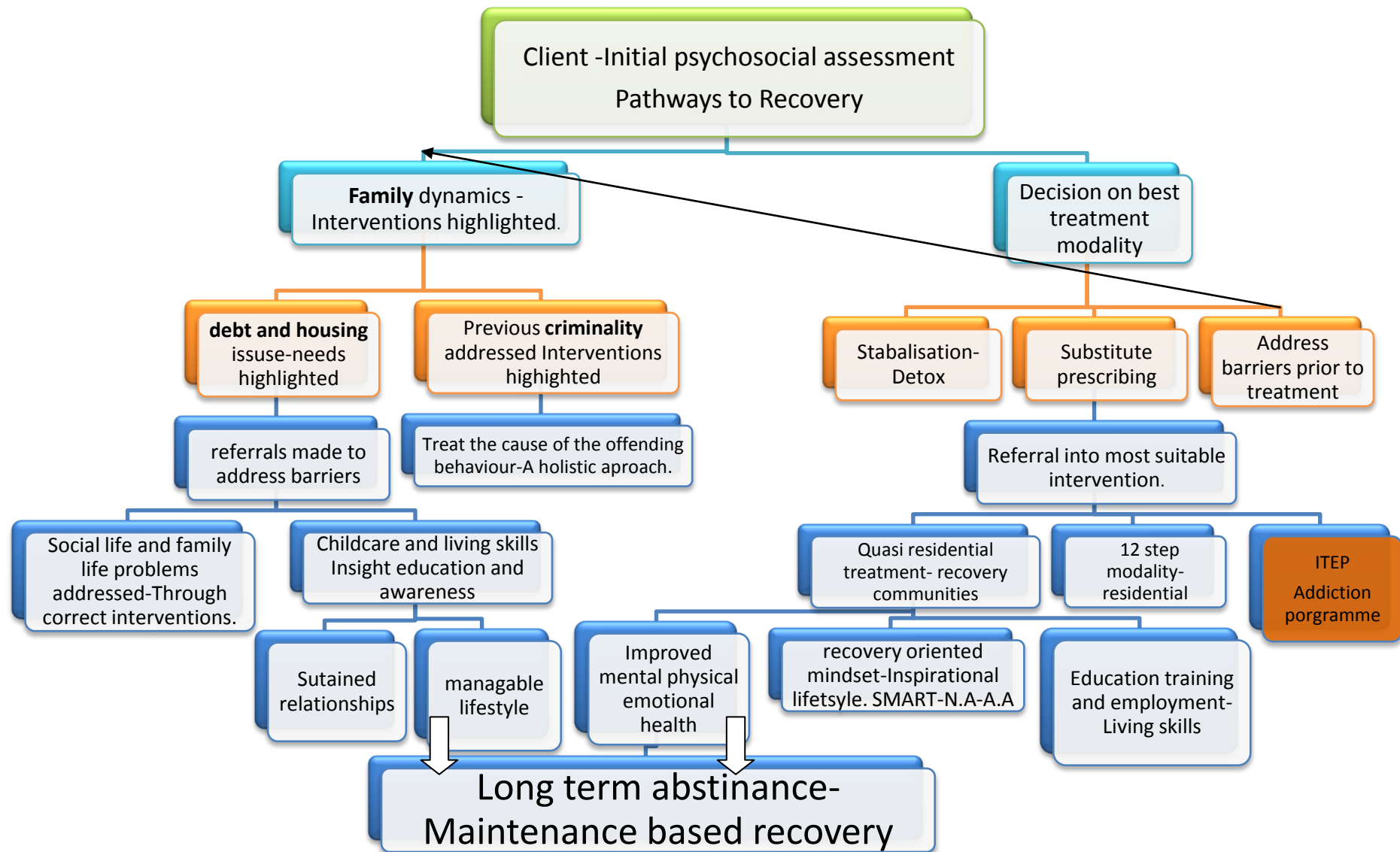
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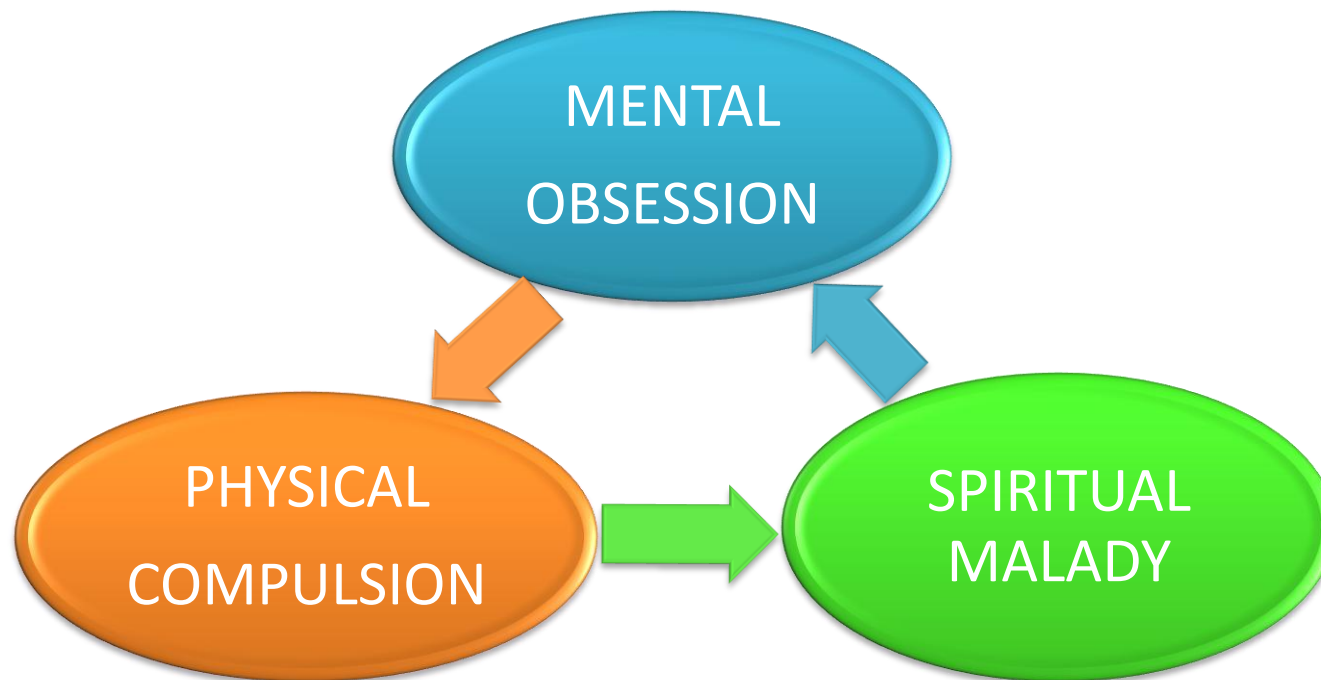
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Substitute prescribing is a solution for combating drug addiction; the results are that addicts and alcoholics start the recovery process and structured interventions can enable an individual to prepare for a drug free life. This workbook explains the concept of illness. The quality of living life on an emotional level for the individual whilst on a methadone maintenance programme can be one of a detached nature, due to social stigma and prejudice; they can and will feel socially excluded. Based on the concept of illness the first decision for any individual entering into an addiction recovery programme or the process of lifelong abstinence based recovery is an acceptance that addiction is an illness, which affects the individual mentally, physically and spiritually. EXPLAINED BELOW



THE MENTAL OBSESSION

- A thought that overrides all other thoughts-Drugs and drink are constantly the central focus of the addict mind.
- Abstinence can lead the addict alcoholic to become obsessed with themselves believing that life evolves around them, and life will be unbearable without a drink or a drug.

SPIRITUAL MALADY

- The spiritual aspect of the disease is the belief that I deserve to be happy and feel good all the time because im hard done by (A blame culture) leading to total self centredness, which is still present even when the user stops putting chemicals in their system.
- The user finds it extremely difficult to accept the consequences of their behaviour seeing only the harm they have suffered. They feel irritable-restless-discontent.
- They deny the need for help and cant admit to having a problem, despite the evidence.

PHYSICAL COMPULSION

- A compulsion is the physical urge to act on the obsession despite the consequences.
- The addicts and alcoholics body has an allergic reaction to any chemical which triggers a physical craving beyond their mental control leading to the need for more and a belief that without it life will be intolerable. So relapse becomes a reality.

THE SOLUTION TO OBSESSION

- Talking about the nature of the obsession can and does elivate the need to act out, leading to a belief that becoming honest about ones own condition will lead to sanity.
- Sanity is the ability to see the truth which is that the individual has a threefold illness-mental-physical and spiritual.

THE SOLUTION TO THE SPIRITUAL ASPECT

- A recovery community is built on inspiration support and example, by enaging in serving others , selflessness leads to feelings of self worth and purpose.
- Helping others to overcome their addiction leads to an awakening of the spirit which amends the self centredness. When the individual starts to consider other peoples feelings first , and looks honestly at the consequences of their actions they start to change. This requires an emotional connection.

THE PHYSICAL ASPECT

- If the addict-alcoholic does not put the first chemical in they cannot trigger the allergy, however the physical craving or compulsion to use can become painfull as feelings that have been suppressed by the chemicals start to surface. Burried issue can become explicit and these need to be worked through before they become obsessions that the individual will become compelled to fix, hence starting the replase dynamic again. Admiting defeat breaks the cycle.

The purpose of letting go of built in defences is to get the addict alcoholic in touch with their biggest fear-the unknown, or loss of control. This takes willingness and courage from the individual and the result is A. an ability to sit with pain and B. accepting this pain as growth. Suppressed feelings come to the surface when obsessions are resisted, and through sharing and exploration, these strong suppressed feelings lose their strength and the behaviour and consequences start to change.

Initial surrender- The process of getting the core starts with removal of the substances. This is the beginning of surrendering control and takes great strength and courage.

Primary defences- Attitudes and behaviours become the next line of defence such as dishonesty and secretiveness. The layer needs removing,

Secondary defense- Shoplifting, gambling and other cross addictions become ways of avoiding difficult feelings. These layers need to come off.

Inner defensive layer- Getting to the core of self is the object of the recovery process and requires great willingness. As cross addictions are removed feelings intensify.

The core- Peeling onions can make us cry however it's an essential part of the recovery process that we accept what's at the core so the irrational need to avoid dis-ease is removed.



THE PROBLEM

Step 1 - “we admitted we were powerless over our addiction, and that our life has become unmanageable.”



“Lack of power was our dilemma”

We were driven by an obsession and a physical compulsion beyond our mental control; we had to feed our addiction one way or another. We were a slave to our fears; we had an inability to stop even when we wanted to. We could not handle responsibility. We may have tried many times and promised people we loved that we would never use again, but found despite the best and most heartfelt promises, we could not stay off the drink and drugs for any length of time without returning to using again.

If we manage to stop, we can't stay stopped for any length of time, and once we start using we can't stop without help. This is what is meant by a **lack of power**.

So we have looked at the problem, and the need for acceptance of a threefold illness. Ask yourself if you are not sure the following questions to see if you qualify. This is the foundation on which you will build the rest of your recovery.

YES NO

1. Do you have the ability to control the amount of drink or drugs you take?

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2. Make a list of problems that you have in your life today as a result of your addiction to drink or drugs?

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3. If you have stopped using drink and drugs in the past what have these times been like, explain?

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4. What lengths have you gone to in order to get drink or drugs, explain?

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5. What is your life like when you're obsessed? Explain?

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6. What are the excuses you have used to cover up your using?

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7. What have been some of the consequences that you have experienced as a result of your addiction?

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8. How has your addiction affected you're relationships with family and friends, explain?

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9. What is it like when you are obsessed with drugs, what lengths would you go to get them, at what cost to your values. E.g. do you become violent, selfish, rude, blaming?

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Part 2- Unmanageability This can be either internal or external, we can try to control events that are happening in life and end up feeling overwhelmed, or we can try and control our feelings with drink and drugs but situations or events don't seem to get better, it's actually like pouring petrol onto a fire, it doesn't get any better, in fact it gets worse but we seem to keep trying instead of admitting that our lives are unmanageable and that we are not in control. The harder we push the more frustrated we can get, leading to the need for more chemicals to avoid our reality giving us the illusion that we are in control. People will not do what we want and we get angry, society doesn't seem to be on our side and we feel hard done by. Eventually through going to any lengths to feed our relentless addiction we end up alone, resentful, fearful and ashamed. Through trying to control our feelings, people and life, for years we have become very ill, mentally, physically, spiritually and emotionally.

1. Explain what life feels like being you on any given day; Do you wake up anxious; do your thinking follow a pattern throughout the day? Explain?

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2. What are the beliefs you have about yourself? Make a list?

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3. How do you react when life doesn't go the way you want?

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4. What does unmanageability mean to you?

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5. How have you coped in the past with difficult feelings? Explain?

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6. How do you handle responsibilities?

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To admit powerlessness and unmanageability you will have to let go of control and stop fighting the world and the people in it. You have spent many years living in fear and practising dishonesty and hatred, so turning this around will take a lot of effort and no one can do this on their own, or should feel that they have too, self reliance has lead us to thinking that asking for help is a sign of weakness and we will be laughed at or people will take advantage of us and hurt us, but actually

it takes strength to admit our limitations and say “I can’t do this on my own, can you help me”, this is also what admitting step one allows us to achieve, a surrender followed but a belief that there is a solution to our problem other than more drugs. When we have used up all our family, friends, doctors, benefits, and situations we could manipulate for our addiction, there is nothing left but emptiness and desperation, in this state we are ready to let people help us, and if we have reached this state we must never forget how truly devastating it was.

7. Write about your own rock bottom and what brought you to formally admit you had a problem?

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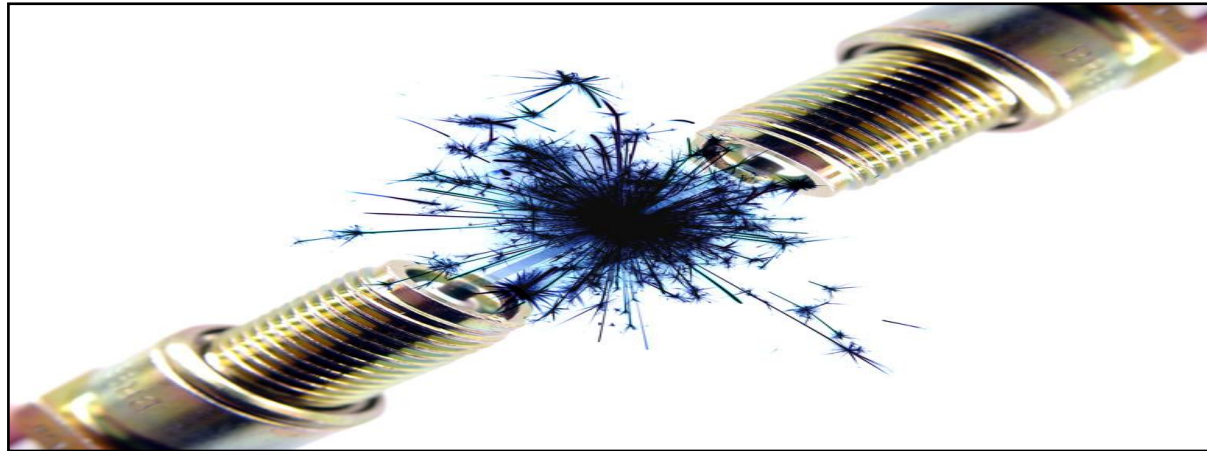
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THE SOLUTION

Step 2- “we came to believe that a power greater than ourselves could restore us to sanity”



We need to find a power that is more powerful than our addiction, this power can come in the form of **written work, sharing, meetings, asking for help, group therapy, inspiration, example, mapping, key work..**

In this worksheet we'll try and address the issues of trust, willingness and faith which are essential, in order to get to the truth about ourselves, so we are in a better place to make informed decisions. Our perception has been warped by drink and drugs for a long time so it will take time to develop a realistic outlook of how life looks clean. This realistic ability to see the truth about ourselves is what is known as a restoration to sanity. We need to admit that we

have been insane, this is strong language but you only have to look at the lengths you went to get drink or drugs to see that you have been insane. To use again knowing what will happen is also insane, but has that stopped you in the past.

1. Do you find it difficult to ask other people to help you with problems yes/no

If yes please explain. Ask the group for feedback?

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2. Have you been able to trust anyone in your life before yes/no. Please Explain why?

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3. What does insanity mean to you?

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4. Give examples of how your behaviour has affected you're? Family and friends? School life and career,

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5. Write down your thoughts about what life will be like without drink and drugs?

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6. What does a restoration to sanity mean to you?

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7. What have you done whilst acting out on your addiction that has been insane?

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8. Are you now willing to believe that there is a power greater than your addiction that can restore you to sanity? YES/NO

Write about what you believe this power is

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The decision



Step 3- “we made a decision to turn our will and our life over to the care of the addiction recovery programme”

Turning our will and our life over can be as simple as telling someone how we are feeling, and how we are thinking - our will is our thoughts and our lives are our actions. Recovery is simply a source of power we can turn to that will help us face our indecision.

We need to look at what stops us from letting people know where we are at. We have become accustomed to lying cheating and being secretive to get what we think we want, this has become natural so we have to learn to go against our nature by changing what we base our decisions on.

1. Write about the decisions you have made in your life that you regret....what were they?

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2. What have the consequences of these decisions been?

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3. How have these decisions affected you, Explain?

Spiritually?.....

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Mentally?.....

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Physically?.....

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Emotionally?.....

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4. List the effects your decisions have had on the people closest to you?

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5. When you feel or think that you're about to do something that's going to lead to negative consequences such as , lying, stealing or manipulating, what allows you to continue to do it anyway?

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6. Have your decisions lead you to prison, courts, debt, loss of relationships, loss of limbs, homelessness? Please list.....

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7. What do you think needs to change in order for you to achieve recovery from addiction?

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8. All your decisions in active addiction, for one reason or another have been based on fear, resentment, anger, shame, hurt and insecurity to name a few , do you believe that you are willing to face these difficult emotions and change your life. YES/NO. What feelings have you decided to run from that you are now willing to face?

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9. What would your life be like if you could make decisions based on pride, happiness, contentment, joy, love, and faith? e.t.c..

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10. Learning to see where you have been blaming the world for your decisions will enable you to look at your part in the mess in your life and start to take responsibility for it. Who have you blamed for your problems?

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Once you have made this decision you must follow it up with action, are you now willing to make a personal moral inventory of yourself
YES/NO

A look at the truth Step 4- “we made a searching and fearless moral inventory of ourselves”

The inventory process is where you start to take responsibility for the attitudes and behaviours that have become habitual whilst acting on your addiction. You will become aware of the exact nature of your wrongs, which will put you in a better position to put them right. Fill in the chart below one column at a time, from left to right by firstly putting in all the people, places or things that you have resentment towards then why you have the resentment, and so on.

IM RESENTFULL AT	THE CAUSE	WHAT PART OF SELF WAS HURT OR THREATENED							WHERE WAS I TO BLAME Was I Being					
LIST THE NAMES OF PEOPLE OR INSTITUTIONS WHITH WHICH YOU ARE ANGRY	WHY AM I ANGRY	Self esteem	Pride	Emotional security	Money	Ambitions	Personal relationships	Sex relations	SELFISH	DISHONEST	SELF SEEKING	FRIGHTENED	INCONSIDERATE	WHERE EXACTLY WAS I TO BLAME

When you feel you have come to the end of the list of resentments, take time out to reflect on what you have discovered. When you feel that you have done as much as you can, move on to the fears worksheet, then onto harms caused through cheating on partners or using people to fulfil your sexual desires.

Now we list our fears and look at the cause to see how irrational our fears are, some fear is healthy and can help prevent relapse, some fear is unhealthy and can lead to acting out. We need to accept what's real and work on facing and letting go of what's not.

WHAT AM I AFRAID OF	THE CAUSE	WHAT PART OF SELF HAVE I BEEN RELYING ON THAT FAILED ME				WHAT PART OF SELF DOES THE FEAR EFFECT?						WE ASK FOR THE FEAR TO BE REMOVED-		
		SELF-RELIANCE	SELF CONFIDENCE	SELF DISCIPLINE	SELF WILL		SELF ESTEEM	PRIDE	EMOTIONAL SECURITY	MONEY	AMBITIONS	PERSONAL RELATIONS	SEX RELATIONS	
LIST THE NAMES OF PEOPLE INSTITUTIONS OR ANYTHING ELSE THAT YOU FEAR	WHY AM I AFRAID													When we realise our fears we share them, one at a time as they arise we say to ourselves, what is the solution to remove my fear of _____
														So I can face everything and recover. We go out into life daily putting action into our life and realise that we can face whatever life throws at us.
														THIS IS HOW WE DEVELOP FAITH

WHO DID I HARM	THE CAUSE	WHAT IS THE AXACT NATURE OF MY WRONGS FAULTS					DID I CAUSE OTHERS TO FEEL			WHO DID I HARM	WHAT SHOULD I HAVE DONE INSTEAD
LIST THE PEOPLE WHERE OUR SEX CONDUCT THAS CAUSED SHAME GUILT REMORSE	WE ASK OURSELVES WHAT WE DID	WAS I SELFISH	WAS I DISHONEST	WAS I INCONSIDERATE	WAS I SELF SEEKING	WAS I FEARFULL	JEALOUSY	BITTERNESS	SUSPICION		

Admitting the truth Step 5- “we admitted to ourselves, to recovery (as we understand him, her, or it), and another human being the exact nature of our wrongs”

We now start the process of sharing our inventory with another human being, we have also as part of the decision become ready to admit these faults to ourselves and those we trust, so that we can start to make the changes necessary for continued recovery from our discomfort in mind and body. People can be vital in allowing us to see how we really are and reflect back to us exactly how we present ourselves so that we can make powerful changes. What we are seeking here is the truth and the inventory process clearly shows our part in our resentments, fears and shame so we are now in a much better position to go against the nature of our internal condition. (A person with experience of the inventory process will be provided for the 5th step process).

1. What is your fear if any of sharing your inventory? Is there anything you have left out that your now willing to include?

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2. What have you learnt about yourself so far from the steps you’ve worked on?

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Steps 6 and 7 - in action

This is where we have been going wrong; we have been allowing the wrong doing of others to dominate our lives. If we choose to hold onto resentment or allow fear to control us we are being dominated, every time someone upsets us, instead of dealing with it practically we go through the process below.



Now we need to look at the process below and start to apply it to our lives, its simple effective but difficult to practise.



Step 6- “We were ready to have help to remove our barriers”

This process takes an even greater willingness to change as we start to become very aware of ourselves and how we can avoid discomfort by acting out. This highlights our addictive personalities and allows us to concede to our innermost selves that we are suffering from a threefold condition of mind body and spirit and start to take corrective action.

LIST THE DEFECTS YOU HAVE BECOME AWARE OF.	HOW DO YOU ACT ON THIS DEFECT?	HOW DOES THIS AFFECT ME AND OTHERS?	WHAT ARE THE FEELINGS I ASSOCIATED WITH THIS?	WHAT WOULD MY LIFE BE WITHOUT THIS, WHAT CAN I DO INSTEAD.

Step 7- “We used the recovery process to work on our shortcomings”

When we become aware of our defects we are left with a decision, do we act out and fix the discomfort or do we take action and look for a solution. We have seen how we are affected by obsession and compulsion. We now believe that we need help. We have made a decision to seek a solution to our problem, (Ourselves) and now we have a list of the things within us that are causing our discomfort, we can even see in black and white how we act on them. At this point it may seem like there is a lot to take in and we may have expectations, we must understand that to recover we must learn to go against our nature. This is when we start to experience real growth and rewards beyond anything we have ever received in active addiction. This is the beginning of developing assets that have been hidden for years such as courage, faith, willingness, discipline, joy, contentment.

- 1. When you feel like acting out on thoughts and feelings, what’s the best course of action to take in order for you not to hurt yourself or others?

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2. What are the barriers you face when it comes to asking for help?

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3. What are the benefits of seeking a solution to your problems other than drink and drugs?

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4. Write a few paragraphs explaining what you now know will help you to change and what you now will cause you more problems?

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Step 8- “We made a list of all persons we have harmed and became willing to make amends to them all”

Throughout our addiction we have caused harm to others and ourselves so we need to continue to move forward with honesty and be rid of the things that cause us to feel guilt shame and remorse so that we can feel free and hold up heads up high because we are doing something about our past and setting it right by making amends for our behaviour.

WHO DID I HARM	WHAT DID I DO –OR FAIL TO DO	WHICH PART OF SELF CAUSED THE HARM											WHAT IS THE EXACT NATURE OF MY WRONGS , MISTAKES						WHAT COULD I HAVE DONE INSTEAD	
Who was harmed by my conduct	What did I do or fail to do which caused the harm.	SELF WILL	SELF ESTEEM-EGO	EMOTIONAL SECURITY	MONEY SECURITY	PRIDE-DEFIANCE-	SELF PITY	SELF RELIANCE	PERSONAL RELATIONSHIPS	SOCIAL AMBITIONS	SEXUAL AMBITIONS	FINANCIAL AMBITIONS	SELFISH	SELF SEEKING	DISHONEST	INCONSIDERATE-EGO CENTRIC	FRIGHTENED-FEAR	LACK OF SELF DISCIPLINE	TRYING TO CONTROL OTHERS	

Step 9- “We made direct amends to such people wherever possible except when to do so would injure them or others”

We now make three lists of the people we have harmed as we are willing to put right the wrongs we have caused. The first list should consist of the people that you are willing to make amends to. The second list should be the people that you are not completely sure about and need some direction with. The third list is made up of the people that you may not willing to make amends to **at this point**.

Now remember, you must be willing to let go of anything that will stand in the way of your continued recovery. The purpose of this process is to eventually have nobody on your unwilling list by working through the resentments held in relation to them. We look at our part as we go. When we see our part, it's easier to let go, as we are the only ones who are actually suffering. If we don't put action into making changes we will return back to what's more comfortable, we believe?, drink and drugs, and then we trigger of the obsession and compulsion all over again and risk the consequences you listed in step one. So it's not that you are giving in or losing face, you are saving your own life, one action at a time. This process will lead to contentment and a more comfortable way of life but first it will make you uncomfortable. The discomfort is growing pains and if you continue to accept, share and work through these feelings, instead of acting on them, you will get stronger and become able to face life on life's terms.

Willing to make amends	Not sure	Not willing

When you are able to let go of any resentment, fear, false pride or some other manifestation of addiction that stops you making amends, you will have come a long way. Becoming willing is a process that takes time, if you choose to remain unwilling you are the one that suffers. When people do you wrong either for real or suspected you need to look at it from a different angle as resentment is a killer and if untreated will eventually be too painful for you to cope with drug free so learning to master them is crucial.

Step 10- “We continued to take personal inventory and when we were wrong promptly admitted it”

The previous actions have allowed you to become aware of your behaviour and effect this has on you and others. What we need to do is continue on a daily basis to look at our attitudes and behaviours and see exactly how they manifest so we can make the corrective measures in order to stay clean and sober. We continue to look for selfishness, dishonesty, fear and self-seeking actions that will lead to pain and discomfort. We need to write these down on paper to see exactly how we are thinking so we can be better equipped to deal with them through becoming aware and sharing them.

LIST OF DEFECTS	WHAT CAUSED THE DEFECT							WHAT IS IT THAT I COULD HAVE DONE DEFFERNETLY TO HELP ME CHANGE.	LIST OF ASSETS
	SELF ESTEEM	PRIDE	EMOTIONAL INSECURITY	FINANCIAL INSECURITY	SOCAIL AMBITION	SEXUAL AMBITION	SELF WILL EGO		
SELFISHNESS									SELFLESS
INCONSIDERATION									CONSIDERATE
FEARFULL									FAITH
SELFSEEKING									HUMBLE
DISHONESTY									HONEST

SHAME									SELF RESPECT
JEALOUSY									FORGIVENESS
RESENTFULL									ACCEPTANCE

WE continue to improve and practise the assets that we have become aware off. These assets are the solution to our problem. We have practised the defects for so long that they have become natural. What we now need to do is practise the opposite in order to become different, what this takes is great courage, willingness and determination. We also need help from others that have experience with this process, and once we understand the process we can help others to recover.

The more we practise doing the opposite the more we will change. This process enables you to become an expert on yourself and amend behaviour before it leads to consequences. Once the consequences change and life becomes more enjoyable and meaningful you will understand why it was so important to engage in this work in the first place. We seek freedom and a new way of life beyond anything we have ever known before.

Step 11- “we sought through prayer and meditation to improve our conscious contact with recovery the world and the people in it”

We review our day in the step 10 chart provided and look at our day constructively and see the areas we need to work on.

You can learn to follow three simple rules that will enable you to become disciplined and lead a more productive spiritual life.

ACTION 1 - Upon awakening review any areas of the day before inventory that you need to work on, such as amends that may need to be made or where there has been dishonesty, you are now willing to tell the truth.

ACTIONS 2 - Throughout the day, continue to address and amend behaviour and practise the principles underpinning the steps. When faced with uncertainty ask for help. When faced with fear face it. When you're not sure stand back and take time out to get a different perspective. Do not try and fit too much into your day. Try and remain manageable. Talk about how you are feeling, share your here and now thoughts often.

ACTION 3 - At the end of the day, on the step 10 inventory sheets review your day, and reflect on what's working and what's not working, take time to look at how you can go about changing as a person and amending your attitude and behaviours as you go. This takes practise and discipline so commitment and continuity are essential. Willingness is the key.

Step 12- “Having had a spiritual awakening as a result of these step we tried to carry this message to addicts and alcoholics and practise these principles in all our affairs.

- 1. List what your understanding of the principles underpinning the steps is? Such as willingness honesty acceptance faith.

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- 2. How can you practise these principles in your life?

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Well done on completing this process.

The shopping trolley approach offers a wide range of groups that are individually tailored to suit clients needs.

WEEKLY TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 -11.00 AM		RELAPSE PREVENTION	MEDITATION WORKSHOP	SUPPORT GROUP PROGRESSION DEVELOPMENT AWARENESS	WEEKLY REVIEW
				ITEP- MAPPING	ITEP- MAPPING
BREAK					
12-1PM	SUPPORT GROUP PROGRESSION DEVELOPMENT AWARENESS	STUDY GROUP	YOGA	RELAPSE PREVENTION	ACTIVITIES
	ITEP-MAPPING	ITEP- MAPPING		ITEP- MAPPING	
LUNCH					
2-3PM	ART DRAMA	RECOVERY TALK	RELAPSE PREVENTION		
			ITEP-MAPPING		

Support group	<ul style="list-style-type: none">• Progression- Development-Awareness-These three topics enable the clients individual opportunities to reflect on how they are moving forward.
Study group	<ul style="list-style-type: none">• The group focus is to read literature which is centred around recovery, and solutions to help inspire the clients and encourage sharing and reading.
I.T.E.P	<ul style="list-style-type: none">• Mapping-Board work, C.B.T, Motivation and engagement.
Art - Drama	<ul style="list-style-type: none">• Life line drawing, painting, collage, pastilles, hopes and dreams.• Role play, self expression, dragons den, poetry, performance development.
Relapse prevention	<ul style="list-style-type: none">• Education lectures and experiential development in relation to causes and conditions that lead to a return to drug and alcohol abuse.
Recovery talk	<ul style="list-style-type: none">• peer lead experience strength and hope group relating to where the client was, where they are now and where they hope to progress to in their treatment journey.
Weekly review	<ul style="list-style-type: none">• Reflection on learning and personal development.• Action identify to aid positive behaviour in the following week.
Yoga	<ul style="list-style-type: none">• Health and wellbeing development.• physical reparation breathing and relaxation.
Meditation workshop	<ul style="list-style-type: none">• Mindfulness-Healing-Relapse prevention-Positive reinforcement-Concentration-Discipline.
Activities	<ul style="list-style-type: none">• Walking-Country park visits-days out-lake district experiences on weekends.

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