

# **101 Tips for Overcoming Addiction**

## **Introduction: Dealing with Addiction**

Addiction is an issue affects people from all walks of life. Not only is the addict affected, those people close to the addict will feel the destruction of addictive behavior. The following tips have been compiled to give you information about different addictions and how you can begin your recovery.

Some of the tips included in this book include:

- The importance of understanding what addiction is all about.
- Understanding the stages of addiction and the stages of recovery.
- Information about the detox process.
- Information about treatment programs.
- How you can get the most out of treatment programs.
- The importance of personal goals.
- The importance of finding balance in your life.
- Dealing with denial.
- Getting fit both physically and mentally.
- The importance of finding your own personal power.

### **Tip #1: Understand Addictions**

Addictions eventually catch up with you and change your life in such a way that you will have to face the fact that you need help. Recovering from addictions usually happens once you have hit the bottom and finally realize that you need help from outside sources so that you can lead a life that is addiction free. There are many types of addictions that will have a devastating affect on your life.

Addictions, and recovery from them, require that you actively seek help from a source other than yourself. You may want to start by consulting with your family doctor or with an addictions counselor. This is a good place to start since it will be important to access both your emotional and your physical behavior as they are related to your addictions and your substance abuse. You and your doctor will need to decide what is going to work best for you in order that you stop using

your drug of choice. It won't matter what your type of addiction is since all addictions require the same amount of professional help and support.

There are several different types of addictions that you may or may not already be aware of. Addictions include:

- alcohol abuse
- opiates
- food addictions
- marijuana abuse
- relationship addictions
- sex addictions
- gambling addictions

There are also many other recovery programs that you can choose from that do not follow the 12-Step program. These non-12-Step programs include Rational Recovery, SMART, and Women for Sobriety. You will need to decide what type of recovery program is going to work best for you. The important thing is that you are determined to beat all your addictions.

### **Tip #2: Understanding Addiction**

People become addicted to many types of substances. Many people become addicted to medications and other substances. There are some substances that are more addictive than others. For instance, drugs like heroin are so addictive and it can take it only one or two uses before a person is addicted.

A person who is addicted to cocaine has grown so used to the drug that they feel they can't live without it. Addiction can be physical, psychological, or both. Physical addiction is when a person has become physically dependent on a substance.

Over time a person will build up a tolerance to that substance, so that they need a larger dose so that they get the same effects. When an addict who is physically addicted to a substance stops using they may experience withdrawal symptoms. Withdrawal can be much like having the flu and include symptoms such as the shakes, diarrhea, and weakness.

### **Tip #3: Defining Alcoholism**

Alcoholism is the most researched type of addiction. Many people who have an alcohol addiction will go through a long phase of denial since drinking is, in most cases, socially acceptable. Many people think that it's okay to unwind at the end of the day with a drink in hand.

Drinking, however, can cause big problems:

- deterioration of the body
- A decrease in work performance.
- emotional problems
- feelings of isolation

### **Tip #4: Defining Drug Addiction**

One way that drug addiction is different from other addictions is that it involves an illegal substance. This automatically puts the addict into a different realm of addiction. However, the addiction factor is just the same as other addictions but has the added risk of the law involvement. There is often a serious financial downfall that surrounds the drug addict because drugs are expensive.

Some of the problems associated with drug addiction include:

- deterioration of the body
- emotional difficulties
- deterioration of friendships and relationships

**Tip #5: Defining Porn and Internet Addiction**

Porn and Internet addicts can easily access their addictions without little financial risk. These addicts are able to get their “fix” anonymously since the world of computers has made this possible. Porn and Internet addiction doesn’t have the same physical effects that other addictions do but it removes the addict emotionally from those around them. This can have a huge negative impact on relationships as the addict spends more and more time finding escape and satisfaction in the illusions on the Internet.

**Tip #6: Defining Gambling Addiction**

A gambling addiction can go unnoticed by others but the end result can be catastrophic and will end in financial ruin. Many addicts who have a gambling addiction become highly suicidal once they feel that there is no solution to the financial problems they have created. One of the biggest problems with a gambling addiction is that it can be very embarrassing and overwhelming and therefore the addict will hide their addiction long after they should have sought help.

**Tip #7: Believe that Recovery is Possible**

Freedom from addictions is often referred to as “recovery”. There are many temporary solutions for freedom from addictions but there are really only two ways to permanently overcome addictions.

One of the most common methods of overcoming addictions is to be firm with the practice of abstinence. This means that you completely stop using your drug of choice so that you have no way to continue to feed addictions. This means that the alcoholic can never have another drink and that the gambling addict can never again go to a casino or other place where any type of gambling action takes place.

This method of abstinence, however, won’t work with food addictions since you cannot stop eating.

Wanting to give up your addictions is one thing, but to actually follow through with abstinence is usually very difficult for an addict. Many addicts think that they can continue with their addictions but to only use their drug of choice in a moderate manner. For most people with addictions this is only a dream and wishful thinking. Full recovery from addictions for most addicts will mean a lifetime of abstinence from their drug of choice.

For those addicts with addictions that can be controlled by limiting the drug of choice in a moderate manner, there is the realistic goal those addictions can be overcome permanently. These types of addictions include food addictions, shopping addictions, and sexual addictions. The addict will need to decide how much moderation they need to exercise before their addictions take over with addictive behavior once again. This is the path of recovery from addictions.

**Tip #8: Signs of Addiction**

The most obvious indication of an addiction is the addict's need to have a particular drug or other substance. However, there are many other signs that can suggest that there is an addiction. This can include weight loss, weight gain, or changes in mood.

Look for the signals that someone you know may have an alcohol or drug addiction. Some of these signals can include:

- using alcohol or drugs to relax
- using alcohol or drugs to forget about problems
- loss of interest in those activities that were once important
- keeping secrets from friends and family
- withdrawing and wanting to spend more time alone
- missing school and unexplained absences
- falling grades
- different friendships that aren't always healthy
- spending time finding ways to get drugs or alcohol

- stealing money
- stealing items and selling them for cash
- failed attempts at addiction recovery
- anxiety
- depression
- anger
- mood changes

**Tip #9: Addictions Don't Start Overnight**

Addictions don't start overnight and therefore won't disappear overnight either. Most addicts don't recover from addictions by following just one step. Successful recovery from addictions means starting recovery at one point in the addiction and working hard at maintaining a level of transformation of change. This transformation involves changes in relationships, actions, and behaviors.

Recovery from addictions is a very personal experience for each addict as they make changes in their lifestyle and work towards a life free from addictions.

Addiction and recovery are a long process and not a single event. This means that you need to remember that it may take some time to enter the recovery phase. Although everyone, including the addict, will be impatient for recovery, it's important that the steps of recovery are not rushed. The more that the addict and their family understand about the recovery process the better chances there are for a full time recovery.

**Tip #10: Understand the Stages of Recovery**

There are five stages involved in the recovery from addictions. An addict must work their way through each of these recovery stages before moving on to the next stage of recovery.

Following are the five stages of recovery:

- Stage one: Awareness and early acknowledgement. This stage is where addicts admit that they have addictions.
- Stage two: Consideration and incubation. In this stage there is further increased acknowledgment about the addict's addictions. Addicts will start to understand the importance of abstinence or moderation in the treatment of addictions and begin moving in the direction of really wanting to make the process of recovery work for them.
- Stage three: Working towards early recovery activity. This is the stage where the addict moves beyond the denial of addiction and is ready to consider some form of therapy or recovery program.
- Stage four: Beginning rehabilitation. Addicts learn skills to fight their addictions and learn new behaviors. They will learn the skills that they need to change their old habits as well as develop new relationships that are healthy and take them away from the old normal into a new normal.
- Stage five: Maintenance of recovery. At this stage recovery from addictions is almost complete. Addicts need to realize that even though they have reached the final stage of recovery they always need to be aware of their addictions for many years to come. Addicts need to understand they will always have to stay on top of their addictive behavior.

**Tip #11: Tell Others You Want to Quit**

If you have a drug addiction and want to quit, start by telling your friends about your decision. Your true friends will understand and respect the personal decision that you have made for yourself. You may have to leave behind old friends if they are constantly trying to get you back into the drug scene.

Addiction is considered to be a disease that is threefold:

- Chemical
- Emotional

- Spiritual

Recovery is a balancing of the physical and the emotional. Once you are in recovery it's important that you stay in touch with other people who have good recovery. Avoid hanging out with people who having trouble staying clean and sober.

Taking action will get you closer to your goal of recovery but you'll have to make sure that the actions that you take are taking you in the right direction. This doesn't mean that you should neglect what is already working well for you. It does mean that you need to focus your action in the direction where you're going to see the most progressive results. Learn to be flexible in your behavior so that you are ready to take advantage of all opportunities that come your way. Keep checking to make sure that your action is taking closer to your goals. When you make these frequent checks to your actions, and how they relate to your goals, you'll be able to stay on track.

**Tip #12: Ask Family and Friends to be There for You**

Ask your family and friends to be there for you when you need them. Be prepared to wake someone during the night when you feel that you need to talk. Don't handle things on your own when you can reach out to those people who love you and want.

Develop your own mission statement. Businesses come up with a mission statement that defines their goals and purpose. It's important that you do the same thing. If you had to sum up your life purpose in a single sentence, what would it be? Take some time to define your own personal mission so that you are as clear as possible about where you are going and how you are going to get there.

**Tip #13: Internalizing those External Elements**

Addictions are often the result of poor self esteem and an inability to face emotions and feelings head on. We seem to have a hard time just interpreting internal cues. Instead, our common response to internal cues is to add to them

through our senses. For example, we may be worried that our boss is about to fire us because we turned in work late. Rather than acting on that emotional state, we start to build on our internal cues with the steadiness of a child playing with Lego blocks. We imagine being fired. We may even hear the boss's voice as we are told not to return. We magnify the situation - instead of being fired in the manager's office, we picture our supervisor screaming at us in the lobby, with everyone watching. We imagine all the other things we have done wrong at work and we start to see our manager as a terrible person, a completely unfair person.

From a simple worry we proceed quickly to complete panic and terror of losing our job - something that may not even happen!

**Tip #14: Understanding Emotions**

Many addicts tend to see internal cues - and by extension, the outside world - in primary colors rather than in many shades of possibility. In fact, some research has suggested that we tend to use the same few words over and over again to describe our states. This practically guarantees that we will stay in a rut and react badly. Addicts need to get out of this rut during their recovery. If in our vocabulary we have no way of saying "uncomfortable" but we say "angry" all the time, we are not only not acknowledging what our internal cues are - we are actually changing them. Say "I am angry" enough times, and the small twinge of annoyance you feel really will start to feel like something bigger.

Addicts need to take advantage of all the recovery assistance that they can. This means:

- Going to 12-Step programs
- Attending support groups and lectures
- Educate themselves about addictions

**Tip #15: The "Internal" Stage of Addiction**

"Internal Change" is the first stage of addiction. During this stage people are aware of their changes in mood when they are involved with their addiction.

They recognize that their mood improves and they feel as though they can escape their problems. They turn to their addiction more and more when they are feeling emotionally unwell. It is during this first stage that people become dependent on their addiction.

**Tip #16: The “Life Style Change” Stage of Addiction**

The “Life Style Change” is the second stage of addiction. During this change the person starts to build their life around their addiction. They are out of control when it comes to their behaviors and emotions. They will do anything to get that drink or drug, eat that food, or be online. They manage and arrange their life around their addiction. And when they are not involved with their addiction they are constantly thinking about it.

**Tip #17: The “Life Breakdown” Stage of Addiction**

The “Life Breakdown” stage is the final stage of addiction. During this stage the addict finds that nothing is working for them. They believe that nothing is their fault. They think that everything would be alright if they were just left alone by friends and family. The addict will become very moody and emotional, making them very difficult to communicate with.

**Tip #18: Recovery Takes Time**

Recovering from addictions takes time, determination, and the profound belief that life is better without addictions. Every addict will recover at their own pace based on their own emotional and physical reliance on their drug of choice.

Overcoming addictions requires the help of family, friends, and a professional with experience in recovery from addictions.

One thing to keep in mind: Your values are a part of who you are and what you think. Just as you need to remain true to your beliefs, you also need to stand firm with your values. Much of your success in addiction recovery will be determined by your core set of values. Remember that it’s your own values that make you different from other people and that will help you learn to like and love yourself

again. Take your strong values and use them to express who you are and what you represent.

**Tip #19: Alcohol Addiction – Saying “No” to Invitations**

If you are recovering from alcohol addiction you’ll have to say no to those social invitations to events where there will be alcohol. Learn to plan your activities around events that are alcohol free so that you aren’t faced with cravings.

**Tip #20: The Negative Role of Anxiety and Depression**

Feelings of anxiety and depression will play a negative role in whatever addiction you are battling. When you are anxious or depressed you are more at risk in taking an active role in your addiction. These negative emotions can be hard for the addict to manage. These will be the times when you turn to your addiction for relief from feelings that you don’t want to feel.

Any treatment for addiction will pay close attention to teaching the addict how to deal with feelings of anxiety and depression.

**Tip #21: Have a Plan**

Have a plan for what to do if you find yourself in a place where there are drugs or alcohol. No matter how far you are in the recovery process there will be times when you are tempted to give in. Have numbers handy of family and friends who you can call when you know that you need to get out of certain situations.

Many addicts keep what is called an “emotional file maintenance” plan:

- Write down your wish list of goals and dreams.
- Write a list of what you have accomplished in the past year.
- Learn time management tools so that you are focused each day.
- Keep a journal with you at all times where you can write down your thoughts and feelings. Throw this list away at the end of each day so that you don’t hold on to negative emotions.

- Write a list of recovery goals.
- Write down some of your past experiences and how you felt about them.

This is a good opportunity to work through some personal past issues.

**Tip #22: The Factor of Compulsion and Obsession**

Every addict will become obsessed with their addiction. After some time, nothing will be as important as this addiction. Everything else will be less of a priority including family, friends, work, and personal health. The addict will constantly repeat the behavior that is part of their addiction without regard to consequences.

A note on negative action: Negative action comes in many forms. When you think and act in even the smallest negative way you're setting yourself up for negative results.

Only you are responsible for the changes in your personal life. Only you have the power to make decisions for yourself that are going to cause positive changes in your life. All that information that you learn won't do you any good if it remains just information in your head. You need to take responsibility and make the changes necessary to change your personal life and the outcome of your recovery program.

**Tip #23: Treatment is a Lifelong Commitment**

Recovery from drug addictions is a long and usually complex, life changing process. Most people that have drug addictions will have to seek some type of professional help if they are to be successful in overcoming their addictions. There are many professionals who are well trained and specialized in the treatment of drug addictions.

Treatment specialists for drug addictions are there to help the addict through the painful period of detoxification as well as to help the addict to understand and change old habits. Treatment of drug addictions also requires help for the addict

when it comes to coping with the many situations that will arise as they battle their addiction and fight relapse. There are many things that can cause people with drug addictions to want to slip back into the pattern of using drugs. Addicts need to be aware of how the following things will affect their drug treatment: their environment, current and previous relationships, social situations, and their own personal memories.

Serenity is a big part of the recovery process. Serenity can be achieved by:

- Silence and quality time alone
- Prayer
- Faith
- Action
- Service
- Peace

**Tip #24: Detox is Compulsory**

The first step in treating drug addictions is detoxification. The drug addict will need to enter three different phases of detoxification. The first of these is the medical phase, where a doctor is needed to help with the beginning detoxification and to make sure that the detoxification is done in a safe manner.

The second phase of detoxification is physical. The addict's body will go through a stage where the drug of choice is no longer being supplied. Once the drugs have stopped entering the body the addict will have to work hard to work through the physical withdrawals from the drug. The third phase of detoxification is the emotional phase. This is one of the most difficult things about overcoming drug addictions. Most recovering addicts will need the help of a counselor or other type of support group to help them through this phase of detoxification.

The most important thing when it comes to overcoming drug addictions is to be aware of the addiction itself as being something outside of the addict and not a part of their internal makeup and personality.

**Tip #25: Successful Detox**

Drug detox is the process of ridding the body of all and any toxins that are present have a short or extended period of drug abuse. There are many programs available that deal with drug detox in a variety of manners. If you are ready to take part in a drug detox program you should consult your doctor and find out what programs are available and which one will work best for you.

Drug Detox isn't an easy process and is one that will take several months to complete. One of the first things that will happen during drug detox is that the body goes through a severe withdrawal period as it flushes the drug or drugs out of your system. This withdrawal period is often described as the "discontinuation period" as the body discontinues the use of the drug. Once the drug has been discontinued your body and mind will continue to withdraw from the drug in different ways. Drug detox affects everyone differently and you should be prepared for a variety of symptoms as you learn to live without the use of drugs.

**Tip #26: Detox takes Time**

Drug detox will take some time for you to complete and will largely depend on (1) the types of drugs that you have taken, (2) the length of time that you have been taking the drug, and (3) your own personal behavior. If you are one of those individuals that have taken more than one type of drug you should be prepared to experience drug detox that is more complicated than that of a single drug user.

Different programs will handle drug detox in different ways but the general idea is the same: to rid the body of harmful toxins and remnants of the drug. Many drug detox centers are simply there to help you deal with the physical discomforts that will occur as your body adjusts to not having the drug present. Other drug detox centers will help you deal with the mental and behavioral changes that are taking place.

No matter what type of a drug detox that you decide is right for you, keep in mind that your own withdrawal process is different from that of everyone else. Be persistent and make sure that you have medical supervision and advice throughout your drug detox program.

**Tip #27: Using Rapid Detox**

Rapid detox is the process of ridding the body of drugs that are highly addictive. Highly addictive drugs, such as Methadone and heroin, are rapidly purging from the body so that the drug addict can begin a program of drug rehabilitation. Rapid detox must be done under medical supervision under the care of a doctor and medical team.

Rapid detox is often done through a procedure that is known as “reversal”. During this rapid detox procedure the individual is put under a general anesthetic to minimize any discomfort. After the reversal procedure is complete the person is put onto a drug detox program to handle the symptoms of behavioral withdrawal. It is recommended that after rapid detox is complete the person undergo counseling to deal with behavior modification.

**Tip #28: The Procedure of Rapid Detox**

The procedure of rapid detox is very simple. The person, under general anesthetic, is given medications that will flush the narcotic from the body’s system. Because of this sudden flushing the person will experience immediate withdrawal symptoms. This is why, during rapid detox, the person is kept unconscious so that they don’t experience the severe pain of immediate withdrawal. After the narcotics have been flushed from the body the person is give one of two types of drugs to help accelerate the process of the withdrawal period. The two safe drugs that are used during rapid detox are Naloxone and Naltrexone. The process of Naltrexone reduces the normal withdrawal period of six to seven days down to 6 or 7 hours.

Using the rapid detox procedure the person is kept unconscious for several hours to avoid the symptoms of withdrawal. It is important that after the rapid detox

procedure is complete the person begins a program of drug abuse counseling so that they can deal with the many issues that occur after an addiction is ended.

After rapid detox there will be harsh behavior modifications that need to be met and understood by the person who is recovering from addiction. They will need to consult their doctor and continue to seek counseling that is available through many drug centers.

**Tip #29: Alcohol Detox**

Alcohol detox is available for those people who are addicted to alcohol and want to give up their addiction. Alcohol detox is a treatment that is available for alcoholics and is the process of ridding the body of alcohol. Once the alcohol is out of the body's system the person must undergo further treatment by seeking counseling and help in changing the behaviors that exist during alcohol abuse.

**Tip #30: Alcohol Detox and Physical Symptoms**

Alcohol detox deals with the physical symptoms of withdrawal that are present when a person denies their body of alcohol that has become a daily part of life.

Once the person has undergone alcohol detox they are ready to begin a treatment program that will help them recover from alcohol abuse. The craving for alcohol will never leave an alcohol and therefore after the alcohol detox is complete the person will have to begin a lifelong behavior change that they will need to want to maintain in order to be successful.

Alcohol detox must be done under the care of a medical doctor and is usually done in a medical center that specializes in alcohol detox. If a person attempts alcohol detox on their own the result can be disastrous since they need to have medical care to help them deal with the symptoms of withdrawal. An alcohol detox medical center has the knowledge and experience to safely treat alcohol addiction and withdrawal.

**Tip #31: The Process of Alcohol Detox**

Alcohol detox is a different process for every individual and will vary each time. There are several symptoms of alcohol detox that the person will be made aware of by their doctor. These symptoms include nausea and vomiting, sweating, hand and arm tremors, trouble sleeping, anxiety, rapid pulse, physical discomfort, agitation and frustration, and in extreme cases of withdrawal, hallucinations.

When a person begins the program of alcohol detox they will be made aware of what to expect and be given advice and medical care during the entire process. Recovering from alcohol abuse will take time, patience, and determination. Under the care of a caring medical staff the procedure of alcohol detox is as gentle as possible.

**Tip #32: Liver Detox Explained**

Liver detox is something that you'll want to think about once every couple of years so that you can properly cleanse your body of impurities and toxins or when you are battling an addiction. Liver detox means that you are cleaning your body of toxins and impurities that have been in your body over a long period of time. Liver detox is done by many people each year and has proven effective in boosting your body's immune system and maintaining your overall general health.

**Tip #33: Liver Detox of Alcohol Addiction**

Liver detox cleanses your body of the toxins that have accumulated in your body from alcohol addiction as well as from the things that you eat as well as from the environment around you. Every day you are exposed to any number of toxins that are present in everything from the air that you breathe to the water that you drink.

These toxins are stored in your liver and can be the cause of many medical conditions and problems. A liver detox will cleanse your liver, as well as other organs in your body, and help you to lead a healthier lifestyle. One of the things that you will want to make sure that you concentrate on after you have completed

a liver detox is eating a diet that is sufficient in dietary fiber. Dietary fiber will help to cleanse your digestive tract. This ensures that the harmful substances that your body doesn't need to absorb are quickly removed from your body instead of stored in the liver.

A liver detox will cleanse your body of the things that you put into it as well as the things that you expose yourself to. Some of these toxic things include alcohol, deep fried foods, bug sprays, exhaust fumes, and pollution. All of these substances can put undue stress onto your liver and create health problems now and in the future. This is the time that you should consider a liver detox. When your liver is stressed it is unable to clear the toxins from your body in an effective manner. When your body is stressed you will find that you are short of energy and that you are often sick with small ailments such as the flu and a cold. Consult your doctor about a liver detox program.

**Tip #34: Detox Centers**

A detox center is a medical facility that deals with the detoxification of the body after it has been exposed to and abused by a number of different substances. A detox center helps people with addictions to seek the medical help that they need so that they can live a life free of substance abuse.

**Tip #35: Detox Centers for Substance Abuse**

There are many different types of detox centers and each detox center will have a different function and role in the detox process. There will usually be a medical doctor present for each detox procedure that takes place in the detox center. A medical staff is there to assist the addict in rapidly detoxing from the substance of abuse and to make the process as pain free as possible. When a person enters a detox center they are usually doing so under the advice of their doctor. Most detox centers will only take a patient that has been referred by a medical doctor.

A detox center is available for a variety of substance abuse problems. These problems can include alcohol abuse, narcotic abuse, and chemical dependency.

Many times a person will enter a detox center and have multiple addictions that need to be dealt with. In these circumstances a detox center will usually deal with all of the addictions so that the person can cleanse their body of all toxic substances at one time.

The more addiction that a person has when they enter a detox center the longer it will take for the substance of abuse to be flushed from the body and the more counseling and therapy a person will need once the detox center has helped them through the withdrawal of their addiction.

**Tip #36: Detox Center Procedures**

When a person enters a detox center they will have to sign papers that give the detox center permission to give medical treatment for the person's addiction.

They should be prepared to stay at the detox center for anywhere from a several days to a few weeks. Many detox centers will provide immediate and long term counseling to their patients. Depending on what substance a person is entering the detox center for they can be assured that an experienced medical staff is there to help them every step of the way.

**Tip #37: Detox Programs**

A detox program is a method of ridding your body of toxic substances so that you promote better health and vitality. There is a detox program for nearly type of substance abuse and toxic substance that you can think of. Each detox program will be different according to what type of toxins you are trying to flush from your body. If you have an addiction to alcohol or a narcotic you will be able to conduct your detox program in a medical center under the care of a doctor and medical staff. If you are trying to rid your body of toxins that have accumulated as a result of what you have eaten, or of environmental issues, you will be responsible for your own detox program.

**Tip #38: Choosing a Detox Program**

What type of detox program that you need will depend on what your symptoms are and what you are trying to cleanse. One of the things that you may be trying to accomplish is the cleansing of your circulatory system. There are many things that contribute to the evidence of toxic substances in your blood and in your veins, arteries, and capillaries. When you have faulty digestion the waste from your foods will form a lining on your arteries that hinders the structure of the cells that need proper nutrition. It is this lining that keeps your arteries and veins from getting the proper nutrition that they need to be healthy. After a period of time these arteries and veins will become hard and will be unable to contract or expand as they once did so easily. There is the danger that these veins and arteries will become breakable and brittle, causing severe medical problems. You want to think of a detox program long before you have permanent damage from toxins in your body.

**Tip #39: Detox for Health**

Other detox programs are available for your body and include a detox program for the kidneys, colon, and liver. It is important that your body function smoothly and be able to flush out the toxins in your body through the liver, kidneys, and colon. Any detox program will help you to cleanse these organs of your body so that you are able to experience better health and vitality.

**Tip #40: Addiction to Oxycontin and Detox**

Oxycontin detox involves the detoxification of Oxycontin from the body. Oxycontin is the name of a narcotic that is used to treat severe pain. Since Oxycontin is a narcotic it is highly addictive and should only be taken under the strict guidance of a doctor. Oxycontin detox is necessary after someone has overused the narcotic for a medical health reason.

**Tip #41: Oxycontin Detox Procedures**

Oxycontin detox occurs when a patient has been using Oxycontin to treat a medical condition and has become addicted to the daily use of the narcotic. Oxycontin is usually used to treat pain that is associated with terminal cancer,

dental pain, postoperative pain, some types of chronic pain, and some cases of postpartum depression. Oxycontin is a narcotic that is available in both pill and liquid form. It is usually prescribed by a doctor to be taken once every 6 hours. Oxycontin detox can be complicated since Oxycontin is made from an opium derivative and can cause addictive behavior.

The active ingredients that can be found in Oxycontin are Percocet and Percodan, both which are used to combat pain. When Oxycontin is used it affects the pain receptors in the brain, dulling the feeling of pain. Oxycontin detox becomes necessary when a patient becomes dependent on the drug to get through the day.

Patients who need Oxycontin detox have often abused the drug by taking more than one dose at a time or taking larger amounts for a long period of time. A doctor needs to prescribe Oxycontin and will also need to help the patient slowly stop the drug since it shouldn't be stopped all of a sudden.

**Tip #42: Where to find Oxycontin Detox**

Oxycontin detox is generally done at a detox center that specializes in narcotic addictions. There will be some uncomfortable withdrawal symptoms that will occur when a person with an addiction to Oxycontin enters the clinic for Oxycontin detox. A trained medical staff will be there to make the detox as easy and as fast as possible for the patient. After the Oxycontin detox is complete the patient may still experience some feelings of withdrawal but these symptoms will be minor compared to the first days of detox when under the care of a doctor.

**Tip #43: Vicodin Addiction**

Vicodin detox is necessary when a person becomes addicted to the drug Vicodin, which is an opiate. When prescribed, Vicodin will have the same effect on the body as drugs such as heroin and morphine. Vicodin reacts with the chemicals in a person's body in such a way that it becomes highly addictive. Vicodin alters the way that a person thinks and acts, and when addiction occurs it is generally quite severe and Vicodin detox becomes necessary.

**Tip #44: Vicodin Detox**

Vicodin detox is the first part of the recovery cycle that occurs during Vicodin addiction. It is very important the treatment of this addiction begin with Vicodin detox to cleanse the body of the chemicals and toxins in the drug. Vicodin detox will need to be done at a detox clinic since the symptoms of withdrawal will be very uncomfortable for the addicted person. A Vicodin detox center will have all the skills and expertise to make the detox process as pain free as possible. The goal is to cleanse the addict's body of Vicodin so that they can begin a program of drug rehabilitation. Without Vicodin detox there would be significant amounts of Vicodin left in the body's system to make the addict continue to want Vicodin so badly that they will jeopardize their rehabilitation.

**Tip #45: What to Expect from Vicodin Detox**

Some of the symptoms of Vicodin detox include convulsions, sweats, nausea and vomiting, hallucinations, and dizziness. The patient may experience these painful withdrawal symptoms that make it necessary for the Vicodin detox to take place under the care of a doctor and experienced staff. Once the Vicodin detox is complete the patient will have to continue to undergo therapy and counseling so that they learn about their addiction and the signals that they should look for with a returning addiction to Vicodin or any other opiate type of drug.

One of the most negative side effects of Vicodin addiction is the mental anguish that the addict experiences. Vicodin detox must be overseen by a doctor specialized in the Vicodin detox process.

**Tip #46: Alexander Technique**

The Alexander technique is proving successful in addiction recovery. This type of alternative medicine concentrates on recognizing the patterns in your life that can be a cause of emotional and physical problems. It teaches you to consciously change the way that you move, sit, and stand so as to maximize your body's natural body function.

**Tip #47: Finding Balance**

Surviving addiction is all about finding a good balance in your life. This balance of yin and yang must exist in order for your body, mind, and spirit to be healthy. Ancient China used certain elements to represent yin and yang, such as water and fire, cold and hot, or light and dark. In relation to your body, yin and yang can be viewed in this way: every organ and part of your body has properties of yin and yang in varying amounts. When your body is healthy the opposite sides of yin and yang are functioning in equal harmony in a fine tuned state of alternating balance. Chinese medicine uses various forms of alternative health, such as diet, exercise, herbal remedies, acupuncture, and massage to achieve this balance of yin and yang.

It's important that you invest in yourself completely and that you are honest when you access your strengths and weaknesses. No one but you can be brutally honest in a way that is going to bring out the best in yourself. When you honestly take a look at your strengths and weaknesses you can take the steps to work on the areas of yourself that can use improving.

- Skills. Identify your skills by making a list. If you know that you don't really have the skills for communicating effectively be honest and keep it off your list of skills.
- Achievements. Make a list of your achievements, making sure that you have the evidence to back up those achievements. Be honest about the achievements that you think you've accomplished when in reality you haven't yet completed them.
- Strengths. Concentrate on your strengths and list them honestly. There are probably some things that you don't consider to be strengths but that should go on your list. If you're uncertain about one of your strengths, ask someone who is close to you to verify it.

- What are you proud of? List the accomplishments in your life that you are proud of. Include anything from your academic accomplishments to your personal achievements, no matter how minor they may seem to you.

**Tip #48: Breathing Techniques**

Recovering addicts need to learn new methods of coping. Techniques, such as breathing deeply when upset and techniques of meditation are often effective in dispelling a bad mood. Many studies have suggested that light exercise is also often quite effective in reducing the intensity of a bad mood. For the office environment, short journaling can be a great way to get rid of a destructive mood.

The idea is that every time an employee finds themselves in a terrible mood, they quickly jot down their anger or mood on a piece of paper, list some things they can do to improve the situation which caused their mood, and then put the paper away in a locked drawer. The process of externalizing moods, deciding what can be done about them, and then physically putting the problem out of sight has been found to dissipate bad moods much of the time. This technique is also great because it can be done anywhere for any problem, and takes very little time out of the day to complete.

**Tip #49: Finding Personal Power**

One of the most important things that people can do to reach their personal and professional goals is to cultivate and nurture their own personal power. Personal power is one of the most incredible allies that an individual can have when it comes to achieving success. Personal power is all about believing in yourself, your accomplishments, and your ability to reach your goals. When people have this personal power they become confident and motivated to go after the things they want in life. Just think of the rewards that you will receive when you have a great sense of personal power: there are no limits when it comes to the goals that can be reached, first and foremost being recovery from addiction.

Self awareness is a continuous process of renewal that you should get in the habit of implementing in your life. This concept is based on the seventh habit of Stephen Covey's book "The Seven Habits of Highly Effective People". One of the techniques that you use for reaching your goals should be the constant renewal of your physical, social/emotional, spiritual, and mental areas of your life so that you can achieve the balance that you need to be successful in your personal and professional life. Recovery from addiction means becoming more aware of all areas of your life.

**Tip #50: Art for Therapy**

Consider taking a drawing, or other art class, during your recovery stages. This type of focus and concentration will help you build the confidence and skills that were lost during your addiction.

Many people will simply say they can't draw. They never could and they never will. Drawing is talent you are either born with or you aren't. However, more and more people are realizing that with a few basic techniques anyone can be drawing amazing pictures that they never thought possible. Learning how to draw and sketch is a great way to spend quality time alone so that you can get to know yourself once again.

**Tip #51: Baby Steps to Fitness**

The most important thing that you can do to become more fit is to start exercising in any small way that you can. You need to start slow, particularly if you haven't been active in some time.

Try adding 30 minutes of walking to your daily routine so that you can start to see your fitness changes. After you've started to notice the benefits of these 30 minutes you can start walking for a longer period of time for a further distance.

Or you may decide that you want to try other forms of exercise, such as hiking or power walking so that you can increase or maintain your new found level of

fitness. Any new fitness level that you achieve will help you on your road to recovery.

**Tip #52: Exercise – Anything Goes**

Leading a healthy lifestyle means eating right, getting enough sleep, and exercising regularly. But what do you do if exercise is that one thing that you can't bring yourself to follow through with on a regular basis? There are many forms of exercise that you can incorporate into your life that are fun to do and participate in so that you get the workout that you need to stay fit and healthy:

- join a sports team
- take part in group exercises at the gym
- try something different like belly dancing or kick boxing
- lift weights at the gym
- try outdoor activities such as hiking, biking, or canoeing

Exercise is essential if you're going to lead and maintain a healthy life. Find your favorite form of exercise and stick with it so you can enjoy the benefits of a healthy body and mind.

**Tip #53: The Importance of Walking for Addiction Recovery**

Walking is one way that you can spend more time focusing on your recovery while getting fit at the same time. After you start walking you should try to follow the same walking route for at least two weeks as your body adjusts to this new level of fitness. Make sure that you measure how far you walk, and how long it takes you to walk this far, so that you have a milestone against which to measure your future walking plans. After two weeks you can start to walk a little further, adding more distance each week so that you're challenging yourself. By taking small steps you'll be letting your body adjust to this new fitness routine so that you won't hurt yourself by walking too far.

**Tip #54: The Advantages of Fitness**

Taking the time to become more fit during the recovery process has many advantages. Start a routine and stick with it. In just a few short months you'll find that the steps that you've taken towards fitness have paid off. You'll notice a big change in your level of fitness and find yourself sleeping better, having more energy, and feeling better about your life.

**Tip #55: The Importance of Nutrition**

Recovery from an addiction means that you have to pay even more attention to what you eat and what nutrients you put into your body. As you are eliminating substances from your body you will find that your preferences for the taste and texture of food will change. This makes it even more important that you keep track of what and how much you eat so that you can make sure that you are maintaining a healthy eating pattern to keep your body at its best.

It is important that as you are in recovery that you eat a variety of healthy foods. The greater the variety of foods that you put into your body the more likely you are to be getting the vitamins and minerals that you need to stay healthy. Make sure that you get at least five or more servings of vegetables and fruits each day. There are many ways that you can add more vegetables and fruits to your daily diet. During recovery you should try to eat lean fish, meat, and poultry so that you reduce the amount of saturated fats that are in your diet. Avoid those proteins that are high in fats by trimming the fat from each portion. Buy dairy products that are low in fat and when you are choosing breads and pastas try to buy whole grain products. Make sure that you are getting enough healthy fiber in your daily diet as well.

**Tip #56: Drink Plenty of Water**

As your body is in the recovery stage, make sure that you drink enough water and limit the amount of caffeine that you consume. You should carefully monitor how much that you are eating and adjust your food intake to your own level of physical activity during the day. If you are unsure how many calories and fat grams that you should be consuming each day you should talk to your doctor

about your daily diet and get the advice that you need to help you with a healthy diet.

**Tip #57: Alternative Health**

Alternative health is becoming more and more popular as more and more people look for other solutions to their addiction problems than the use of traditional medicine. There are many methods of alternative health that focus on different parts of your body, mind, and spirit. If you are looking for alternative health practices to incorporate into your life take the time to research and see what alternatives exist, such as unconventional Western healing practices and Chinese medicines.

One type of alternative health is traditional Chinese medicine. This type of alternative health is based on the theory that sickness is the result of an improper flow of the natural life force throughout the body. This life force is called the “qi”. This alternative health method of Chinese medicine originated in China thousands of years ago. This type of alternate health believes that the qi can be restored by balancing the forces of yin and yang, which can also be looked at as hot and cold, or abundance and deficiency. The alternative health practice of Chinese medicine attempts to restore this balance with use of meditation, acupuncture, massage, and herbal medicines.

**Tip #58: Acupuncture**

Acupuncture is a popular form of alternative health that is practiced widely around the world. Acupuncture is the practice of stimulating certain parts of the body by inserting very small needles into the skin and tissues. Sometimes added stimulation is achieved by the addition of a low voltage electrical current. It is believed that the sites of the body that are stimulated by the needles will be unblocked and the energy of qi will flow once again along the proper pathways, restoring the natural yin and yang in the body. This type of alternative health has

become very popular in the western world. Another form of acupuncture is known as acupressure and uses massage to stimulate the body rather than needles.

If you choose acupuncture as an alternative health method make sure that you get as much information as possible before finding a qualified doctor to perform the procedure on you. The more information you have about any type of alternative health the more successful you will be with the results.

**Tip #59: Health and Mind Techniques for Addiction**

Many alternative health methods come into the category of body-mind techniques and are founded on the idea that it is both the emotional and the mental factors of a person that have an influence on the physical health of the body. This method of alternative health category that is called body-mind techniques uses a variety of methods to cure and prevent disease. These methods of cure include spiritual, social, and behavioral aspects of a person's life.

**Tip #60: Meditation and Addiction Recovery**

There are several types of body-mind techniques to choose from as an alternative health form. The first of these methods is meditation. Meditation deals with the quieting of the mind to allow for self-awareness to manifest itself. Meditation is the process of sitting quietly and resting your mind or focusing on one thing so that your mind isn't wandering off in several directions at once as it usually is in a non-meditative state. Many times a person chooses a mantra to focus on. A mantra is a word, or a series of words, that are repeated over and over in a person's mind as a means of focusing. Using meditation to cure or prevent disease has proven effective for many people as a method of alternative health.

**Tip #61: Relaxation and Addiction Recovery**

Using relaxation during addiction recovery has proven both popular and effective in curing and preventing disease. There are many relaxation techniques to choose from that each have their own area of popularity. When you use relaxation the idea is to relieve tension and strain on the body and on the mind. One type of relaxation is known as guided imagery, which uses mental images to instill a

feeling of wellness and peace to the individual. Hypnotherapy is another type of relaxation method. This method of alternative health is where a person is put into what is known as an advanced state of relaxation where they are completely unaware of their surroundings. The hypnotized person listens to the therapist present certain images towards which they must focus and pay attention.

**Tip #62: Reflexology and Addiction Recovery**

Using reflexology during addiction recovery is a proven way to treat modern ailments. Reflexology uses the belief that there are reflexes located in the hands and feet that correspond to different organs and other parts of the body.

It is believed that by placing pressure on these certain points of the body you will find better health in three ways:

- (1) The return of normal functioning in the glands and organs of your body,
- (2) The increased, healthy flow of blood throughout the body, and
- (3) A state of relaxation for the body and the mind.

Reflexology is a great method of alternative health that has proven powerfully strong for many people.

A reflexologist will use their hands to manipulate and place pressure on certain points of the hands and feet. As a further boost to the alternative health method of reflexology you can add the meditative state that often occurs when reflexology is being practiced. Reflexology is very relaxing as your hands and feet are touched in what is essentially a very gentle manner. Reflexology also aids in the circulation of the blood through the body.

**Tip #63: Yoga and Addiction Recovery**

Using yoga during the recovery process is a great way to incorporate something into your life that has been around for many, many years. Yoga began in India and uses the basic idea of joining the body, mind, and breath. There are many different types of yoga that you may want to consider using as an alternative

health method or as a supplement to modern medicine in the treatment of many ailments.

Anyone can benefit from using yoga as an alternative health form. Yoga is a gentle way to add physical activity to your life while at the same time reducing the stress in your life. Yoga isn't just for those people who are looking for some type of spiritual healing, it is also for those people who want to become more flexible and limber. It is because yoga has so many aspects to it that it is widely used as an alternative health method for the treatment of many medical conditions. When you are practicing yoga you won't be left breathless and in a sweat, however you will still feel your heart pumping at a faster, stronger pace.

Yoga is a great alternative health method because it is a calming experience and it works by giving your body strength and keeping it healthy.

**Tip #64: Fitness**

When it comes to fitness and maintaining physical health one of the most critical elements is proper exercise. If you ask any fitness expert they will most likely tell you the same thing. Everyone should get some form of physical exercise every single day, especially if they are interested in maintaining physical fitness.

There are many types of exercise that can be done by anyone in the quest for achieving physical fitness. Although they can be very convenient for helping individuals to conduct efficient training sessions, it is not necessary to join an expensive gym, or even to purchase any expensive equipment to begin a physical fitness regimen. With as little as a pair of old running shoes and a pair of sweatpants, you are completely equipped with everything you need to begin a highly effective workout that can work wonders for your decision to become more fit and trim.

Taking care of the physical balance in your life is important in maintaining all aspects of balance in your life. When you take care of your physical body you're better prepared to face the mental and spiritual challenges that come your way.

There are many ways that you can take care of the physical part of your life such as a well balanced diet and exercise. There are three physical areas that you need to focus on:

- endurance
- flexibility
- strength

**Tip #65: Starting a Fitness Program**

For starters, a good place to start a fitness program is to target a “problem area” and focus on it. Men typically begin to put on a few extra pounds in the stomach area, while women usually notice their thighs and derriere packing on the extra weight. While these areas are not necessarily the most crucial for maintaining overall physical fitness they are great areas to start working on for the reason of motivation. Furthermore, any time you exercise, even when doing the most focused abdominal crunches or arm curls, you are helping to maintain the fitness of your entire body as all of the systems in our bodies are interconnected and benefit from any amount of exercise.

Men will most likely want to start with sit-ups and abdominal crunches, while women will most likely begin with running or leg curls. Remember, an important part of any fitness routine is warming up and stretching. You should never jump right into exercising as you can cause muscle cramps that can ruin an entire day’s worth of working out.

With a little bit of effort, you will find that achieving greater physical fitness with exercise can benefit your recovery program from an addiction.

**Tip #66: The Importance of Diet and Exercise**

In the pursuit of achieving a greater level of fitness there are many things to consider. Exercise is extremely important but there is another element that is often forgotten in the search for improved fitness and health: diet.

Yes, exercise and diet go hand in hand in improving the health and fitness of any individual. If you have decided to begin to work on increasing your level of physical fitness, which can add many benefits to your day to day life as well as your overall health (such as resistance to sickness, more energy throughout the day, the need for less sleep at night, and many, many other health benefits), you should not only consider a regimen of exercise but also think about improving your diet. The old saying “you are what you eat” is not just a silly little saying we tell our children when we want them to eat their broccoli, they are words that ring as true for a 40 year old as they do for a toddler.

**Tip #67: Using Herbs during Recovery**

For many years herbs have been used to treat an abundance of health problems. The indigenous peoples of every continent have been using various herbs for hundreds upon hundred of years, but in the past few decades there has been a resurgence in the use of herbs as alternative to pharmaceutical drug use for a wide variety of maladies.

Some of the most popular herbs that are used for their medicinal qualities are Kava-Kava, Echinacea and St. John’s Wort. All of these herbs are highly valued for their extremely effective medicinal uses, and are available in their raw form as well as standardized extracts in health food stores around the world.

Kava-Kava is an herb that is used as a remedy for stress, nervousness and anxiety (it has also been occasionally used to treat insomnia). Kava has the capacity to relax muscles and to still the anxious mind. As far as herbs go, it is one of the best in the area of anti-anxiety, and clinical studies have proven Kava to be extremely effective in acting as an anti-anxiety medicinal herb for many individuals. It is important to note that Kava should not be taken in combination

with alcohol or any other psychoactive drugs. Like with any other medication, herbal or otherwise, you should always consult a doctor before beginning any type of regimen.

Echinacea is another very useful medicinal herb. Echinacea is an herb that can be used to treat colds, cough, sore throat and some types of infection. Many people also believe that Echinacea can act as an “immune system booster” that can help people fight off infection. Although this fact has not been proven, Echinacea is still a very useful herb.

St. John's Wort is another extremely useful herb that has gained a lot of mainstream popularity. It has been used to treat depression and anxiety with a great level of success. St. John's Wort is not a quick fix, however, and usually must be taken for three to four weeks before a difference in outlook will be noted.

Furthermore, it is best to avoid the sun while taking St. John's Wort as people taking St. John's Wort will sun burn easily.

**Tip #68: Quit Smoking**

One of the best things you can do to improve your overall heart health and to aid your recovery program is to quit smoking. Regardless of whether you smoke cigarettes, cigars, or a tobacco pipe, nothing will do more to improve your overall heart health than quitting smoking today. Every puff you take from a cigarette causes a strain on your lungs and heart and contributes to problems relating to heart health. If you are serious about improving your overall health, you certainly should consider talking to your doctor about quitting smoking.

Smoking is very damaging to your heart health. Most doctors will agree that one of the leading factors in poor heart health and heart disease is the practice of smoking. Not only is smoking bad for heart health, but it also causes major problems with other closely related systems in the human body such as the lungs. If you are interested in promoting heart health and the overall well-being of your life, you should consider quitting smoking as soon as possible.

If you have made the decision to quit smoking in the interest of greater heart health you should consult your doctor to discuss the possible treatments you can undergo to alleviate some of the withdrawal symptoms that you may experience with the cessation of nicotine. Your doctor will not only be able to assist you in quitting your habit but may also be able to suggest other methods of improving your heart health and overall health.

**Tip #69: Eating Addictions - Recognize an Eating Addiction**

Eating addictions are becoming more and more of a problem among young people today, in particular in girls. Many times eating addictions are disguised as simple abnormal eating behaviors and go unnoticed for a long period of time. In many cases the addict is so deeply involved in their addiction before anyone, including him or herself, has a chance to notice.

Eating addictions are of course, always food related. This is what makes these types of addictions so hard to detect and access. People with eating addictions have to eat and therefore the eating addictions can be diagnosed as a case of the addict just having a problem with overeating. Many times people with eating addictions will try to put a stop to whatever the addictive behavior is, but usually without little success unless some other type of awareness and therapy is thrown in. A compulsive overeater can eat for a long period of time following a healthy eating plan but they will eventually fall back into their addictions and start compulsively overeating once again.

**Tip #70: Eating Addictions - Get Professional Help for Eating Disorders**

There are many health problems that are associated with eating addictions which is why eating addictions are of such a big concern regarding the health of young people, women in particular. Possible health problems from eating addictions include obesity, diabetes, bulimia, alcoholism, and many food allergies. These health problems may at first seem to be unrelated to eating addictions but when looked at more carefully, with the history of the individual, the patterns become clear.

People with eating addictions need to seek some type of professional help so that they can begin the life changing procedure of changing the way they eat and the way that their emotions come into play. Besides seeking professional help there are several things that people with eating addictions can do to help them on their way to overcoming eating addictions. One thing that addicts can do is to identify the foods that are “trigger” foods and try to stay away from them. Addicts should plan a healthier lifestyle with a scheduled program of exercise. Adding nutrient supplements will usually be necessary to help combat the ill effects of eating addictions. People with eating addictions will need to focus on their own personal development as well as their spiritual growth.

**Tip #71: Dealing with Denial**

Denial is one reason why recovery doesn't work. An addict who is chemically dependent is often forced into a treatment program. They will often be in denial since it wasn't their own personal choice to enter into a recovery program. Take some time to deal with the issues of denial before treatment begins. You should also take some time to identify areas of your life that need sorting.

One aspect of recovery should be to “clean your house” by taking care of the things that you have that are unfinished. This means wrapping up those loose ends that you've been avoiding for whatever reason. When you have unfinished business in your life it creates a chaotic feeling of unbalance that affects all areas of your life and prevents you from being as productive as you could be. These unfinished tasks can be as straightforward as physically cleaning your house to finishing that sales report that you've been avoiding for weeks.

Once you've identified the areas of your life that need cleaning, sorting, and completion you need to find the feeling of purpose that is going to inspire you to take the time and make the effort to change. You need to know that your purpose for balancing your life and cleaning your house is to clear your mind and give you the room to concentrate on what's important in your personal and your business life. When things are in place, both physically and in your mind, you'll have more success as your work towards your goals. Your purpose should be clear: to

make room for the important things in life as you reach your goals and so that you can achieve recovery from your addiction.

One of the key aspects of personal power is the inner confidence to know that you can do anything you want to do. You can achieve the sales that you deserve because you have all the skills and techniques that you need to be successful. When you have personal power you have the assertiveness to do what's best for you and your recovery from addiction. It's this combination of confidence and assertiveness that is going to push you towards your goals and a help you achieve them.

**Tip #72: Night Time Stretching**

If you are having trouble sleeping, the following stretches will help you relax:

- Lie on your back, bring your knees in, and put the soles of your feet together, then let your knees fall open, making a diamond shape with your legs, rest your arms on the bed.
- Lie on your back, bring your knees into your chest, and hug them. If you like, you can gently rock from side to side. Breathe deeply into your lower back and with each exhalation, allow your entire back to relax just a little bit more. If this position hurts your knees, roll up two washcloths and place one behind each knee.
- Lie down with your buttocks at the wall (or at least as close as possible). Extend your legs up the wall. Flex your toes toward you and work on getting your knees straight by extending the hamstrings. Stay in this position for a minute or two, and then go on to the next pose.
- Widen your legs. Go slowly since you don't want to overstretch your inner thigh muscles. You can place rolled-up blankets under your upper thighs to help support your legs. You will be able to stay in the pose longer this way. Keep flexing your feet toward you and trying to straighten your knees. Use your hands, if necessary, to keep your thighs pressed against the wall.

- Roll up a blanket or thick towel. Lie down with the roll placed under your upper middle back. If you would like, use a pillow or a folded blanket under your head. Close your eyes and relax. Stay in this position as long as you like.
- Lie on the floor with your calves on a chair seat. Place a blanket under your head if you like. Cover your eyes with a small towel or other soft piece of fabric, and insert earplugs if you wish. With each exhalation, relax a little bit more. Stay in this position as long as you like; you may even fall asleep.

**Tip #73: The Value of Internal Cues**

Internal cues include the emotional states and cravings which prompt us to certain behavior. When we receive an internal cue that we interpret as hunger, for example, we eat. In general, internal cues are very helpful - they give us the emotional signals we need in order to survive and in order to grow. If we find ourselves truly craving the pleasant emotional states we get from drawing or from designing, we may follow these internal cues to schooling and work in the arts or in design. In this case, internal cues have been a positive force, pushing us to act on an interest and giving us clues we can use in shaping our lives.

Researchers believe that internal cues are our body's defense mechanism, which in ancient times allowed our race to survive by pushing us into specific actions. By intuitively acting on internal cues, our ancient ancestors were able to survive, feed themselves, and reproduce.

**Tip #74: Controlling your Internal Cues**

Simply accepting our internal cues and acting on them does not always give us the results we want. In fact, internal cues may well be one of the more misunderstood aspects of self-management or conditioning. The first mistake that many people make is that internal cues are somehow beyond control. Many people view internal cues such as emotional states as vague things which somehow arrive and control behavior. This ensures not only that internal cues are completely ignored,

but also allows us to stay controlled by our emotions and thus, deep within our addiction.

**Tip #75: Management of Internal Cues**

Don't make the mistake of thinking that internal cues are a specific type of marching order to action that should be taken at face value. If we are suddenly angered by someone who forgets to make promised call, for example, we will likely think that we are able to identify our internal cues - anger, hurt, feelings of betrayal - quite easily. The problem is that we are likely to link these internal cues mostly or entirely to the action of the person who has not called. We think that we experience unpleasant internal cues because of something that someone has done to us. We may even think that these internal cues should be acted on in certain ways. We may think that we need to express our anger at the non-caller through confrontation. This is a classic example of the way that most of us use internal cues.

Determining what people want from their life is essential to the recovery process. Once a person recognizes what is important they are better able to focus their energies in this areas.

**Tip #76: Personal Awareness**

Internal cues affect our perception a great deal. If we are not consciously aware of our internal cues and make no effort to control or harness them, then we allow ourselves to be controlled by our emotional states and desires in a way that can harm us. One thing we need to realize, though, is how *many* internal cues are affected by perception. Understanding the powerful link between perception and internal cues is vital; it can help us control our states and can help us stay motivated enough to act on our goals.

The first way that internal cues are related to perception is the perception we have of internal cues themselves. Our very perception affects how we think of internal cues and how we allow our cues to affect our addiction. For example, we all know people who seem to be at the mercy of their internal cues. If they are

feeling restless, they can't seem to get any work done. The way that they have interpreted their emotional state is it - once they see themselves as restless, they will not settle down and will usually not allow co-workers to get much done either.

**Tip #77: Understanding your Emotional State**

We have many ideas about our emotional states or internal cues, and these beliefs, most of which we have picked up in childhood or through popular culture, do not do us much credit. When we were babies, internal cues told us, on a very intuitive level, when we were hungry or uncomfortable. Our response to these cues - crying - brought instant relief in the form of a harried but worried parent.

Advertisements which surround us each day try to further this childish view of internal cues. We are told that we absolutely need a certain product, or we are convinced through glossy ads that we will be absolutely happy only if we drive a specific make of car. Plus, popular culture often finds convenient scapegoats for most of our internal cues. We are fearful of walking alone at night because of the rising crime rate; we are unhappy because of our lousy childhoods; we are behaving badly because we are "acting out" on something terrible that happened to us years ago.

Emotional state plays a big role in addiction since it's these emotions that addicts are constantly trying to run away from.

**Tip #78: The Dangers of Environmental Stimulus**

We are given literally thousands of excuses for our internal cues and emotional states each day. And it's these cues that let us justify addiction. We are encouraged to act on these internal cues with almost no forethought. While this certainly keeps advertisers in business, the fact is that this perception of internal cues allows us to mix up cues, actions, and motivations. We basically see the process of internal cues as this:

*Environmental stimulus: internal cues: reaction: action.*

### **Tip #79 External Events as Stimulus to Addiction**

In this perception of internal cues, some external problem or event occurs and as a result of that event, internal cues appear. We react to the internal cues and take action. For example, in this perception of internal cues, an event such as the following may occur:

*Our spouse is late from work: we feel angry: we wait and get angrier: we yell at our spouse as they walk in from work.*

It is crucial, if you want to get motivated and achieve success, that you find the purpose in your life. This purpose should be something that gets you excited. It should be something that you care for deeply and it should be something that is related to how you define yourself. In many cases, the purpose at the center of the wheel of life has to do with someone's contribution to the world - whether that contribution is through inventions, artistic creations, or help for the less fortunate. The purpose should be a simple statement, not a whole list of goals. It should be something that immediately makes you want to act or start work, not something that has no emotional resonance.

### **Tip #80: Addiction and Response**

Responses, cues, and stimuli run together without stop, in random order. How the addict responds to certain situations and to internal cues can play a big role in the recovery process. In this perception of internal cues, we can't blame some random event (a teacher being unkind to us in third grade) for our current state and our current actions. This perception forces us to sit up and take responsibility for our internal cues and our actions, rather than allowing our circumstances and emotions to control us.

A positive action when it comes to addictions is dealing with resentments. Some of the ways that a recovering addict can handle past, present, and future resentments is by:

- When you start feeling resentful find serenity in prayer and meditation.
- Work with a 12-step program to deal with your past wrong doings.
- Take time out for deep breaths so that you can focus on your recovery.

**Tip #81: Letting External Cues Affect your Thinking**

Internal cues are related to perception is the way that we allow internal cues to affect our perception of events, of ourselves, and of other people. We will often confuse internal cues with fact. If we meet someone new and have poor internal cues - if we are stressed by our day, for example, and resent being introduced to yet another person - then we tend to perceive that person more harshly. This can lead to our own low self esteem and cause us to turn even more to our addiction.

If we are in a good mood and in a positive emotional state, isn't it also true that we tend to give more people the benefit of the doubt and we generally get along better with everyone? Similarly, isn't it also true that when we are in a good emotional state, external factors are perceived very differently? Consider the temperamental fax machine at the office. Isn't it true that when we are in a bad emotional state we tend to think "oh, great here is something else going wrong today" while when we are in a good emotional state, a mess with the fax machine barely seems to faze us? Without consciously realizing it, we let our internal cues affect our perceptions. Advertisers use this logic all the time. They use visual cues and sound in commercials to put us into a positive emotional state and then flash pictures of a product. With enough repetition, we come to associate the positive state with the product. This is what the recovery process is all about when it comes to addiction.

**Tip #82: The Addict and Decision Making**

Often, we make decisions to act based on our internal cues - "I am hungry so I will eat," "I need to calm down so I will smoke," "I am tired so I will sleep" - but if we see that internal cues are only clues rather than truths, we can start to make more conscious decisions and examine our motives more clearly. This is can bring the addict back to the basic survival skills of life without focusing on their addiction.

Maybe we want to eat because we really are hungry; maybe we are nervous. Maybe we really are tired; maybe we want to sleep to avoid working late on a project we don't like. By refusing to accept inner cues as truths, we can see them as clues to our state or hints of what may be going on with ourselves. This can help us make better choices and decisions.

**Tip #83: The Power of using Affirmations**

Affirmations have long been considered a very effective way of generating a positive attitude. The idea is to repeat - in a very positive tone of voice and with a high degree of conviction and positive emotion - statements such as "I am becoming a better person every day" or "I have the skills to make it" several times a day. The idea is to use positive statements that are in the present. Affirmations work even better when visualization is used. If you picture yourself attaining your affirmation as well as just saying them, you even further convince your mind of the truth of the statement, and so you produce positive thought and action in your life.

**Tip #84: Why the Addict needs Personal Power**

Personal power will help the addict in the recovery process so that they are able to (1) understand the destructive nature of their addiction, and (2) so that they learn the coping skills to survive without their addiction.

One of the key aspects of personal power is the inner confidence to know that you can do anything you want to do. You can achieve the goals that you deserve because you have all the skills and techniques that you need to be successful.

When you have personal power you have the assertiveness to do what's best for you. It's this combination of confidence and assertiveness that is going to push addicts towards their goals and help them achieve these goals.

**Tip #85: Attitudes and Beliefs**

Three important elements for the personal success of addicts from the recovery of addiction are:

- the attitude that they have toward their personal and professional life
- the beliefs that they model their personal and business life around
- the behavior that they have towards themselves and others

These three elements are tightly connected and interwoven, and can either make or break the personal and professional confidence of each employee. Let's break these three elements down even further.

- Attitudes are the ways that you react to situations, and to people, based on the assumptions and the beliefs that you have learned.
- Beliefs: Your beliefs are the conjectures that you make about yourself, other people, and situations. Your beliefs are based on what you think and how you think things are. Your beliefs will make you react the way that you do and cause your expectations to remain within a certain framework of thoughts.
- Behaviors: Your behavior is how you implement the attitudes that you have adopted towards situations and people.

**Tip #86: Successful Treatment Factors**

The successful treatment of the addict involves the following factors:

- Taking into account the personality of each individual.
- Taking into account the personal situation of each individual.
- The specific issues of the addiction.
- How far the addict has deteriorated.

The first step in dealing with any type of addiction is an understanding of what the addiction is all about.

Listening: Pay attention to what others around you are saying and you may be surprised when you have a more profound experience than you intended. When

you listen without judgment, distortion, or interpretation, and pay close attention to what others are saying, you'll often be able to hear more than you first thought you were hearing. There are four levels of listening:

- Hearing. This is the superficial level.
- Listening to. This is when you listen with a question in mind.
- Listening for. This is when you listen with your own filters in place and with the expectation that something specific is going to be said. Many times you may be listening with a judgmental ear.
- Conscious listening. This is a level of deep listening, and listening without any judgment or minimal judgment.

“Matching” is copying the behavior of others with good recovery in a delayed manner so that they feel that they are acknowledged and that you are listening. Mirroring is copying the behavior of successful people so that you have a role model to look up to.

**Tip #87: Give yourself Rewards**

It's important that recovering addicts give themselves a reward so long as the reward is a healthy one. This can be something as simple as buying a new piece of clothing or a new book. Or, depending on where you are in the recovery process, it can be as extravagant as a vacation.

Take some time to determine where you are in your life today. What areas of your life need changing? What is working and what isn't? The more that you understand about where you are, the more you can work towards getting where you want to be. Ask yourself where you would be and what would do if you weren't afraid. Acknowledge your fears and limitations so that you know exactly where you are in your personal life and in your recovery process.

Make sure that you have plenty of personal time so that you can regroup and find focus. If you never take the time to stop and do something that you enjoy you're going to lose sight of the things that are important in both your personal and your

professional life. Make a list of the things that you enjoy doing and try to do at least one or two of them every week.

One of the most important things that you can do when it comes to reaching your goal of recover from addiction is to cultivate your own personal power and embracing the personal power that you already have. Your own personal power is going to be one of your strongest allies when it comes to finding success in recovery. When you have personal power you'll believe in yourself and the things that you do. You'll have the confidence and assertiveness to go after what you want and get it.

**Tip #88: Recovery for Yourself**

You should want to recover from your addiction for yourself and for no one else. You need to be in the right head space to want to get well so that *you* feel better and so that you get your life back on track.

Without the self motivation to recover from addiction you may find yourself failing. You'll find that quitting for someone else can be a good motivating factor but in the long run you need to want this recovery for yourself.

Strengthening your own emotional bank balance means taking care of yourself. There are three aspects to taking care of your emotional bank:

- getting satisfaction from something that you do
- having positive communication with those around you
- doing what you love to do

When you take the time to access how you're feeling and thinking on a daily basis you give yourself the opportunity to relate these emotions to all areas of your life. When you take the time to monitor yourself, and keep your emotions in balance, you empower yourself to feel that inner confidence that is the backbone for so many of your positive emotions and affirmative actions.

Your future is in your hands, and the more tools and techniques that you have for building the future that you want, the faster you'll get there.

Find activities that are going to help you relax and take time to breathe. You might want to consider meditation as a method of relaxation that will clear your mind for a short time so that you can think clearly. Another method of relaxation that you might want to consider is visualization. Visualization is a great technique for relaxing while at the same time reaffirming your goals and dreams.

No matter you decide to do in your personal time make sure that you understand the importance of making time to relax and enjoy the things that you like doing.

**Tip #89: Support System**

The addict needs to have a strong support system where they can turn when they need help. This can include a doctor, a support group, or a mentor. All three of these support features can aid the addict in getting the right kind of help at a time when they need it.

A support group will help the addict to recognize the specifics of the addiction and have the knowledge and experience to help the addict during the most difficult phases of recovery. There are many things that the addict can share with the support group that they aren't able to share with family and friends.

The network of people that you surround yourself with in your recovery process should be as strong and positive as possible. If there are negative people in your recovery program that are bringing down your enthusiasm you need to find at least five other people who have the success that you want and start spending time with them. You'll need to actively seek out those peers that have the same value system that you have so that your own beliefs are reinforced.

**Tip #90: Addiction is a Compulsive Behavior**

It's important to recognize that no all addictions are the cause of genetic or biological factors. Addiction is a compulsive behavior that people often use to

cope with their emotions. In order to change this compulsive behavior people need to come up with new coping skills as well as significant changes in their environment. There are different degrees of addictive behaviors, some of which are passed along in families due to emotional learning.

The physiology of the way that you think needs to change so that you look up and think positively rather than look down and focus on the things in your personal and business life that aren't working. Only you can change the way that you look at things. Changing your physiology is in your power. When you believe in yourself there are no limits and all your goals are in your reach. The physiology of your thinking is based on your attitudes, beliefs, and behaviors.

Take the time to assess your attitudes, beliefs, and behaviors so that you can determine what you need to alter, discard, or replace so that you can move forward in your personal and your business life. Working together with a recovery treatment program means that you'll be able to achieve strong recovery skills.

**Tip #91: Accept Responsibility for your Addiction**

You need to understand that you are responsible for your addictions. The choices you make are where you have chosen to go. You are the one who chooses to be in an environment where substances are used and abused. If you know that you have an addictive personality you need to take personal responsibility for changing your environment. When it comes to addictions, you are ultimately responsible for yourself.

Setting your goals and clearly defining them is important, since goal setting gets rid of any limitations that you may think you have and forces you to take action. Taking action and working towards your recovery involves many aspects, not least of which is changing your behavior. Your goals can be either professionally or personally inspired, or a combination of both. The important thing is taking action to reach all of those goals and making the necessary changes along the way to make sure that you stay on track. You may have to enforce personal

boundaries for yourself when you start taking action and work towards your recovery and goals. These boundaries are set in place by you to encourage and inspire you to focus and do what's necessary to reach your goals.

Make sure that you're clear about what you want. This is why it's important to make lists for yourself and clearly define your goals and your personal mission. When you have a clear understanding of what you want from your personal and professional life you'll be able to take positive action and think affirmative thoughts.

It's important to anchor yourself to success. When you believe that success is yours you'll soon reach those goals. You are what you think, and if you think and act successful you'll be successful. The concept is simple, and has been used for many years, but it remains as strong and powerful as ever. You're only as successful as you think you are.

**Tip #92: Learn your Triggers**

Most addictions will give a cue, known as a trigger, which will cause you to have compulsive urges. Learn what your triggers and what they are telling you. For example, many people get an urge to drink when they have a cigarette in their hand. This means that they need to avoid those situations where they will put in the position of having their triggers set off so that all that they can focus on is their addiction.

**Tip #93: Learn to Accept your Feelings**

Learn as much as you can about your feelings and how to come to an acceptance with these feelings. Maybe people with an addictive personality find it useful to use integrator methods, such as Active Feeling. Try to get in the habit of owning your feelings without thinking that they are wrong. The more in tune you are with how you feel, the more successful you will be at overcoming your addiction.

**Tip #94: Commitment**

In order to stay sober and clean you need to make a strong personal commitment. For most addictions, you will need to practice complete abstinence until your compulsion is gone. Substance abuse and alcoholism require that you stay completely away from the source of your addiction. Many times people need to hit rock bottom before they can make a strong commitment to the process of recovery.

**Tip #95: Alcoholism - Find New Activities**

You will need to find new activities to replace the old ones that were alcohol related. Taking the alcohol out of your life is one of the most important elements towards sobriety. This means that you need to eliminate those activities where alcohol once played a factor, such as going to the ball game and having a beer.

You may eventually be able to go to the game without worrying about craving a drink but, until you have a significant amount of sobriety time behind you, you'll need to avoid this activity and replace it with something else.

Your value system is one of the strong elements of your success during recovery. When you focus on the spiritual balance in your life you're able to renew your commitment to this system of values that makes you unique from others. You'll need to make time to balance your spiritual life with the other parts of your life. One of the ways that you can find this balance is by reinforcing your personal mission statement.

The social and emotional aspect of the balance in your life focuses on the relationships that you have with the other people in your life. The healthier your relationship is with those others the more successful you are in your own life.

Identify those beliefs that are holding you back from recovery. When you think that something should be the way it is only because you've always known it to be so, then you need to change that belief. You're only as successful and productive

as your most positive beliefs. Be willing to make changes in your belief system to reflect new expectations.

The more you limit your beliefs the less likely you are to succeed in any area of your life. Limiting your beliefs is much like putting parameters and walls around the limits of your success. You need to expand your beliefs so that you can find the winning attitude that will help you achieve the recovery that you want. You need to throw away or change those beliefs that are limiting you from reaching your goals and your recovery.

You need to find out what it is that is holding you back from flourishing in your sales career. This means that you have to work with your belief system.

**Tip #96: Alcoholism – Don’t Make Excuses**

One of the big aspects of recovery from alcoholism is learning to deal the problems that the addiction has created. Never make excuses for the alcoholic. Excuses allow the alcoholic to *not* take responsibility for their addiction or for their actions.

Mental health: Taking care of your mental health is just as important as taking care of your physical health when you are on the road to recovery. There are three ways that you can implement mental balance in your life:

- keep a daily diary of your thoughts and feelings
- read material that is educational and enlightening
- limit the amount of media that you allow to reach you, such as television

The more self aware you are of all the above areas of your life the more successful you’ll be in attaining your goals. When you find a balance between your personal and your professional life you’ll be able to put your focus where it belongs at the right given moment. It’s this personal awareness that will give you the confidence to excel at what you love doing and reach your goals. Recovery is all about rediscovering who you are.

**Tip #97: Focus on Self-Improvement**

Addiction problems are often the cause of low self esteem. People who are at risk of falling into addictive behavior due to this low self esteem need to find things that improve the way they feel about themselves. Some of the activities that promote good self esteem include:

- Reading motivational material
- Listening to tapes that have self help messages
- Watch movies and television programs that are inspiring
- Learn how to set goals and work towards them
- Learn how to become more responsible by taking workshops.

One of the most important and beneficial concepts that you can adopt is “believing in yourself”. When you have the inner confidence that tells you that what you’re doing is the right thing you can reach any goals that you set for yourself. When you have this belief you’ll see your road to recovery broaden as well as notice the changes in your personal life.

When you believe in yourself you can accomplish not only the achievements that you’ve already defined for yourself, you can achieve those as yet unrecognized goals. When you have a strong personal belief system you’ll approach every area of your life with confidence and assurance. You’ll instinctively be able to deal with any situation that comes along in both your personal and your professional life.

One of the ways that you can determine how much personal and business balance you have in your life is by taking a look at the “wheel of life”. The wheel of life lets you use a balanced life chart that asks you specific questions about the areas of your life where you are most active. Based on your score you can determine how balanced your life is. There are eight categories of the wheel of life that include

- (1) Social,
- (2) Spiritual,
- (3) Physical,
- (4) Family,
- (5) Financial,
- (6) Professional,
- (7) Community, and
- (8) Mental.

You'll be able to find out if your life is in balance or if there are parts of your own life wheel that need balancing.

**Tip #98: Adequate Treatment Time**

It is essential that the recovering addict remain in a treatment program for the right duration. This duration will depend on the type of addiction, the severity of the addiction, and the personality of the addict. Studies show that for most people, three months is the least amount of required time for treatment. One of the biggest mistakes that an addict can make is to leave the treatment program too early. This can lead to relapse.

Creating your future is all in your own hands. You have the power and ability to do what you want to do and arrive there in the way that you want to arrive. When you have the power to create your own future there isn't anything that you can't do or any goal that you can't reach.

Recovery from addiction means that you need to learn skills to change the way you think and react to external and internal dilemmas. You can take control of the way that you think and the way that you behave in ways that you've never considered before. This means that you have to change the way that you "talk" to yourself as well as change the tone in which you say things to yourself. We all have a way in which we mentally talk to ourselves. You have the ability to change any negative talk to self-talk that is positive and supporting. It all comes back to that inner confidence and knowing that you can achieve your goals by

making positive changes. Who you let think inside your head is one of these changes.

Changing your beliefs and habits takes time and a change in your overall attitude. Half the battle is being aware that you need to make changes. The other half of the battle is taking the steps to make those changes.

**Tip #99: Involuntary Treatment**

There will be times when an addict refuses to get treatment. If the addiction is destructive enough it may become necessary for family and friends to commit the addict for involuntary treatment of their addiction. Although a strong desire to receive treatment is beneficial to the addict, involuntary treatment can be just as effective. An involuntary treatment is often started with an intervention.

Intervention is the process of talking to the addict to show them that you are concerned about their behavior and their addiction and where this will take them.

During involuntary treatment it is essential that the addict is constantly monitored. Doctors will need to make sure that the addict is kept isolated for a time being so that there is no chance of a relapse.

**Tip #100: Teens and Drugs**

At least 40% of teens in the United States have used drugs. One out of five teens in grade eight have tried marijuana. The use of marijuana and other drugs can have a significant negative effect on teens both at home and at school. Marijuana use alone can have the following consequences:

- Loss of energy
- Loss of concentration
- Damage to the brain and lungs
- Decrease in body strength

**Tip #101: Facts about Teen Addiction**

Many teens become addicted to alcohol and other substances at a very young age. This can lead to a life long problem with addiction that has a destructive impact on the quality of life. Some of the facts about teen addiction that you should know include:

- Teens who smoke are more likely to also drink alcohol.
- Teens that smoke and drink are more likely to smoke marijuana.
- Teens who smoke, drink, and use marijuana are more likely to use other drug substances.

**Summary**

The tips outlined in this book will provide addicts and their loved ones with multiple facts, information, and coping tools when it comes to the road to recovery. The more that you understand about your own addiction or the addiction of someone close to you, the better able you'll be to handle the many aspects of the disease.

Recovery from addiction can take many forms including detox treatment in a medical facility and taking part in a 12-step program. The important thing to focus on is being prepared for the many ups and downs that will be experienced along the way. Addiction affects the addict physically, mentally, and emotionally. This means that the recovery process is three fold and will take time to work through. With time and patience you can recover from your addiction.