



CLINICIAN'S GUIDE TO

The
Healing
Journey
Through Addiction

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Introduction

A JOURNAL PROVIDES A PLACE for people to express thoughts, feelings, ideas, questions, and concerns as they are experienced. It provides a place to write down and explore innermost thoughts and feelings that can later be returned to, reminisced about, and reexamined. In a journal, a person can be honest in a way that may be difficult under other circumstances. And a journal can allow an individual to get in touch with aspects of him- or herself that are hidden under the surface. *A journal can be another voice for the individual.*

About *The Healing Journey Through Addiction*

THE HEALING JOURNEY THROUGH ADDICTION is a guided personal journal, designed to help those experiencing an addiction. Unlike many other books, self-help guides, or workbooks, *The Healing Journey Through Addiction* is not addressed toward any specific addiction. Instead, it is designed as a *generic* self-help and therapeutic tool meant to be used to address addictions as a whole, allowing the user to define his or her own addiction and work through the process of recovery.

The Healing Journey Through Addiction is unlike other books in the current Healing Journey series. Where other books in the series address normative and often expected life issues and passages such as grief, menopause, and divorce, *The Healing Journey Through Addiction* clearly targets a pathology, and accordingly takes a different ap-

proach. There is a far greater focus on the issues, behaviors, relationships, and destructive nature of addictions.

The Healing Journey Through Addiction provides information about addiction and the process of recovery. It provides a place and opportunity for people with addictions to understand and work through the issues surrounding their addiction by teaching the skills and techniques of therapeutic journal writing. *The Healing Journey Through Addiction* can be used as a self-help book or as a resource in the therapeutic setting for those engaged in treatment, serving as a valuable adjunct to the therapeutic process. In either case, *The Healing Journey Through Addiction* is a therapeutic tool that will help impart the skills required for recovery, behavioral control, and emotional growth, whether in or out of treatment.

In an era of time-limited, and often managed, treatment, *The Healing Journey Through Addiction* adds an additional dimension to therapy, making it more cost-effective and focused by:

- providing a developmental and linear framework for the process of recovery
- directing clients to think about what they want to concentrate on and accomplish with therapy
- assigning therapeutic tasks for clients to work on in between and before planned sessions
- preparing clients for individual therapy sessions
- helping clients develop *contemplative* and *processing* skills
- allowing clients to develop self-management skills and recognize that they are capable of problem analysis and resolution on their own
- providing clients with a permanent and important record of the issues they have addressed in treatment, and a set of self-reflective skills they can turn to and depend on after their therapy has ended.

For Whom Is *The Healing Journey Through Addiction* Intended?

ADDICTIONS COME IN ALL SHAPES and forms. Addiction is difficult to define exactly. It's become popular to think of almost *any* behavior that has a compulsive quality as an "addiction," and this may be true in the broadest sense. But for those who have an addiction, or for those affected by the addiction of a loved one or close friend, it's clear what an addiction means in *real* terms.

An addiction is a dependency on a substance, an activity, or a relationship that pulls the addict away from everything else in the world. It is characterized by desires that consume people's thoughts and behaviors, and is acted out in habitual activities designed to get the desired thing or engage in the desired activity (addictive behaviors). And, unlike simple habits or consuming interests, addictions are *dependencies* with real-life consequences that can seriously impair, negatively affect, or destroy relationships, health (physical and mental), and the capacity to function effectively. Most of all, an addiction is debilitating.

In the end, addicts are *dependent* on that thing which dominates their thoughts and desires and directs their behaviors. The pursuit of that thing becomes the most important activity in their lives. In the advanced stages of addiction, nothing is as important as the addiction itself.

The Healing Journey Through Addiction is written for those who have an addiction or display clearly addictive behaviors. The addiction can be a dependence on alcohol, drugs, prescription medications, gambling, food, sex, tobacco, or any number of other things or activities that serve to absorb the attention, deplete the energy, damage the health, and often exhaust the relationships of the addict. Addiction is an illness that affects not just the addict, but those closest to the addict as well, and society as a whole.

The Healing Journey Through Addiction is intended for those people who suspect, believe, or know they have an addiction, and who want to take steps to regain control over their lives and relationships.

Many people experiencing an addiction will not seek out the help of a therapist; many others, however, will already be in a therapeutic relationship or will seek out counseling in some form. *The Healing Journey Through Addiction* is *not* a guide to the treatment of addiction, and it doesn't prescribe a particular method or approach for overcoming or treating addiction. It is *not* intended as an alternative or replacement for getting help or treatment. Although *The Healing Journey Through Addiction* can be used entirely as a self-help book, it is intended to *augment* individual therapy, not replace it.

The Healing Journey Through Addiction is a guided personal journal and workbook that will help individuals understand their addiction, their life, and their choices. It is a resource that will help them figure out for themselves how best to deal with and overcome their dependence.

Using *The Healing Journey Through Addiction* in Therapy

WHETHER OR NOT THEY ARE intended for therapeutic use, journals prompt exploration and discovery. The journaling process alone can be an effective means of gaining insight and achieving growth. The reflective state induced by journals can be amplified by the guided-journaling approach provided in *The Healing Journey Through Addiction*.

When used in conjunction with individual, family, couples, or group therapy, journals both strengthen and are strengthened by the treatment. The process of writing to oneself can echo and guide the phases of individual therapy. In addition, the use of the journal as part of therapy promotes discussion of issues involving trust, honesty, and the therapeutic relationship. Clinicians can gauge their clients' willingness to open up or explore areas where the alliance needs strengthening based on the degree to which the clients are willing to share their individual entries with them.

The Healing Journey Through Addiction provides important information that can help clients better understand the twin processes of addiction and recovery. It also provides a means for clients to iden-

tify, address, and work through addiction and recovery related problems and issues. Each chapter contains a number of blank journal entries to teach, direct, and foster understanding, self-expression, and personal reflection.

However, journal entries vary in technique as well as content. Different journal entries are appropriate for different problem sets and stages of recovery. Part of the art and skill of therapy lies in knowing when and how to help clients tackle the issues they're facing. In the case of *The Healing Journey Through Addiction*, this means knowing which entries to select and when. Accordingly, therapists using *The Healing Journey Through Addiction* must know the journal entries in sufficient detail to know when they're likely to be useful and when they may be counterproductive. Once you're familiar with *The Healing Journey Through Addiction*, you'll adapt it to your own theoretical approach and style of therapy. In the meantime, the *Clinician's Guide* will acquaint you with each chapter and journal entry.

Any journal entry may evoke strong feelings in the client, given the very nature of addiction and the damage it usually causes. Nevertheless, some journal entries are less introspective than others and are unlikely to evoke especially difficult emotions in the client. Others, however, delve more deeply and may touch emotionally painful areas. In these cases, there's a risk that clients may not be ready for such entries, or a particular journal entry may be contraindicated at that point in the treatment process.

Ideology of *The Healing Journey Through Addiction*

THE HEALING JOURNEY THROUGH ADDICTION does not assume any particular ideology regarding abstinence or moderation, or presume a correct way to treat addiction. Instead, the ideas and issues are laid out clearly, realistically, and strongly at times; for instance, the book notes that many who choose moderation over abstinence are fooling themselves. Nevertheless, the choice is left to the reader.

Similarly, although there are a number of references to Twelve Step programs, it is made clear that there are many other routes to take in addressing and treating addiction. Overall, the focus is on presenting a balanced view of treatment and help options rather than presenting one or two perspectives, and in this way allowing the reader to be the judge and determine his or her own future. This does not preclude therapists using *The Healing Journey Through Addiction* from including their own treatment preferences in therapy and counseling.

About the Clinician's Guide

ONCE YOU'RE FAMILIAR WITH *The Healing Journey Through Addiction*, you'll be able to readily tailor it to different therapeutic relationships by determining which exercises you wish to use at particular stages of treatment. This *Clinician's Guide* is designed to acquaint you with *The Healing Journey Through Addiction* and aid you with the process of selecting, assigning, and using the journal entries.

A brief summary of each chapter is provided in the synopsis below, followed by a short description of each journal entry within the chapter. This guide is not intended to replace *The Healing Journey Through Addiction*; rather, it provides the therapist with a broad, quick-reference overview of the organization and contents of *The Healing Journey Through Addiction* and each of its journal entries, and thus facilitates the assignment of specific exercises.

About the Journal Entries

JOURNAL ENTRIES IN *The Healing Journey Through Addiction* are never intended to provide answers for clients or to steer them toward the "right" answers. Each of the entries is intended to teach the skills of self-reflection, exploration, and expression and help clients create their own answers. Clearly, blank-entry formats push clients in particular directions regarding how to journal and what to journal about, but the goal is self-discovery.

The type and format of journal entries changes frequently. Some entries are built around checklists, some are very structured, and some provide little structure or are open-ended. Most entries can be completed independently of the others, although within each chapter it makes the most sense to complete the journal entries in the order presented.

Things to Think About

EACH ENTRY ENDS WITH “Things to Think About,” several questions for the client to reflect on after completing the entry. They can be used as the basis for processing during a therapeutic session.

Journal Workbook Space

IN ANY WORKBOOK, THERE IS limited space available for writing, and it's possible and desirable that clients will want to go beyond the physical confines of this book. Although each journal entry in *The Healing Journey Through Addiction* appears only once, many can be used repeatedly. When appropriate, advise your clients to create a supplemental journal to be used in conjunction with *The Healing Journey Through Addiction*, where they can write “spillover thoughts,” as well as additional or repeated journal entries.

Your Use of *The Healing Journey Through Addiction*

YOU MAY CHOOSE TO ASSIGN the entire *Healing Journey Through Addiction* to your client, in effect using it as bibliotherapy. Or you may ask your client to work on specific journal entries that seem to fit a need at that moment in therapy, or assign a connected series of journal entries. The chapters and journal entries in *The Healing Journey Through Addiction* were designed to be read and used in sequence, and entries within each section are often interrelated. But, if you're familiar with the book, you may choose to create a sequence of connected entries yourself.

You may simply recommend *The Healing Journey Through Addiction* to your clients as a source for self-expression and personal growth, separate from what happens in therapy, or you may consider using *The Healing Journey Through Addiction* as a direct adjunct to therapy. In some cases you may build treatment around *The Healing Journey Through Addiction* by asking clients to use what they're learning about themselves as the basis for a session.

You may choose to have your clients keep their journals private, even from you; you may ask clients to share with you what they've written or allow you to read their journals. Decisions about how to best use *The Healing Journey Through Addiction* will largely depend on your style, approach, and expectations of both treatment and journaling.

Working at the Client's Skill Level

THE HEALING JOURNEY THROUGH ADDICTION is designed to not only help individuals through the process of recovery, but also teach them how to express their feelings. The object is to teach self-reflective and expressive skills, as well as the creativity to write with insight. Nevertheless, some clients will be more able to express themselves in writing than others. The goal is not a fine literary journal, but a journal that serves as an aid to personal development and, for your clients, as an adjunct to treatment.

Effective Use of the Journal

ONE HALLMARK OF THE SUCCESSFUL therapeutic experience is the ability of the client to be honest—not so much with the therapist as with the client's own self. Journaling is no different. For the journaling experience to be useful and an aid to personal growth, clients must find a way to be thorough and honest in what they write. In dealing with an issue as painful and potentially devaluing as addiction, clients might find it difficult to be completely honest. It will be important to encourage and challenge clients to be as direct and honest as possible in their self-exploration.

Organization of *The Healing Journey Through Addiction*

THE HEALING JOURNEY THROUGH ADDICTION is built on a developmental model of the process of recovery, in which recovery work is conceptualized as a five-stage model. The organization of the book and the sequence of chapters follow this model. Each stage and its accompanying tasks are described in more detail in *The Healing Journey Through Addiction*.

STAGE 1: AWARENESS AND EARLY ACKNOWLEDGMENT

Stage 1 is really the prerecovery stage that paves the way for the beginning of serious recovery work. It begins with a growing awareness that there may be a problem with addiction. During this stage, clients are actively using or engaging in addictive behaviors, and are preoccupied with getting, using, or engaging in those behaviors. The end of this stage is marked by a growing acceptance of a problem with addiction, and an acknowledgment that some action is needed to further address issues. The tasks during this prerecovery stage involve a general shifting of perspective from outright denial and dismissal to a willingness to do the following:

- accept the *possibility* of addiction
- consider the point of view of other people about addictive behaviors
- look at life functioning in areas such as physical and mental health, work or school, relationships and social interactions, and finances and legal issues
- stop dismissing the concerns of others, denying all problems related to addictive behaviors, and insisting everyone else is wrong

STAGE 2: CONSIDERATION AND INCUBATION

Although Stage 2 also is a precursor to actual recovery, in many ways it's the first concrete step toward that process. Flowing from the acknowledgment that marks the transition from Stage 1, this

stage opens with a willingness to further explore and consider ideas about addiction and recovery. While the beginning of this stage is characterized by the development of new ideas, its end is defined by an acceptance of the problem and the decision to stop or moderate addictive behaviors. The tasks include the ability of clients to do the following:

- listen to others and take their concerns seriously
- look hard at the consequences of their behaviors, both to self and others
- think about what might happen if they modified or stopped the behaviors that concern others or have caused problems
- recognize that addictive behaviors are not moving their life in a positive direction and are more likely counterproductive, dysfunctional, and actively interfering with their life

STAGE 3: EXPLORING RECOVERY AND EARLY ACTIVITY

By now, clients are more committed to and are entering the first *clear* stage of recovery. Stage 3 unfolds with a clear resolution to quit the addiction, and the recovery work during this stage involves exploring the ideas and activities of abstinence, moderation, treatment, and recovery. During this stage, clients actively move toward *stopping* the addiction and move out of *experimenting* with the idea of recovery. It is during this stage that we see a commitment to change, and the most concrete foundation for a successful and lifetime recovery will be laid. The tasks to be accomplished during this stage set the pace for later and deeper recovery.

- learning about and engaging in some form of active treatment
- learning to cope with the emotional, social, and other realities, demands, and difficulties of daily life
- learning about and developing a plan to prevent relapse
- participating in activities and relationships that substitute for the addiction

STAGE 4: EARLY RECOVERY AND REHABILITATION

Recovery means more than simple abstinence or moderation; it involves a change in perspective, attitude, values, and lifestyle. Stage 4 marks the entry into full, but *early*, recovery. Recovery is still fragile, but this is the stage that most *solidifies* recovery and during which a new life is built. Stage 4 begins with recovery in its early stages, and its end is marked by a commitment to *lifetime* recovery. Tasks for clients include the ability to do the following:

- avoid the people, situations, and activities that may serve as triggers to relapse and addictive behaviors
- develop behaviors that support mental and physical health, enhance social functioning, and produce positive results
- restore and build new relationships that support recovery
- engage in satisfying activities that positively substitute for addiction and support recovery

STAGE 5: ACTIVE RECOVERY AND MAINTENANCE

Stage 5 is recovery proper. For many, Stage 5 has no ending because recovery is a lifetime process. Others believe that it is possible to be fully recovered from an addiction. Either way, it is certainly difficult to mark an end to the stage as actively maintaining a recovery really “unfolds” into the life clients will live for many years to come. By the time clients enter Stage 5, they are actively monitoring themselves, their feelings, their thoughts, their behaviors, their activities, and their relationships. As clients near the end of Stage 5, having largely accomplished its tasks and overcome its challenges, they’re placed in charge of *constantly* regulating their own life. The tasks for clients involve the ability to do the following:

- recall daily the lessons learned from their addiction and through their process of recovery
- ensure that they’re engaging in safe behaviors, activities, and relationships

- stay tuned to their thoughts and feelings and maintain a healthy self awareness
- take charge of and responsibility for their decisions at every level

Synopsis of Chapters and Journal Entries

EACH CHAPTER DISCUSSES ISSUES AND provides information related to addiction and/or recovery. The journal entries are spread throughout each chapter, following and built upon the preceding page or two of writing. In this way, each journal entry is directly related to that material and helps bring life to the issues described and information provided.

The Healing Journey Through Addiction contains seventeen chapters. The first chapter provides an introduction to the book and the journaling process, and Chapter 2, “A Road Map Through Addiction,” provides an overview of addiction and the recovery process. Chapter 2 will help clients and therapists focus on the most relevant treatment issues and direct them to the appropriate chapters. Every chapter contains a series of journal entries to be completed as the client works through the chapter. In addition to the journal entries, each chapter contains important information about addiction and recovery, and provides direction and ideas for journal writing. “Destination” chapters (Chapters 3 through 16) focus on a specific aspect of recovery.

Regardless of whether clients move through the book in their own sequence, all clients should read Chapters 1 and 2, which set the pace for each of the Destination chapters.

CHAPTER 1. EMBARKING ON YOUR JOURNEY

This chapter provides a brief introduction to the use of the journal in recovery, and some basic ideas to prepare for journal writing. It notes that *The Healing Journey Through Addiction* is really not a book about *addiction*, but *recovery*. This is a short chapter with only one journal entry.

JOURNAL ENTRY. *How Did You Get This Book?* This first journal entry will help clients think about how and why they got this book, and how they might best use it. *Page 1*

CHAPTER 2. A ROAD MAP THROUGH ADDICTION

This chapter describes addiction and the process of recovery, and describes in some detail a five-stage model for understanding life-long recovery. The primary goals of this chapter are to provide information to clients, help clients figure out where best to start in the book based on their own specific problems or issues, and begin the process of journaling.

JOURNAL ENTRY. *Addiction Thermometer*. This entry will help clients assess for themselves the current impact of their addiction, across two continua. The first measures the effect that addictive behaviors have on current functioning and the second measures the intensity of cravings for the substance, activity, relationship, or thing. When taken together, these two measurements can help people who engage in addictive behaviors gauge their progression into addiction. *Page 19*

JOURNAL ENTRY. *Name Your Poison*. In this brief entry clients write about and explore their addictive behaviors, describing the substance, activity, relationship, or thing to which they think they may be addicted. *Page 22*

JOURNAL ENTRY. *Checkpoint: Stages*. Clients complete a simple journal entry designed to help them identify their current recovery stage. *Page 34*

JOURNAL ENTRY. *Where Are You?* This structured journal entry will help clients to further focus on their current stage of recovery, and the most important tasks they presently face. *Page 36*

JOURNAL ENTRY. *Identifying Your Concerns*. This is a checklist-based journal entry that will help clients identify immediate issues and help guide them to the chapters most appropriate to their issues, concerns, or stage of recovery. *Page 38*

JOURNAL ENTRY. *Checking in with Yourself*. This brief entry completes the chapter, helping clients focus on the here and now before moving further into the book. *Page 40*

CHAPTER 3. Destination: BEYOND DENIAL— AWAKENING AND ACKNOWLEDGMENT

Clients reading this chapter are at an early point in their recovery—frequently still at a prerecovery stage and often in some level of denial. This chapter addresses and focuses on denial, helping clients recognize and get beyond patterns that will prevent recovery.

JOURNAL ENTRY. *Why Quit?* This entry focuses clients more specifically on their addictions, their choices to use or quit, and the impact that addiction is having on their life and the lives of others around them. *Page 46*

JOURNAL ENTRY. *Beyond Denial*. This entry provides clients with a self-inventory of addictive and functional behaviors, and continues to move clients through the process of evaluating their addiction and its impact on their lives. *Page 51*

JOURNAL ENTRY. *Beware of Denial*. Following a brief discussion of cognitive distortions, this entry helps clients focus on thinking errors, cognitive distortions, and rationalizations that help keep their addiction alive. *Page 56*

JOURNAL ENTRY. *A 90-Second Notebook*. Addictions are not resolved through journaling or therapy alone. The task of challenging and overcoming an addiction often takes place over a protracted period of time, and involves intensive and repetitive work. This entry takes place over a twenty-one-day period during which clients keep a small notebook with them and keep track of their thoughts, feelings, and experiences during each day of the exercise. Clients complete the journal entry at the end of each day in the twenty-one-day activity. Like a number of the entries in *The Healing Journey Through Addiction*, this one should be photocopied for multiple use. *Page 60*

CHAPTER 4. Destination: UNDERSTANDING YOUR ADDICTION

This chapter begins to cross the bridge from Stage 1 to Stage 2—from a stage of prerecovery to an early stage of actual recovery in which clients more fully understand addiction and what it means,

understand their own behaviors more clearly, and are more actively moving toward recovery.

JOURNAL ENTRY. *My Addiction.* This first entry moves clients toward thinking about and describing their addiction in more detail, with a focus on helping clients learn the skills of self-expression and candor. The entry uses “sentence starts”—a journal entry format that both asks a question and provides the beginning of a sentence, thus helping clients to clearly and directly express themselves. *Page 64*

JOURNAL ENTRY. *Monitoring the Media.* We live in a society filled with the “stuff” of addiction. Everywhere we look we see images and depictions of the very things and activities that, for some, become addictions. This entry will help clients to become more aware of their environments, particularly the media, and how triggers and temptations are ever present. *Page 67*

JOURNAL ENTRY. *Dysfunctional Functions.* No matter how they’re acquired, addictions are more than just personal choices, diseases, or the result of social environment or genetics. Addictions also serve a purpose of some kind. This entry focuses on the role that addiction plays in the life of the client, with a focus on how addiction *helps* the client deal with everyday life and why. *Page 70*

JOURNAL ENTRY. *Observances and Practices.* Life is full of rituals that add meaning to our lives and serve to keep us connected to others. Addiction not only disrupts and damages positive rituals and practices, it often leads to the development of new and negative rituals that serve to both reinforce the addiction and keep the addict separated from others. This entry directs clients to consider the effect of addiction on positive and negative rituals. *Page 73*

JOURNAL ENTRY. *Checkpoint: Recovery.* The final brief entry in this chapter helps clients to review their work so far and think about their current commitment to overcoming their addiction. *Page 76*

CHAPTER 5. Destination: THE PRESENT — THE PRICE YOU PAY

Clients should by now be in the second stage of recovery, and at a point where they have a greater understanding of addiction and its

processes, as well as what recovery means. Stage 2 is a period of consideration and incubation during which clients are considering the costs of continuing addiction, the benefits of recovery and the work involved, and moving toward some significant decisions. Clients who are *not* at this point should not be encouraged to complete the work in this chapter as they’re not yet ready or able to make use of the material and ideas in the chapter. Instead, they should return to the work of earlier chapters and continue to work on completing the foundations for successful recovery.

JOURNAL ENTRY. *The Costs of Addiction.* Through the use of a checklist format, this entry will help clients recognize and write about the damages caused by and the costs of their addiction. *Page 79*

JOURNAL ENTRY. *An Inventory of Losses.* Building directly on the previous entry, clients are asked to write about the losses caused by their addiction and how life *might* be different without an addiction. *Page 82*

JOURNAL ENTRY. *Enablers.* Whether they intend to or not, some people enable an addiction, while others may in some way benefit from it. This entry begins with the creation of a list of all those who may enable, maintain, support, allow, or benefit from the client’s addiction, but then focuses on one of these individuals only. Accordingly, the entry must be used repeatedly in order to deal with everyone on the list. The entry will help clients think about and recognize the role played by others in the development and maintenance of their addiction. *Page 85*

JOURNAL ENTRY. *A Picture of Addiction.* Not every journal entry must be written. Creative journaling often involves drawing, painting, photographs, and other forms of media that allow and foster self-expression and self-realization. This entry calls for the client to create a collage using the price of their addiction as the organizing theme. *Page 88*

JOURNAL ENTRY. *How Manageable Is Your Life?* This final journal entry provides another opportunity for clients to think about their lives right now, their level of denial and current recovery stage, and their continued commitment to recovery. *Page 91*

CHAPTER 6. Destination: GETTING SUPPORT

This chapter focuses entirely on the process of understanding the role of support and help in recovery, and the process of getting and using support. The idea of help, support, and treatment is discussed and described in the chapter and includes personal support, self-help groups, and professional therapy and counseling.

This is a particularly important chapter because it is the *first* chapter that asks the client for a commitment to overcoming his or her addiction, and provides a blank contract for sobriety. Although “sobriety” is often associated with alcohol or drug use, it has a larger meaning and refers to acts of temperance, moderation, restraint, and self-control. These are exactly the characteristics and behaviors required in recovery, regardless of the thing to which the client is addicted.

JOURNAL ENTRY. *A Friendly Hand*. This first entry has clients look back to a time when they needed and received help or support of some kind. They then write about how and why it was important to get support. *Page 98*

JOURNAL ENTRY. *Barriers to Support*. There are many reasons why people don’t get the support they deserve or need. This entry will help clients think about those things that interfere with their ability to seek out, accept, or get the support and help they most need. *Page 101*

JOURNAL ENTRY. *Reaching Out*. There are many forms of help. This entry focuses on the type and source of support needed by the addict right now, and how to go about getting help. *Page 103*

JOURNAL ENTRY. *Getting Help*. Building on prior entries, clients will use this entry to focus on specific forms of help available along a continuum of help that includes personal support, financial or legal help, self-help, and professional counseling and treatment. The entry will help clients think about the sort of help most necessary right now, and where to get such help. *Page 107*

JOURNAL ENTRY. *Writing About Help*. This is an entry to be used after attending a counseling session or self-help meeting. It will help clients think about the meeting and its value, and set the framework for the next session. *Page 110*

JOURNAL ENTRY. *Considering Sobriety*. It may seem strange that clients are this far into the book before being asked to make a commitment to overcoming addiction. But all too often people in treatment for addictions say the right words, move through the steps quickly, and fool others and themselves into thinking they’ve accomplished something. But for recovery to be significant and permanent, clients must address and work through the steps that allow them to truly commit. If clients have come this far and done all the work, they’re now ready for commitment. This journal entry allows clients to consider if they’re really ready and willing to maintain sobriety. *Page 113*

JOURNAL ENTRY. *A Contract for Sobriety*. This final entry provides the client with a contract for sobriety. *Page 116*

CHAPTER 7. Destination: ADDICTION-FREE — THE DAY YOU STOP

This is the shortest chapter in the book. It contains a simple idea and builds on the contract for sobriety signed by clients at the end of the last chapter. If clients are not yet ready to stop or significantly modify their addictive behaviors, then they’re really not yet ready to enter recovery.

JOURNAL ENTRY. *Your Decision*. This entry will help clients think about whether their decision to stop and how they plan to stop is realistic at this point in their recovery. For some, stopping means complete and lifelong abstinence; for others, it may mean significantly modifying and controlling addictive behaviors so they lose their addictive hold. *Page 118*

JOURNAL ENTRY. *On This Day*. Think of the word “sobriety” meaning not using or engaging in addictive behaviors. This entry commemorates and records the actual day that sobriety begins. *Page 120*

JOURNAL ENTRY. *Thirty Days*. Using a single sentence, this final journal entry is to be repeated daily for the first thirty days of sobriety. For each of the first thirty days, the client is to sign and date this sentence: “I have read and renewed my Contract for Sobriety.” *Page 122*

CHAPTER 8. Destination: RELAPSE AND SLIPS

This chapter concentrates on relapses and will help clients become more aware of the behaviors, moods, relationships, and situational triggers that can lead back to addictive behaviors. The chapter includes a journal entry that can be used to develop a relapse prevention plan.

JOURNAL ENTRY. *Triggers.* The focus of this entry is on understanding the people, places, and things that may stimulate and trigger cravings. *Page 128*

JOURNAL ENTRY. *Dangerous Liaisons.* Building on the prior entry, this entry focuses on those relationships and situations that serve as especially high-risk triggers for relapse. *Page 131*

JOURNAL ENTRY. *Avoiding the Fall.* This entry is to be used when clients are experiencing cravings, in part to distract them from and help them overcome the craving, and to explore and better understand the feeling. *Page 134*

JOURNAL ENTRY. *Excuses, Excuses.* Often when clients slip, they rationalize their behavior in some way. This journal entry will help clients come to grips with all those reasons and excuses for relapsing, not getting help, and giving in to cravings. *Page 137*

JOURNAL ENTRY. *Afterwards.* A major theme of *The Healing Journey Through Addiction* is self-expression. Whether clients have given in to a craving and relapsed or managed to deny their craving and avoid the slip, this journal entry can be used to write about and describe their feelings. *Page 139*

JOURNAL ENTRY. *A Map for Relapse Prevention.* The final entry in this chapter will help clients develop and use a relapse prevention plan. This entry will help identify warning signs and high-risk situations and identify alternatives to relapse. *Page 144*

CHAPTER 9. Destination: UNDERSTANDING EMOTIONS

Recognizing and dealing with feelings is a crucial part of staying addiction-free; addictions not only serve to cover up and bypass negative feelings, but also artificially create, stimulate, or enhance good feelings. Left without the addiction, the recovering addict is faced with a double problem—a swell of raw feelings that were

formerly hidden, and a lack of positive emotional experiences. Further complicating emotional matters is the lack of immediate gratification often associated with addiction. Those unable to tolerate and manage their own emotions are likely to slip back into addiction.

JOURNAL ENTRY. *My Feelings.* This first entry is simply a feelings checklist that clients can use repeatedly to zero in on how they're feeling and why. The intention is to tune clients in to their feelings. *Page 151*

JOURNAL ENTRY. *How Do You Feel?* This entry builds on the previous one, but allows greater analysis. The entry should be used repeatedly to focus in on one feeling at a time. *Page 153*

JOURNAL ENTRY. *Coping Behaviors.* Managing and coping with feelings is critical to maintaining emotional stability and behavioral control. This entry will help clients think and write about how they respond to and deal with difficult emotional situations. *Page 157*

JOURNAL ENTRY. *A Daily Diary.* This last entry provides a format for the classic daily journal entry, allowing clients to review and write about their day, as well as their progress toward recovery. *Page 159*

CHAPTER 10. Destination: THE PAST— UNDERSTANDING PERSONAL HISTORY

Although understanding history is not a requirement for recovery, it certainly can help the process. The theme in this chapter is understanding the present and the roots of addiction through better understanding of the past. The chapter discusses the imprint of early family life, “addictive” families, roles, and important shaping events and relationships in the lives of clients.

JOURNAL ENTRY. *Family Likenesses.* Through this entry, clients will briefly explore family relationships and history, with a particular focus on parents. However, the entry can be easily modified to highlight or include other important family members. *Page 165*

JOURNAL ENTRY. *Family Inventory*. This entry looks beyond the influence of the immediate family, allowing clients to think and write about both important and unimportant family members, and how these relationships may have played into the development of their addiction. *Page 167*

JOURNAL ENTRY. *Family Rules*. Focusing on the hidden “rules” often found in addictive families, this entry brings such rules for behavior and interaction to the surface. The entry allows clients to consider not only how they may have been affected by such rules while growing up, but also how they may continue to live their current lives by such rules. Most importantly, the entry can be used to help clients learn how to *change* the rules they currently live by. *Page 171*

JOURNAL ENTRY. *The Role of a Lifetime*. Many people get locked into rigid roles, often dating back many years. This entry will help clients think about the primary role (or roles) they currently play in life, and it provides an opportunity to step out of those roles, at least for one day. *Page 176*

JOURNAL ENTRY. *Life Markers: Defining Moments*. This and the following entry will allow clients to think about those moments and relationships in their lives that were, in some way, pivotal in shaping their futures. Like many of the entries in *The Healing Journey Through Addiction*, these are both entries that can be used repeatedly to build an in-depth understanding of personal history or to consider the impact of past events and relationships on current behaviors, attitudes, and interactions. *Page 179*

JOURNAL ENTRY. *Life Markers: People*. Although this entry can be used discretely, it builds on the prior entry in helping clients to understand those events and relationships that were important in their history. *Page 181*

JOURNAL ENTRY. *Lost Innocence*. Losses that remain unprocessed or unresolved are a frequent cause of relapse. This entry ties back to the “Inventory of Losses” journal entry in Chapter 5, and asks whether each loss has been worked through or remains a source of pain for the client. *Page 184*

CHAPTER 11. Destination: SELF-INVENTORY

Many therapists do not subscribe to or use Twelve Step programs, and many recovering addicts do not participate in such self-help groups. Nevertheless, regardless of your particular belief when it comes to recovery, many of the AA-type steps make complete sense and are very relevant to achieving and maintaining recovery. Step 4 of the Twelve Step Program for recovery requires a “searching and fearless moral inventory of ourselves.” This chapter focuses on that theme, providing clients with an opportunity to stop and take stock of their life. Many of the entries in this chapter may be difficult for clients as they require self-scrutiny and honesty as clients look at themselves in ways that are not flattering.

JOURNAL ENTRY. *Strengths and Flaws*. This first entry has clients create a list of personal strengths and weaknesses, and then ask other people they can trust to create similar lists of the client’s strengths and weaknesses. After comparing the lists, clients will compile a new list that highlights strengths, but also names flaws and weaknesses to be addressed. *Page 189*

JOURNAL ENTRY. *The Worst of Me*. This entry uses a checklist to help clients consider those attitudes or behaviors that are antisocial, self-defeating, or harmful in some way. This entry offers a particularly good example of work that may be difficult and painful for clients. However, the entry continues beyond the checklist and allows clients to write about their attitudes and behaviors, and think about ways to change them. *Page 192*

JOURNAL ENTRY. *No-Judgment Day*. Many people with addictions have unrealistically high expectations and constantly judge both themselves and others. This makes it hard for them to get support from others, and also increases the feelings of shame that can contribute to addiction. This entry is built around an exercise in which the goal is to avoid making judgments of any kind for a period of twenty-four hours. *Page 197*

JOURNAL ENTRY. *The Shameful Truth*. One of the “feeds” for addiction is shame, and shame often means keeping things secret. This

entry asks clients to commit to paper three things in their life that they've kept hidden from others, and then describe how they are affected by such secrets. Again, for many clients this may be a painful and difficult entry. *Page 199*

JOURNAL ENTRY. *Doing Right*. The final entry in this chapter provides an opportunity to review and sum up the work of the chapter, including thoughts about necessary change. *Page 203*

CHAPTER 12. Destination: SELF-ESTEEM AND PERSONAL IDENTITY

The broad spectrum of addictions has far more to do with the psychology of addiction than any physical connection. Many addictions, in fact, involve no direct physical mechanism at all (such as gambling and overspending). It is the way that addicts think and feel about the world that most fuels addiction, and it is the way that addicts think and feel that must change during recovery. This chapter will help clients focus on the larger issues of self-esteem and the development of a personal identity that lends itself to success rather than addiction.

JOURNAL ENTRY. *When I Think of Myself...* This entry focuses on the related concepts of self-esteem, self-image, and personal identity, as well as the relationship between self-concept and addiction. *Page 208*

JOURNAL ENTRY. *Distortions in Thinking*. This entry returns to the idea of cognitive distortions raised in Chapter 3, and provides a way for clients to think about the sort of distortions in thinking that are self-defeating and self-limiting. These distortions fuel negative self-image and addiction. *Page 211*

JOURNAL ENTRY. *I Am...* The other side of self-deprecation is thinking that is self-affirming. This entry builds on the idea that there are self-affirming cycles, as well as self-defeating ones, and provides a channel for clients to see themselves in a positive and self-affirming light. *Page 215*

JOURNAL ENTRY. *New Horizons*. For addicts to change, they must disassociate from their former identities as addicts, and become oriented to a new self-image and personal identity. This final entry is built around giving up old identities and building a new one. *Page 218*

CHAPTER 13. Destination: UNDERSTANDING RELATIONSHIPS

Addictions frequently seriously damage or destroy relationships. This chapter is about rebuilding and renewing relationships, but it's unlikely that clients will be able to make significant changes or repair damage to their relationships unless they've first done the work required in the earlier stages of recovery. This chapter is intended for those who really understand the commitment and mutual respect required in serious relationships; active addicts and those not committed to their *own* recovery are unlikely to be able to make significant commitments to other people.

JOURNAL ENTRY. *Thinking About Your Relationships*. This is a free-form entry; that is, the entry doesn't contain the structure of checklists or sentence starts. The entry will help clients begin to think about their current relationships in general. *Page 224*

JOURNAL ENTRY. *Changing Times*. Relationships change and evolve over time. In this entry clients will write about several of their most important relationships, and why and how they have changed. *Page 226*

JOURNAL ENTRY. *Repairing Relationships*. This entry builds on the last and focuses on those relationships that have clearly been damaged by addiction. The entry is to be repeated for each damaged relationship. *Page 228*

JOURNAL ENTRY. *Scapegoats*. People sometimes fail to take responsibility for problems by unfairly blaming others, or they fail to recognize the true source of a problem. At times like this, it is easy to either scapegoat other people or displace feelings about one thing onto someone else. This entry highlights both of these processes and allows clients to see how they might be scapegoating others or displacing negative feelings onto them. *Page 230*

JOURNAL ENTRY. *Through the Past Darkly*. Not every destructive relationship is the fault or responsibility of the addict. Quite often addicts have been, or are, the victims of such relationships and, in some cases, their addiction itself may be an outcome. This entry ex-

plores past situations in which the client was a victim of a destructive relationship. *Page 232*

JOURNAL ENTRY. *Damage Control*. This entry continues the theme of relationships that are destructive to the client by exploring present relationships in which the client is victimized. *Page 234*

JOURNAL ENTRY. *Checkpoint: Relationships*. The last entry in this chapter provides the opportunity to review relationships and what clients have learned through the work in this chapter. *Page 237*

CHAPTER 14. Destination: GOOD HEALTH— REBUILDING BODY, MIND, AND SPIRIT

Wellness is not simply the absence of illness, but a state of *physical, mental, and social* well-being. As clients think about recovery, they must think in terms of their physical, emotional, and spiritual health, or the balance between body, mind, and spirit. This chapter provides journal entries that will help clients consider their state of wellness and how to improve upon it.

JOURNAL ENTRY. *Emotional and Spiritual Wellness*. This entry uses six aspects of wellness as its organizing theme: self-acceptance, purpose, environmental mastery, personal growth, positive relationships, and autonomy. *Page 241*

JOURNAL ENTRY. *Physical Health and Relaxation*. The entry will help clients consider their physical health, their ability to relax, and the connection between the two. *Page 245*

JOURNAL ENTRY. *A Breath of Life*. Breathing and relaxation exercises can change both physical and mental states, affect brain-wave patterns, help relax muscles, and even influence the capacity to learn. This entry has clients take five deep breaths, relax, and then write about the experience. *Page 247*

JOURNAL ENTRY. *Daily Affirmations*. This entry runs over seven consecutive days. The entry requires clients to once again think about and collect inspirational quotations or other affirming words, and for each day select one as an affirming thought to start that day. Throughout the day, clients are directed to stop periodically, check

in with themselves, and think about their chosen affirmation for the day. The daily entry is completed in the evening, reflecting on the day. The journal entry is completed at the end of the week. *Page 250*

JOURNAL ENTRY. *Make 'Em Laugh*. Words are inspirational and so too is humor. This entry is again accompanied by an activity. Clients are instructed to find something that makes them laugh each day for two weeks. The journal entry is completed at the end of the fourteen days, and explores the effects of humor on the client in his or her daily life. *Page 252*

JOURNAL ENTRY. *Exercising Your Body, Mind, and Soul*. This journal entry is activity based and follows a semistructured, contemplative walk designed to exercise the senses as well as the body. The walk is intended to help clients get in touch with their health and their sense of wellness, in addition to the things around them. The entry itself is very structured in that it asks clients to first read through the entry blank to prepare for the walk, take notes during the walk, and describe the experience in their journal. *Page 254*

JOURNAL ENTRY. *Service to Others*. There is a great deal of data suggesting the positive effects of community involvement on both mental and physical health. But being connected to a community is not just a one-way street, and an important part of recovery involves helping others. This entry requires clients to become involved in some form of community service for a period of two weeks. The entry itself begins by having clients list twenty community service activities they can do, and is used throughout the fourteen days to record the community service completed each day. The entry is concluded only at the end of the two weeks, summarizing and reflecting on the community service experience. *Page 257*

CHAPTER 15. Destination: UNFINISHED BUSINESS

This chapter wraps up some of the Stage 4 work by looking back on past and present relationships that remain open, raw, or unfinished. For most people, this means finding ways to resolve unresolved sit-

uations or at least come to terms with them. For many addicts, unfinished business often also includes the need to make amends for past actions.

JOURNAL ENTRY. *Expressing Your Feelings*. This entry is used to focus on only one unfinished or unresolved relationship at a time, and should be repeated for each unfinished relationship. The entry provides a way to write about the relationship and what makes it unfinished business. *Page 263*

JOURNAL ENTRY. *Missed Opportunity*. This entry is similar to the previous one, except in this case it provides a way for clients to clearly express their regrets about unresolved relationships and think about whether there is anything that can be done to resolve or close the situation. *Page 266*

JOURNAL ENTRY. *Doing the Right Thing*. Some unfinished business requires restitution or repayment on the part of the client. This is “business” that can be resolved only through an apology, restitution, or a request for forgiveness. Making amends is the focus of this and the following entry. In this entry, clients will make a list of all those people they’ve harmed in some way, as well as describe how they can most appropriately make amends for such damage. The entry also addresses how it will feel to make amends. *Page 268*

JOURNAL ENTRY. *Making Amends*. This entry deals more specifically with each person identified in the previous entry, and the entry should be repeated for everyone on the list created by the client. *Page 271*

JOURNAL ENTRY. *Letting Go*. This entry allows clients to reflect on their work in the chapter and provides a way to recognize current issues and problems that may yet become unfinished business if not addressed in the present. *Page 273*

CHAPTER 16. Destination: THE FUTURE— MAINTAINING RECOVERY

Recovery isn’t simply not using or engaging in an addiction. Instead, it is a state of mind, a set of attitudes, a perspective, an awareness, a

commitment, and a lifestyle, all of which are aimed at *maintaining* abstinence/moderation. In this final Destination chapter, the focus is on the maintenance of full recovery, mastery, and the continued use of new behaviors.

JOURNAL ENTRY. *Permanency Planning*. During Stage 4, no matter how long it lasts, clients are in *early* recovery, a time when attitudes and commitments are just beginning to really change. In Stage 5, these aspects of recovery solidify into a more mature form of recovery in which new behaviors and perspectives are locked into place. Only when recovery has matured in this way can we say that clients are in *active* recovery. This next journal entry can be used by clients to think about active recovery and what it means to maintain this level of recovery. *Page 278*

JOURNAL ENTRY. *This Is Your Life*. Maintaining recovery depends on more than sheer willpower alone. Equally important is a lifestyle that supports and strengthens an addiction-free life. This entry will give clients a chance to assess their life and lifestyle in several key areas that make all the difference between recovery and relapse. *Page 281*

JOURNAL ENTRY. *Thinking about Decisions*. People always have choices available to them, even if they don’t always know it. This entry will help clients think about the sorts of decisions and choices they may be facing, and how recovery has opened up new choices for them. *Page 284*

JOURNAL ENTRY. *Making Decisions*. This entry focuses on a single decision situation and provides a structured brainstorming model and format to think through and resolve decisions. Both this and the previous entry highlight the possible impact of decisions on other people, as well as the client. *Page 287*

JOURNAL ENTRY. *Reflections on Your Journey*. The last entry in this chapter will help clients reflect on their work in *The Healing Journey Through Addiction*. *Page 288*

CHAPTER 17. AS ONE JOURNEY ENDS, ANOTHER BEGINS
This brief chapter provides a way to think back on the work accomplished in the journal. It contains one final entry.

JOURNAL ENTRY. *My Journal*. The entry reviews the journaling process experienced by clients through their recovery journal.
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Conclusion

Your use of *The Healing Journey Through Addiction* will probably be influenced by many factors: the treatment location (inpatient, outpatient, residential care, intensive outpatient treatment, etc.), the client's ability to work on difficult material without relapsing or regressing, and the stage in therapy the client is in to name but a few variables.

Under any treatment conditions, therapeutic journaling can serve as a valuable adjunct to cost-effective and time-limited treatment, and is of special value in the managed care environment in which many therapists are already working. The need to extend treatment outside the boundaries of the therapist's office makes the use of the therapeutic journal still more important.

If the ultimate goal of all therapy is to help clients learn to do without the therapist, then your use of *The Healing Journey Through Addiction* is valuable in that it makes clear that your work with your clients is *theirs*. By making it clear to clients from the outset that the healing journey is *their* journey, you increase the chances that when therapy ends, your clients will be able to continue on their journey under their own direction.