

RELEASING NEGATIVITY TO MAKE ROOM FOR RECOVERY



WOMEN FOR SOBRIETY
CAPABLE • COMPETENT • CARING • COMPASSIONATE





ADRIENNE MILLER

- 2009 – Entered recovery
- 2010 – Sobriety Date
- 2011 – Peer Group Facilitator
- 2013 – Peer Recovery Coach
- 2014 – Addictions Counselor
- 2017 – Women for Sobriety

AGENDA

- How addiction creates negative thinking
- How early recovery can make it worse
- Real-life skills to help you change your thinking patterns

Avoidance

I'm not answering that call - she'll just be mad that I'm high again

Dissociation

It's like someone else ordered that drink

Rationalization

If my job weren't so stressful, I wouldn't need to smoke pot every night.

Displacement

Stop singing! Your voice is so ugly.

Denial

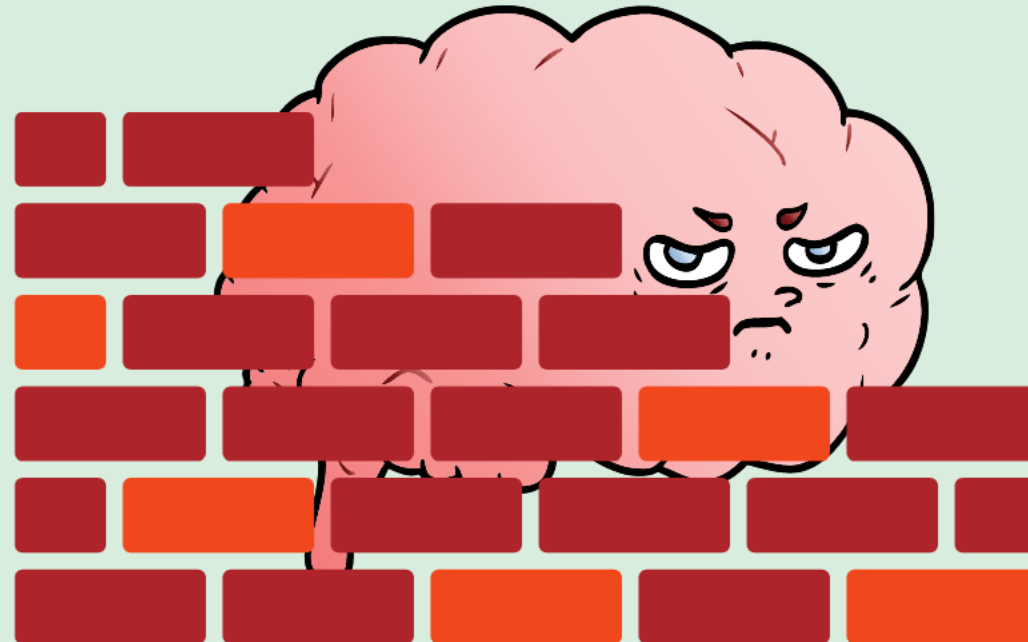
It's not that big of a deal

Projection

That Tina, now *she* has a problem

Repression

I don't see any problem



Defense Mechanisms

Discounting the Positive

Overgeneralization

Catastrophizing

Personalization

Black & White Thinking

Mental Filtering

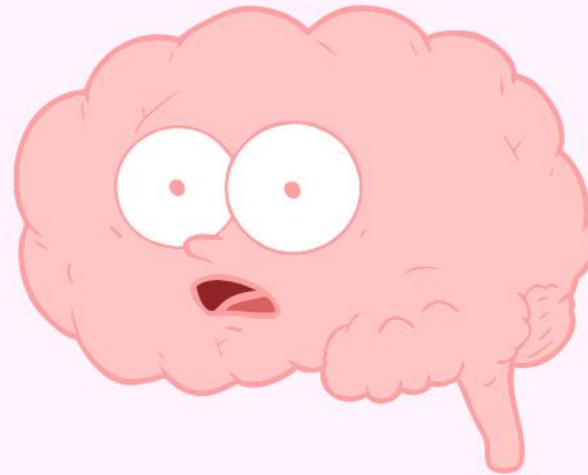
Should Statements

Emotional Reasoning

Labeling

Mind Reading

Cognitive Distortions



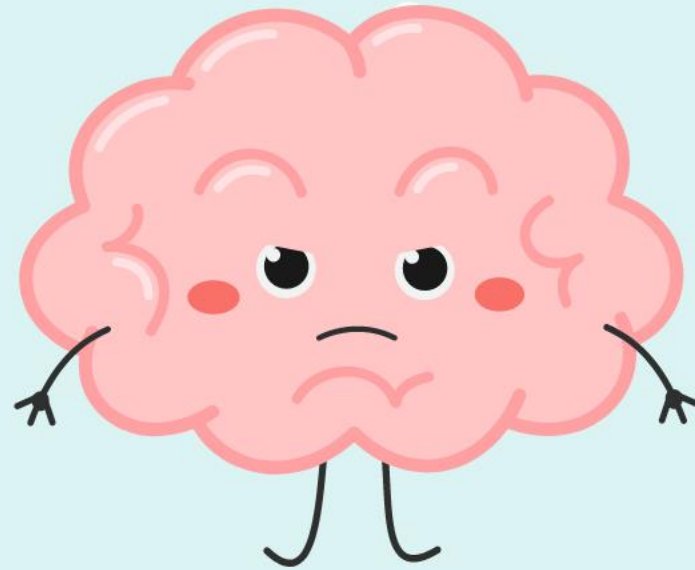
How can I get out of this party so I can go get loaded for real?

How will I afford my next fix?

I hope I don't get fired again.

Where's my car?

Is my wife going to leave me now?



What did I do last night?

Learned Seriousness

How am I going to pay my rent?



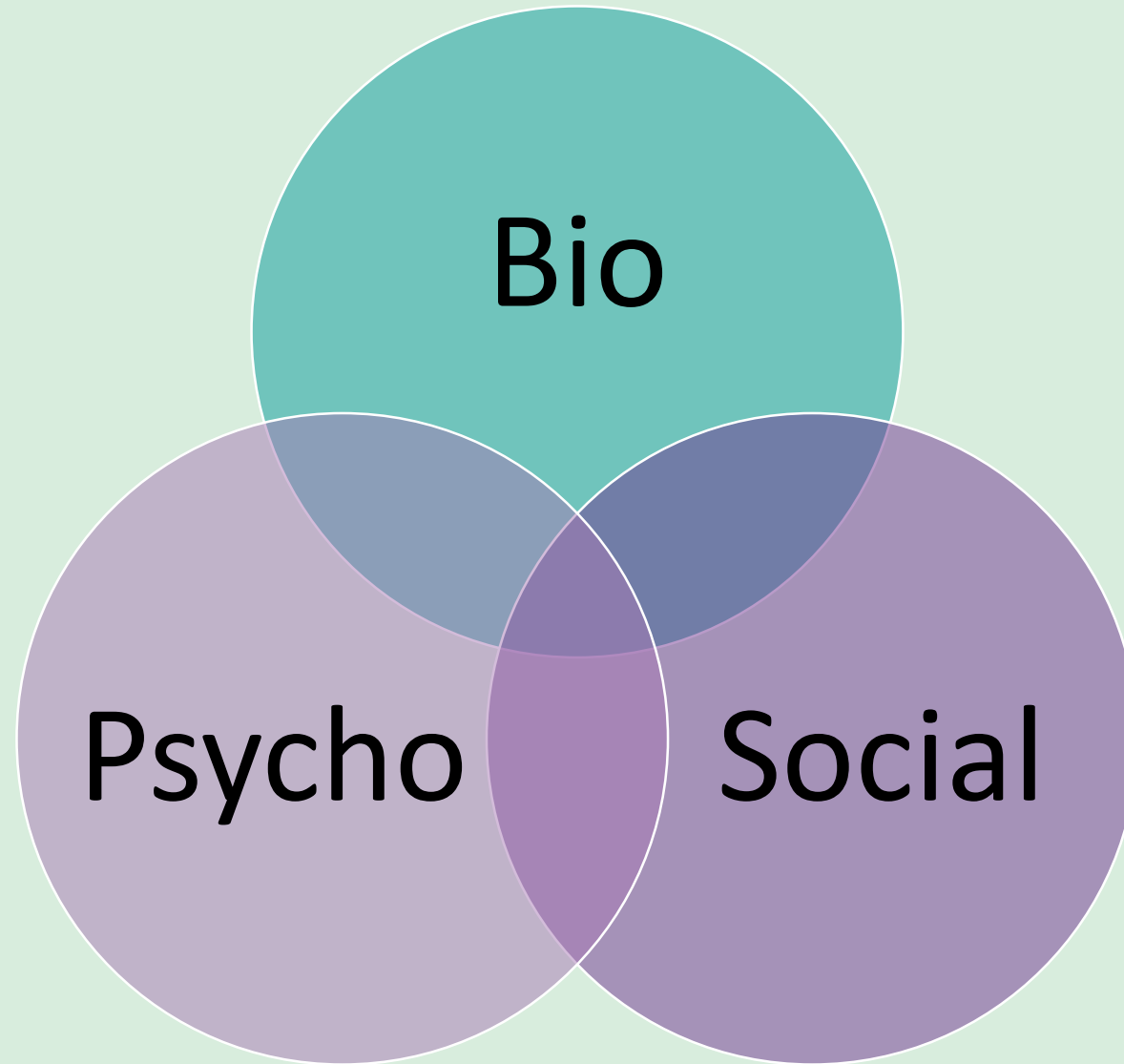
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Having quit drinking or using is a very important act for us and we believe that everyone will be very happy about this, especially our families. We foolishly believe that now our marriages will be wonderful and that everyone will stop yelling at us. We believe our parents and in-laws will be very happy about our new person. We think our children will be happy. And we believe that this is a change for the better because now everyone will tell us how wonderful it is that we have finally quit.

What a wonderful dream sequence!



*WFS Beginner's Collection
Jean Kirkpatrick, PhD*





Post
Acute
Withdrawal
Syndrome

LEVELS OF RECOVERY

By practicing the 13 Acceptance Statements regularly, you will work toward achieving the following six levels of personal growth.



Level 2 Discarding Negativity

2. Negative thoughts destroy only myself.

My first conscious sober act is to reduce negativity in my life.

4. Problems bother me only to the degree I permit.

I now better understand my problems and do not permit problems to overwhelm me.

9. The past is gone forever.

*No longer will I be victimized by the past.
I am a new woman.*

2. Negative thoughts destroy only myself.

My first conscious sober act is to reduce negativity in my life.



Stop Thought
Technique

2. Negative thoughts destroy only myself.

My first conscious sober act is to reduce negativity in my life.

I am a terrible person for having this addiction.

I am a person struggling with an addiction.

I am a person.

I am a person doing the best I can to overcome addiction.

I am a wonderful person and I have overcome addiction!

Negative

Neutral

Positive



2. Negative thoughts destroy only myself.

My first conscious sober act is to reduce negativity in my life.

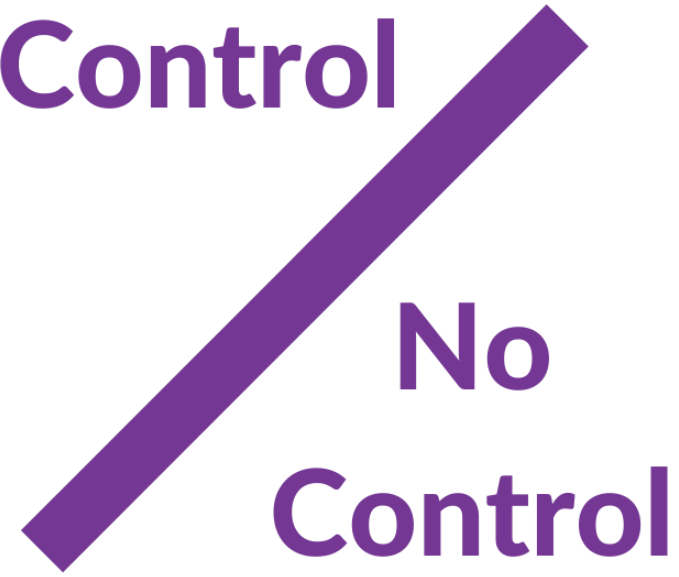


4. Problems bother me only to the degree I permit.

I now better understand my problems. I do not permit problems to overwhelm me.



Control



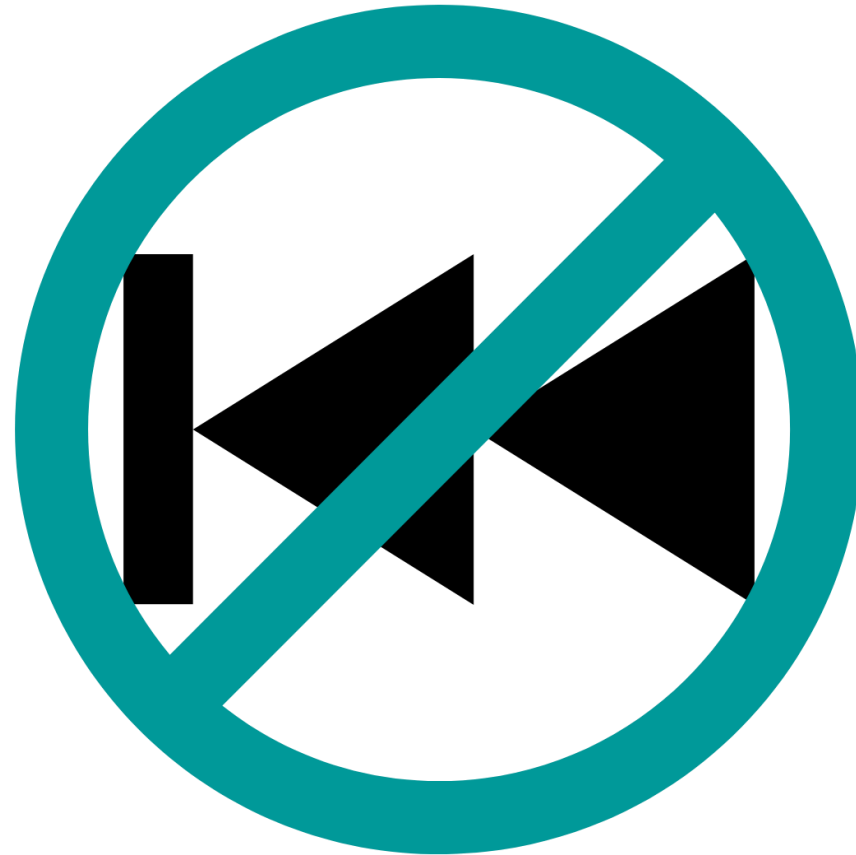
No

Control

9. The past is gone forever.

No longer am I victimized by the past.

I am a new woman.





WOMEN FOR SOBRIETY

Women for Sobriety's New Life Program is the first peer support program designed specifically for women overcoming substance use disorders. It is a self-empowering, life-affirming, secular peer support recovery program.





WFS SERVICES

- In-person Meetings
- Video Meetings
- Text Chat Meetings
- Online Support Forum
- Facebook Group
- Phone Support Volunteers
- Books, Literature, AV Media
- Email Newsletter
- Outreach
- Annual Conference



ACCEPTANCE STATEMENTS

1. I have a life-threatening problem that once had me.

*I now take charge of my life and my well-being.
I accept the responsibility.*

2. Negative thoughts destroy only myself.

My first conscious sober act is to reduce negativity in my life.

3. Happiness is a habit I am developing.

Happiness is created, not waited for.

4. Problems bother me only to the degree I permit.

I now better understand my problems. I do not permit problems to overwhelm me.

5. I am what I think.

I am a capable, competent, caring, compassionate woman.

6. Life can be ordinary or it can be great.

Greatness is mine by a conscious effort.

7. Love can change the course of my world.

Caring is all-important.

8. The fundamental object of life is emotional and spiritual growth.

Daily I put my life into a proper order, knowing which are the priorities.

9. The past is gone forever.

No longer am I victimized by the past. I am a new woman.

10. All love given returns.

I am learning to know that I am loved.

11. Enthusiasm is my daily exercise.

I treasure the moments of my New Life.

12. I am a competent woman, and I have much to give life.

This is what I am, and I shall know it always.

13. I am responsible for myself and for my actions.

I am in charge of my mind, my thoughts, and my life.





We are capable and competent,
caring and compassionate, always
willing to help another, bonded
together in overcoming our
addictions.

~ *WFS Motto* ~

CONTACT US

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<https://womenforsobriety.org>

<https://wfsonline.org>



Behavioral Health Awareness Series

If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

Stephanie Gissal - 800.274.7603 x398516

Alex Turner - 800.274.7603 x513597

Wanda Russell – 800.274.7603 x342063