



Serene Scene

Transitional Sober Living Magazine

LONG BEACH®

SERENE CENTER

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12 STEP TREK

Step #1: Acknowledging that you're powerless over addiction

12 Step Worksheet Series
Courtesy of Serene Center,
Long Beach

POINT OF RETURN MONTHLY STORY

Finding A Life I Never Wanted
David S.

A NEUROLOGICAL CASE FOR RECOVERING ADDICTS TO JOURNAL

Capt. Larry Smith, Author of
The Daily Life Plan Journal

BEHAVIORAL HEALTH CENTRAL SPOTLIGHT:

Q&A With Steve Pasierb,
CEO of The Partnership for A
Drug Free America
Robin Jay, Editorial Director,
BehavioralHealthCentral.com

WHAT IS EFT?

Marcia Jacober, MFT,
sheds light on the
Emotional Freedom Technique
Courtesy of Serene Scene's
Medical Editor, Richard Gracer, M.D.

THE ROLE OF HONESTY IN PSYCHOTHERAPY AND RECOVERY

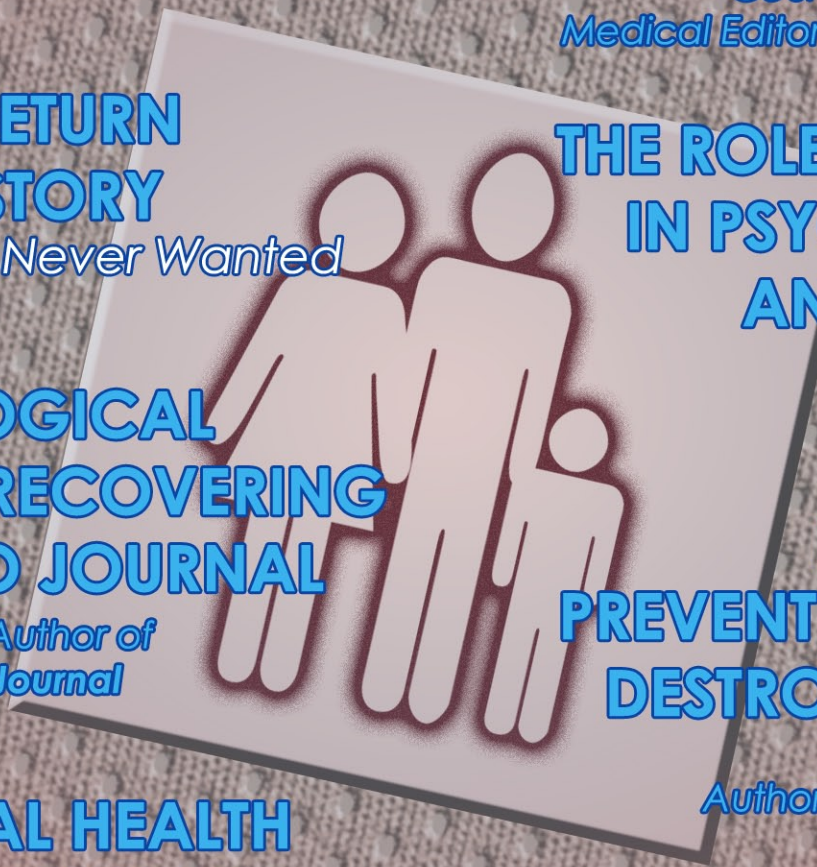
Dr. Allen Berger

DOES WORRY PREVENT TRAGEDY OR DESTROY YOUR LIFE?

Paul David Walker,
Author of Unleashing Genius

HEALING THE SELF AND THE FAMILY

Healing Starts With One's Self
Andrew Martin, MBA, CADC 1



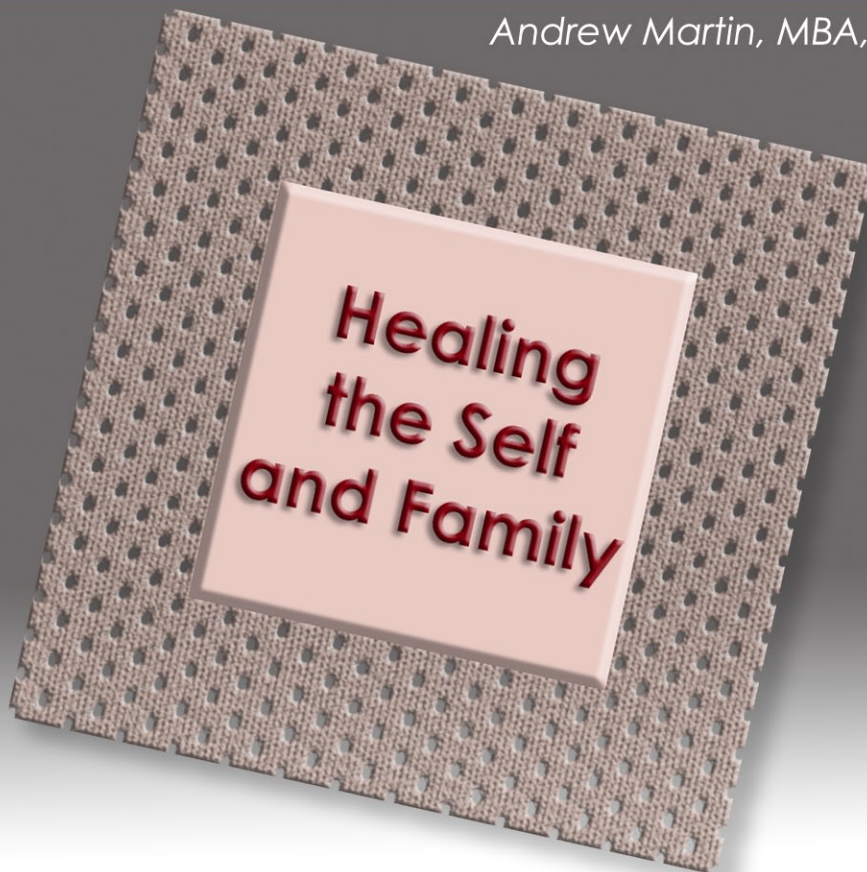
HEALING THE SELF AND FAMILY

Andrew Martin, MBA, CADC I

Photo by Dina Marie



Andrew Martin,
MBA, CADC I



Addiction certainly causes a great deal of hurt for the addict as well as the family system. It is commonplace for that hurt to become an integral part of life, and the hurt can actually become a comfort over time. After all, if one has tremendous hurt they can continually refer to that hurt in order to get sympathy, excuse inappropriate behaviors, and justify unhealthy thought processes. They can assign blame to the hurt, and to the people that they perceived as causing the hurt, so they can remain in a state of disarray, depression, pessimism, and irresponsibility. It often appears easier for some to remain hurt, than to deal with life in a more healthy way. It is for these reasons that many people make the choice not to enter into the healing process, and instead choose a life of suffering.

However this article is for those who wish to choose the healthier path to life: the path that includes joy, happiness, contentment, authenticity, and presence. This article is for those who make prudent decisions regarding their life, and are willing to take the necessary steps to improve their quality of life regardless of how difficult the process may be.

Healing starts with one's self; and healing is the full responsibility of one's self. Nobody is responsible for the healing of another, and healing can only take place once action is taken to enter into the process. The ramifications of this are significant in that the individual entering the healing process must accept that all of the healing will take place within themselves. Even if the individual was severely wronged by another, the healing remains the sole responsibility of the injured individual. Once this acceptance and ownership is embraced, the healing process has begun.

HEALING THE SELF AND THE FAMILY

Andrew Martin, MBA, CADC I

Healing is more than just eliminating symptoms, or covering up hurt with masks or false perceptions. In a fundamental sense, healing is the reversal of becoming ill; and healing requires a great deal of self-work. Usually this type of self-work is performed with the guidance and input from a clinician that is trained in healing. Most people find it extremely beneficial to have the input from a clinician when attempting to recover from prolonged hurt because a clinician is able to ask appropriate questions and expose areas of distorted perceptions and thoughts. A clinician is also able to provide encouragement and hope while moving through the healing process. Perhaps most importantly, a clinician is able to call attention to old destructive behaviors and thoughts that get in the way of the healing process. Most people find it exceedingly difficult to recognize habitual unhealthy behaviors and thoughts without help.

Healing hurt demands commitment to a better quality of life and the discipline to attain it. Many people moving through the process of healing experience a sense of further despair and hopelessness prior to enlightenment of their spirit. This is because most of our learning requires enduring some level of pain in order for progression to be realized. Dedication to the process of healing and understanding that there will be inevitable setbacks and roadblocks to the healing process is crucial to understand. And understanding that the process will release the hurt is of paramount importance.

The process of healing includes the release of behaviors, thoughts and emotions that block the healing process. It is normal for any individual who has been deeply hurt to carry the symptoms of that hurt with them into other relationships, activities and cognitions. However, it is not healthy for someone to stay stuck in those symptoms for a prolonged period of time. Once an individual creates an awareness that they are stuck in unhealthy symptoms of hurt, it is their responsibility to seek healing.

Behavioral Healing refers to modifying the unhealthy actions that one takes as a result of the hurt. By thinking through how the hurt causes unhealthy changes in behaviors, and identifying those behaviors that are blocking the healing process, the individual can better manipulate their behaviors in life. By switching an unhealthy behavior that is deeply rooted in hurt to a more healthy behavior that is based upon healing, the individual will improve the quality of life to varying degrees. These small improvements begin to add up, and soon the behavioral healing process generates great progress.

HURT BEHAVIOR

Anti-Social Avoidant Rebellious
 Angry Sarcastic Punitive
 Silent Closed Selfish

HEALING BEHAVIOR

Social Engaged Flexible
 Forgiving Accepting Empathetic
 Communicative Open Generous

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Cognitive Healing is the act of changing unhealthy hurtful thoughts into healthy caretaking thoughts. This concept is applied both inwardly (toward one's self) and outwardly (toward others). Altering thoughts is difficult for anyone, especially if there is emotional turmoil and unhealthy behavioral conditioning. However, cognitive healing can be accomplished with focused effort toward recognizing thoughts that get in the way of healing, and then making a concerted effort to change those thoughts to a more healthy perspective. Because it can be very difficult to recognize unhealthy thought processes, most individuals that desire changes in thought process do so with the assistance of a clinician combined with a family or self-help support system.

HURT THOUGHTS

Resentment Rigidity Refusal
Willfulness Generalization Pessimism
Over Reacting Under Reacting
Personalization

HEALING THOUGHTS

Reasonable Expectations Flexibility
Acceptance Surrender Discernment
Balance Moderation Moderation
Surrender

Emotional Healing includes enlightenment of the spirit and soul. Humans are emotional beings and must allow emotions to be expressed with the understanding that all emotions shall pass. Our emotions help us to protect ourselves against danger and to enjoy occasions of well being and celebration: these characteristics are both helpful and necessary. However, when emotions become stimulated by hurt thoughts and hurt behaviors, a great deal of unnecessary suffering takes place. In order to mitigate the suffering associated with misplaced emotions, it is essential to first work on behavioral healing and cognitive healing. This work will remove the unnecessary emotions and leave only those emotions that are meant to be experienced. And while some of those emotions may not be pleasant, they are meant to be for a purpose. Perhaps the healthy emotional pain will aid in motivating the exploration of one's purpose, and in doing so will bring enlightenment to the spirit and soul. Perhaps it is only possible to find emotional contentment and joy of life by navigating a path of hurt and pain first. The only certainty is that if one stays focused on progression through the process of healing, one will find relief. **SS**



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