

Title:

Recovery From Addictions, Part 2

Word Count:

772

Summary:

(This is Part 2 of a 5-part series on addiction).

In Part 1 of this series of articles, I defined substance and process addictions, and describe

1. I can't handle my pain.
2. I am unworthy and unlovable.
3. Others are my source of love.
4. I can have control over how others feel about me and treat me.

This article addresses the first of these beliefs, and goes into the process of learning to man

Keywords:

addiction, recovery, addiction recovery, drug addiction, alcoholism, weight issue, alcohol abu

Article Body:

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Small children have few skills in managing pain. Parents are supposed to be there to help them

However, many adults had parents who, not only did not help them with their pain, but were the

In order to move beyond destructive and self-destructive behavior, you need to be in a process

Your inner child is your feeling self. When you are experiencing the unbearable pain of reject

The reason the 12-Step programs have worked so well is because they help people to open to a s

We teach a Six-Step process, called Inner Bonding, which works very well along with the 12-Ste

Love and compassion are not feelings that are generated from within the body. These feelings a

Love and compassion is what you need when you are hurting. Substance and process addictions do

Learning how to heal core shame and give yourself the love and compassion you need to recover

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