

Welcome Shelley,

Many continue to use drugs or alcohol even though it is destroying their lives... what simple steps can you take today to begin breaking the cycle?

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<http://www.clearhavencenter.com/bulletin.php>

Over the next 6 weeks, we will be sending you excerpts from our upcoming book to help you understand, manage, and take action to successfully deal with addiction in your life.

Today we share the first of six reasons that people continue to use even though they are experiencing significant problems as a direct result of their using drugs or alcohol. We'll give you 6 action steps that you can work on today to start making a difference in both your life and your loved one's life.

Reason #1: People keep using and drinking because for individuals with a difficult life, sometimes drugs and alcohol actually makes life seem better.

There are people who have extremely difficult lives. They experience poverty, violence, abuse, depression, anxiety, and a sense of not knowing who they are. At certain times and stages in life, such as the teen years, individuals feel the changes occurring in their lives are out of their control. When they take drugs and alcohol, they experience their difficult life as not so difficult and they feel more in control. They feel more positive. With drug or alcohol use, they experience short periods of time when their life actually feels pleasant.

What can you do to help a person who is using because they have a difficult life?

1. Acknowledge that their life is difficult. Don't minimize their pain or compare them with someone whose life is even more difficult. Right now, write down one or two sentences you can say to them that show you recognize that their life situation is difficult even without drugs and alcohol. Set a time and date to talk to them and to listen to what they have to say.
2. Ask questions that support the person to begin to look at their life and to find strengths, weaknesses, opportunities and areas of difficulty. The goal is to help them to see that their life is not entirely negative and to begin to see opportunities for change. What and how questions can help them to begin to identify the real problems, since substance abuse can be used as a solution to problems. Right now, write down one or two ideas that could help you complete this step. For example, a helpful question is "What makes you feel so sad?" An unhelpful question is "Your life's not so bad, why do you keep drinking and making it worse?" Set a time and date to practice asking what and how questions.
3. Assist the person to find a rehab program or counseling that addresses all areas of life, including emotional and physical wellbeing rather than focusing only on alcohol and drug abuse. Right now, write down how you could begin your search, and set a time and date to follow up.

***** Can't Afford Live In Rehab?

We have two reasonably priced books available in download and printed versions. "Make Your Last Relapse The Last" is the condensed version of the drug and alcohol rehab program at Clear Haven Center. "Help Them Succeed" helps you assist your loved one through the rehab process.

Go to www.sobermart.com/rehab-literature to order today!

What can you do to help yourself if you have an addicted friend or family member?

1. Acknowledge to yourself that having somebody in your life that is addicted is difficult and negatively affects your own life. Write a list of the things in your life that are difficult because of the addiction. Keep it short and polite. Write a list of things in your life that are positive because you know this person. Keep it short and polite.
2. Keep searching for good information to improve your knowledge about addiction and health so you can be supportive to your loved one as well as improve your own health and success. To do this you will need to learn more about all areas of physical and mental health, not just addiction. Write down some ideas for how you will begin to learn more.
3. Set an example of how to solve problems in a healthy and positive way. Practice handling even the smallest problems in life positively. For example if you break your shoelace, you could smile and tie it lower down till you can buy a new one instead of swearing, blaming and being grumpy for the rest of the day. Positive problem solving is like practicing a sport. You'll get better with practice and this lets you create more positive relationships. Write down one goal that you can do to practice positive problem solving today. Keep doing this goal for one week, till you receive the next email.
4. Take good care of yourself. Take action every day to be a role model of excellent physical and mental health. You deserve to be healthy and happy.

Next week you will receive book excerpt number two, the second common reason why people continue to use or drink even though they are experiencing serious life problems. We will also include more simple tips that you can use to improve their situation and yours. Remember to start working on today's action steps now!

Small steps completed each day have the powerful effect of combining to achieve your goal. Start working on today's action steps now!

Take care and see you next week, USDR News

The ideas, procedures, articles and information provided on this website are not intended as a substitute for consulting directly with a medical, physical or mental health professional nor are they an endorsement of a particular approach or course of action for an individual.

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