

July 2016

# KEYS TO RECOVERY — NEWSPAPER, INC. —

*Learning to Surrender is Sobriety*



By Judith Orloff MD

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Reactive?**  
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Hello everyone, we appreciate all of our dedicated readers, writers and advertisers. If it wasn't for your participation in helping us to amass the correct and right information which makes us who we are, we would not be a formidable presence in the recovery arena as well as main stream America, as we are now. We have had the pleasure to able to share the accumulative knowledge from our gifted writers that are throughout the pages of our newspapers, to thousands of individuals here in California and now in 26 additional states as well. Also, we have online requests from individuals in India, Brazil, Mexico, China, Canada, Australia, and many more who love our newspapers from viewing them on our website.

These last few months have brought so many different avenues of information to us through numerous networking events, and conferences that we have attended. And we are looking forward to obtaining more knowledge from some of the upcoming conferences that we'll be at, and the ones that we're not going to attend, our newspapers will be in all of the registrant bags. Like anyone who is fascinated with the chance to learn from the best, we're anticipating for the opportunity to be further educated through lectures and presentations at the conferences. The presenters explain in detail, about numerous aspects of recovery and some of the treatments for those who have addictions and disorders.

I'm truly amazed of the opportunities that we have had in presenting the accumulated knowledge to our readers, through the informative articles from our remarkable writers. I want to personally thank each and every one of these dedicated clinical professionals, who day in and day out, graciously are of service to those who are in dire need of recovery from their particular addictions or disorders that they're plagued by. Having the privilege to personally be at the conferences listening to the presenters reminds me of the times in my drug addiction classes back in college, being taught first hand by some of the most gifted instructors I believe, to ever teach a class in drug and alcohol addiction, as well as disorders that are rampant in our society.

We appreciate all of the help from our drivers delivering the newspapers monthly, and to our staff who tirelessly promote our newspapers throughout the states. I have had the pleasure to personally visit the facilities and have spoken with the owners and the staff of some of the treatment centers, sober livings, criminal lawyers, Psychologist, Psychiatrist, LMFT's and many more clinical professionals from Anaheim to Yorba Linda, and everywhere in between who appears to be genuine in assisting those imprisoned by addictions and disorders, helping them break the cycle that is hindering them from achieving recovery. I get to be of service to those on Skid Row, and the surrounding communities that are plagued with so many hardships.

It feels great to extend a helping hand to such deserving individuals, God is the driving force behind us.

I have had the pleasure to speak with countless individuals who are advent readers of our monthly recovery newspaper, they have personally told me that the information in the articles that they read helped them immensely, with their particular addictions and disorders. We have received emails from numerous individuals around the world that have been reading our monthly recovery newspapers. All issues of our newspapers can be downloaded and viewed via our website, we do understand that access to computers can be difficult, that's why we mainly distribute hard copies. Thank you all for reading our newspaper and telling friends and the recovery family about what we're doing. We simple want to help educate the communities about all addictions and disorders, and bring hope to those looking for recovery.

This upcoming October will be our second year anniversary, it's remarkable that in this relatively short period of time we have learned so much from everyone who has contributed to our newspapers context. We have been so blessed to have the ability to help many while trudging down the road of recovery, God has given us much and much is required to be of service to the countless many, who suffers daily in and out of the rooms. I feel so connected to the recovery arena and thankful for the opportunity to be an instrument of hope and support, to those I have personally met along my walk on the path to recovery. When I look back over the last four years, I am incredibly humbled to have my higher power use me, instead of how I use to be so selfish and use Him for my personal gain.

It's funny how life can turn you completely around, and how it could change your perspective through simple occurrences that normally wouldn't even have been noticed before. Once we slow down and except life on life's terms, our eyes will then see and our ears will finally hear the audible voice from God to help our lives to take on a whole new meaning called selflessness. I will forever be thankful to the 12 Steps and its principals, which have brought clarity and closure to my addicted life. I am truly looking forward to what the future holds for our company, and it's President my beautiful wife Jeannie Rabb-Marshall, our CEO Beth Stern and myself. Until next mont God Bless.



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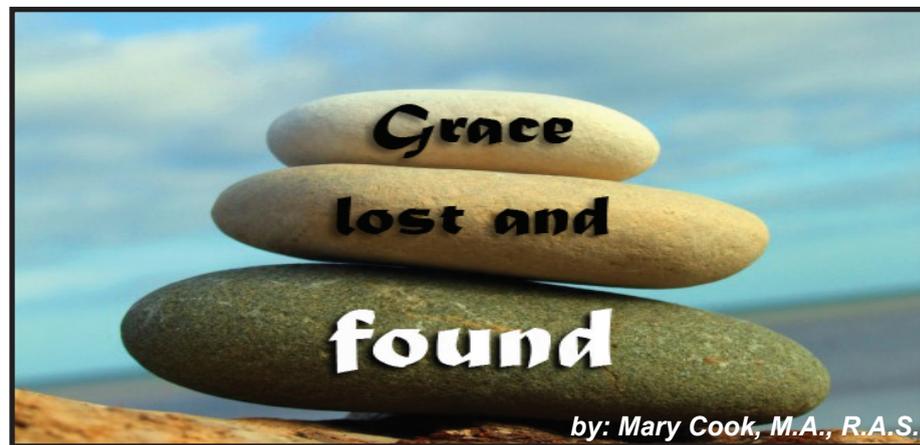
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by: Mary Cook, M.A., R.A.S.

## PROACTIVE OR REACTIVE?

Negative actions are typically misguided attempts to fix very real problems. Prostitution symbolizes a need to value, validate and attend to the sexual part of self to heal past wounds. Stealing is an attempt to rectify earlier important deprivations. Self-mutilation is a need to kill vulnerability in order to kill the fear of its consequences. Substance abuse comes from the need to control what enters the mind and body in response to previous painful internalizations. Violence represents a need to communicate the origin of rage and consequent feelings of victimization.

When we haven't learned tools that help us reach solutions, we act out our pain in ways that do further harm to ourselves and others. Therefore prostitution, stealing, self-mutilation, substance abuse and violence give more power to those people and experiences that brought on our original pain. We become reactive rather than proactive and remain stuck in sick behaviors and ideas. We are afraid to examine the dynamics of negative behavior, ironically because we believe it will reinforce it. Yet it is only truth in its entirety that will free us from the bondage of old habits.

Arresting negative actions is the first stage of recovery. Generally, what motivates us to seek help to stop problematic behaviors is when we can no longer deny the escalating pain that they bring, and we've managed to maintain a small part of us that feels we are worthy of and can benefit from assistance. We cannot pretend to be in charge of our life when harmful actions are the power greater than ourselves.

This is a stage of recovery where we typically need significant support to reinforce change, to provide healthier sources of higher power and to increase hope. Ideally as we let go of old sick behaviors, we internalize new concepts of relating to ourselves and others. It is more difficult to let go of internalized belief systems and their corresponding emotions, however, than it is to change the outward behaviors.

A conscious, focussed exploration of the genesis of negative actions in order to understand and heal the wounds below them is the second stage of recovery. When core problems begin in childhood, our early examinations of them in recovery trigger the feelings and thoughts experienced at that age. We feel helpless, hopeless, vulnerable, terrified and overwhelmed. We think we are undeserving of healthy affection, attention, love, nurturing, protection, support and value. We believe there is something inherently wrong with our intelligence, our abilities, our bodies, our feelings, needs, wants, our love and our right to live. Failing to address or complete this part of recovery leaves us with barriers to healthy intimacy with ourselves, others and the God of our understanding.

Recovery in the second stage requires healing and understanding on a physical, mental, emotional, spiritual and behavioral level. For instance, if prostitution developed from unhealed sexual abuse, once prostitution stops, an analysis of the myriad of symptoms and consequences that followed from sexual abuse other than prostitution, is in order. Physically, the body may be treated as a function, tool or curse. Mentally, sex may be viewed as repulsive and thoughts of suicide, self-hate and self-doubt are common. Emotionally, chronic shame, guilt, anger, fear and anxiety interfere with self-esteem. Spiritually, higher power may be understood as unforgiving, punishing, uncaring or neglectful. Behaviorally, deficient self-care in terms of health, boundaries, safety and relationships are typical symptoms as well as a need for perfectionism to compensate for negative thoughts about self.

The above examples only scratch the surface of the work needed in this area. Talking about problems past and present with trustworthy, understanding people can stimulate positive change. When we see how these problems and consequent symptoms stem from sickness, we understand how we've been reacting from fear and false beliefs. These beliefs limit or prevent us from fully receiving or giving attention, affection, bonding, empathy, love and understanding. If we believe ultimately that the true source of our life comes from a healthy, loving higher power, then we know confidently that we are far greater than the sum of any traumas given or received. We deserve healing and growth on every level. This is what allows us to live proactively rather than reactively. The depth of the darkness we face and reconcile within ourselves determines the power of spiritual illumination for our life.

[WWW.MARYCOOKMA.COM](http://WWW.MARYCOOKMA.COM) Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 40 years of experience and 29 years of University teaching. Mary is available for telephone and office consultations, and speaking engagements. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available from Amazon.com



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## THE NATURE OF VIOLENCE

Although National Domestic Violence month is not until October I wanted to address the issue in July. I think that it is important we have an understanding of spirituality that truly addresses violence in our society. Because of the focus of this newspaper we are particularly concerned about the nature of violence as it relates to substance abuse. Usually when I hear the term “domestic violence” I think about battered women. I realize that men (husbands) are also battered but, truth be told, I tend to think about battered women. Over the years I’ve visited homes for battered women and I would say that 99% of the women were in relationships with alcoholic or drug-addicted men.

Again, it has been my experience that many of the women have had multiple abusive partners; indeed it would not be too strong to suggest that alongside their personal addiction to substances they also had an “addiction” or strong attraction to abusive/violent men. Codependency doesn’t seem a strong enough term to describe the nature of this toxic relationship! As I was writing this article I asked myself the question: Did I suffer from domestic violence? And the answer was yes. But in order to get to this answer I had to think out of the box. And I suggest that you should be willing to think outside of the box yourself.

Let me explain my situation. My father and mother were not alcoholics. Sure, like most English people they enjoyed a drink but they were not alcoholic. However, my father had a rage issue. And my mother was a “non-forgetting irritant”. In other words, she would never let a past argument die a natural death. She kept bringing up the past. “Do you remember what you did...” and it was years ago! This always triggered my father’s rage. And my sister and I always knew when the “you know what” would hit the fan. We helplessly feared the volcano erupting. Here is the interesting issue; my father did not hit my mother. He did not hit my sister or me. Rather he hit himself! He would smash his face and then bang his head against the wall in his rage.

Because he did not physically abuse me I did not think I was a victim of domestic violence... but I was. And the domestic violence was emotional. My fear was as real as any battered wife. Indeed, it created a “stuttering Leo” for many years. Not surprisingly my older sister married and left the house as soon as she could. I was left, at the age of ten, in this emotional violence. It is only recently that I have begun to talk about this aspect of domestic violence.

How did I miss it? Because like most people I tend to think that violence was physical... and I missed the emotional part. I also think that “religious abuse” has a role in domestic violence that is rarely talked about or alluded to. Indeed, I feel that religious abuse and religious addiction is rampant in our society and in many parts of the world but, as a people, we find it difficult to discuss or explain. It is a little like sexual addiction was ten years ago. However with the rise of religious fanaticism, we are beginning to see how God, for some, can be the “opium of the people”. The high on the faces of those screaming for a “religious revolution” is surprisingly like the “high” seen on the faces of other addicts...only religion is the paraphernalia!

When people are living and acting “in the name and authority of God” all hell can break loose. And it has. And yet in a smaller scale, religious abuse can also be discovered in the home. There are men who believe that they have divine authority over their wives and daughters and they administer punishment based on dubious or ancient laws that most of us would consider abusive. There are those who obviously come to mind but at I am writing this article, I’m thinking about a minister was on trial for allowing his religious flock and himself to marry fourteen year old girls. And the minister publicly punished those who disobey him. We know that rarely does the person who perpetrates the domestic violence own what they are doing. And occasionally this denial is rooted in strange religious mumbo-jumbo that does not bear close examination. “Spare the rod, spoil the child” was espoused in many a Sunday-school and a human life was damaged or destroyed. There are many other things even worse than this which are supposed to have a religious basis, and all too often is misinterpreted to be justification for abuse.

As I’ve said many times, spirituality requires knowledge, and that willingness to change with this knowledge comes from learning about understanding, forgiveness and peace. I pray this sentiment for the addict, the victim of domestic violence...and our world.

Leo Booth, a former Episcopal priest is today a Unity minister. He is also a recovering alcoholic. Spiritual advisor for New Found Life – in Long Beach, California For more information about Leo Booth and his speaking engagements visit [www.fatherleo.com](http://www.fatherleo.com) or email him at [fatherleo@fatherleo.com](mailto:fatherleo@fatherleo.com). You can also connect with him on facebook.



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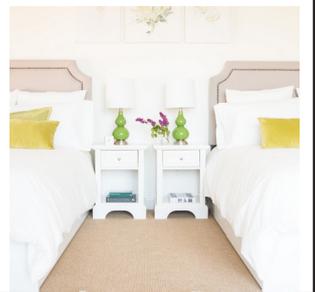
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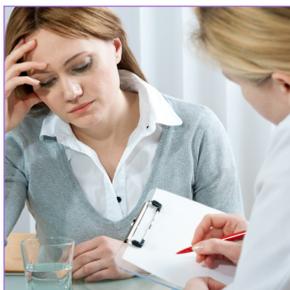
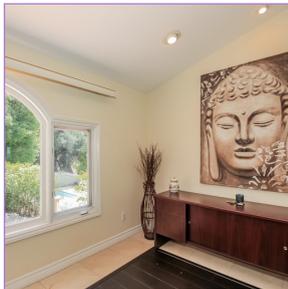
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**Ask Dr. Nita**

by: **Nita Vallens**

Dear Dr Nita,  
I'm a career woman, with some college and a decent amount of work experience under my belt. However, there are times when my behavior is closer to the size shoe I wear than my real age. Is there a link to my current behavior and things that I experienced when I was a kid? I'm curious because I want to do better and live the life of my dreams but I feel there's something in my past that's holding me back. I'm five years into my recovery from an addiction to pills, and I'm working with a sponsor.  
Stuck in Studio City

Dear Stuck,  
You have asked a great question and a universal one at that. Often times our childhood experiences are very present in our adult lives, due to survival strategies or coping styles we created to get through those early years. However, those childhood coping strategies often don't work as well in adulthood. We are influenced by genes and family history on one side, and environmental factors on the other side. The new science of Epigenetics indicates that environment triumphs over our genes every time.

You didn't mention which behaviors are causing you problems, so I'll run through some questions to help you identify how you feel, as well as some psychological research.

- 1) Are you chronically ill tempered, angry, judgmental or critical, and regret it later?
- 2) Do you frequently get nervous or distracted?
- 3) How often do you feel unhappy and wish you could be happy?
- 4) Are you wondering why you aren't reaching your goals or feeling unsuccessful?

Our social skills in kindergarten can determine if we get a job or go to college. A 20-year study followed socially competent children who could spontaneously cooperate and be helpful to others, understand feelings, and solve issues on their own. These kids were far more likely to earn a college degree and have a full-time job by age 25, than those with limited social skills. Also, those in the "limited social skills" group was more likely to be arrested, binge-drink, or apply for public housing. (RW Johnson Foundation).

If your parents divorced when you were between 3 and 5 years old, you'll probably have an insecure relationship with them when you're an adult, especially in the case of fathers, according to a University of Illinois study.

If you were bullied as a kid, you're more likely to face hardships as an adult. A study that tracked 7,771 British children from when they were 7 to 50 years old, found that people who were bullied as kids had worse relationships, increased depression, higher anxiety, lower educational attainment, and lower earnings. In other research at Duke University "found that victims of bullying in childhood were at increased risk of anxiety disorders in adulthood, and those who were both victims and perpetrators were at increased risk of adult depression and panic disorder" (JAMA).

If your parents didn't let you make decisions, you might be codependent as an adult. If you had a helicopter parent who didn't allow you to make your own choices in areas such as your clothes, playmates or friends, and food, you may end up as a codependent adult. As you get older, this means that you'll find relationships in which you give power and control over yourself to your partner. (Laura JJ Dessauer).

If you experienced maltreatment as a child, you're twice as likely to be depressed now. A study of 26,000 people found that if you experienced various forms of maltreatment, you're 2.27 times more likely to have recurrent episodes of depression. The maltreatments, per a Guardian report were; rejecting actions by a mother, harsh discipline by a parent, unstable primary caregivers throughout childhood, self-reports of harsh physical or sexual abuse. Also, one in ten Americans has depression. (King's College London).

To recap - We have touched on social skills, divorce and its consequences, bullying, child abuse or maltreatment, controlling parents and views of success. I'm sharing this research to let you see how thoughts, beliefs and ideas may provide insight. Whatever childhood experiences have been hampering you today, you have the power to release, let go and move on.

If you continue to work the steps, particularly 6 and 7, and are completely honest with yourself, you can become aware of and heal your childhood wounds. You can create social and emotional skills for yourself that you may not have developed in childhood, and learn all that you need to as you grow and change into the woman you want to be and create the life you are proud and happy to wake up to everyday!

All my best, Dr. Nita

Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks. Visit [DrNitaVallens.com](http://DrNitaVallens.com) or for consultation and appointments call 818.783.6258. Dr. Nita is now providing career assessments, call for information! Her radio show, Inner Vision, is on Tuesdays @ 1:00 PT on KPFFK Los Angeles, 90.7 FM or live stream at [www.KPFFK.org](http://www.KPFFK.org) (FREE podcasts on the Audio Archive Link)



by: Jennifer J. Thomas, Ph.D, Harvard Medical School & Jenni Schaefer

### DON'T SETTLE FOR ALMOST RECOVERED

During the recovery process from either almost anorexia or a full-blown eating disorder, you may notice that you reach certain plateaus. Maybe you finally stop bingeing, which is a triumph, but you are restricting more than ever—a problem that many people don't like to admit. Or possibly you finally are eating enough, but now you experience intense feelings of fatness. During these times, it is crucial to pat yourself on the back and acknowledge how far you have come. But it is equally important to recognize that you still have some room to grow.

In a longitudinal study conducted by clinical psychologist Kamryn Eddy and colleagues, many women with an intake diagnosis of anorexia or bulimia nervosa recovered during the nine-year follow-up period. However, the transition was rarely black-and-white; more than three quarters exhibited subclinical eating disorders at some point during the study.<sup>1</sup>

The question ultimately becomes "How free do you want to be?"

You don't have to settle for lingering eating-disordered thoughts and attitudes. With time, patience, and continued growth, you can ultimately reach a place where you don't even hear Ed anymore. Jenni often compares her personal Ed to a muscle: When she engaged Ed and obeyed him, he grew bigger and stronger. But when she stopped listening and began to trust herself, Ed atrophied like a muscle that wasn't getting used. Essentially, her eating disorder wasted away slowly, just like her calf muscle had when she broke her foot.

When Jenni's eating disorder "muscle" was atrophying, it wasn't uncommon for a conversation with Ed to sound something like this:

Ed: You need to lose a few pounds.

Jenni:

Ed: Let's go to the store and binge like old times. Jenni:

Ed: Earth to Jenni—are you still there?

Yes, you got it: these were not really conversations at all. Eventually, Jenni reached a point where she simply ignored Ed. The more she was able to do this, the less he spoke. In time, he stopped talking altogether...Never, Never, Never give up!

Don't sell yourself short by getting halfway or even three quarters of the way better. Push past the various versions of "pseudorecovery"<sup>19</sup> to a complete one. It might be tempting, but try not to settle for even 99 percent better. Sure, we have heard people argue that they can survive in an almost-recovered phase, so why move further? And that might be true. But surviving and truly living are two different things.

You might be wondering how you will know when you are fully recovered. hindsight often tells people when they are better, so try not to worry about exactly where you are along the way. Jenni, for instance, did not realize that she was fully recovered until friends and family started pointing it out. If your loved one is struggling, you can be a mirror like this reflecting what you see, especially in terms of progress. When Jenni looked back at her life, she realized that she had been through many stressful periods without turning to eating-disordered behaviors (or even thinking about it). She discovered that she had formed genuine friendships and was living a joyful life. That's recovered. We have connected with countless men and women who have found this place of contentment and health. You can get there too.

1. K. T. Eddy, S. A. Swanson, R. D. Crosby, D. L. Franko, S. Engel, and D. B. Herzog, "How Should DSM-V Classify Eating Disorder Not Otherwise Specified (EDNOS) Presentations in Women with Lifetime Anorexia or Bulimia Nervosa?" *Psychological Medicine* 40 (2010): 1735–44.

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"Fully Recovered" vs. "Barely Recovered" table available at [www.jennischaefer.com](http://www.jennischaefer.com) Jenni Schaefer is a singer/songwriter, speaker, and author of *Goodbye Ed, Hello Me* and *Almost Anorexic*, a collaboration about subclinical eating disorders with Harvard Medical School. Her first book, *Life Without Ed*, has been released as a Tenth Anniversary Edition as well as audio-book. Jenni is a National Recovery Advocate of Eating Recovery Center's Family Institute. For more information, please visit [EatingRecovery.com/Jenni](http://EatingRecovery.com/Jenni) and [JenniSchaefer.com](http://JenniSchaefer.com).



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# Freedom from Bondage



by: Sybil Paige

## LIFE GETS DIFFERENT

The longer we stay clean life gets...well...different.

I'm writing this article from my ranch in Maui. I mention it because the place is spectacular. Today I can appreciate it for all the beauty, peace and the serenity it brings me. This was NOT always the case. In my disease, it was boring, at least that was what my addiction told me.

I ran from it and anything that made me feel "uncomfortable". That included "good feelings too". Mostly I ran to keep the pain of my past from catching up to me. It was nipping at my heels like a rabid dog.

Then one day my disease tripped me up, or tricked me up and I fell into recovery. I did not come here to get clean, I came to get someone else clean. So off I went train-wreck in tow; to an NA meeting. I sat in that meeting as the tears started to well up from I don't know where, as I listened to people share. I felt love and warmth emanating from that room. It was oddly familiar, as I remembered the readings, because I had been in recovery before and that was how I knew it worked.

I had been clean before, though, I had never finished the steps. Technically, I was never in "recovery". As the tears start welling up, I grabbed an IP flyer and when the meeting was over I rushed out. It was called "Am I An Addict".

I read it on the way home. I have never used again. Was it that simple? Yes and No, at first I kept going back to those meetings "for him". As I read the questionnaire in that IP, there were too many "yes's to argue with, I was tired, my addict was tired.

I did not however "surrender", oh no that was not going to happen EVER. But I wanted to be a good example "for him". So the first year I worked the steps, and I worked them hard. "See, how easy it is? See how happy I am!" I was a step junkie - you know we have seen them. I was also kind of forced to work them by my HP. At the same time I started the steps my Higher Power decided to snap a disc in my back, which broke off and lodged in my sciatic nerve. Yup. Incredible pain. And no meds I was adamant - after all I was saving someone else remember! Martyr to no end. Anyway the months that followed my surgery while I was sequestered in rehabilitation, I worked the steps.

And you know what. A year later. I was still clean. "He" was not. And no, we did not stay together. Yet, I stayed clean. I was stunned. And scared, after my one-year birthday I called my sponsor and told her point blank - "I don't think I'm an addict". See, "He" was no longer the reason, and most importantly, there I was, afraid to return to my old life and afraid into stay in the program as the fraud I felt I was, and I knew I was regarding any sort of real recovery. I had not yet really admitted I was an addict. And I surly had not surrendered to any HP. And on top of it I was completely miserable because I had not surrendered.

So, I asked my sponsor to work the steps again. Her response was "What? - We just finished are you sure?" I replied - "I'm sure."

It was the best thing that ever happened to me and my recovery. I always left out the most important part of my story. I just sort of...skipped over it. The childhood sexual abuse, the repeated emotional abuse, because I had not found my voice. Yet, somewhere inside knew I did not have another try at recovery, it was now or never. I had to do the work, and I had to get honest.

If I had left the program, I would just keep going out and seeking the exact same people and situations that created my pain, and my solution for it (self-sabotage) drugs and alcohol. I eventually surrendered. Honestly it was a relief. When you put down the sword, guess what - the fight is over.

That round of steps was transforming. Healing. Freeing. All the PTSD related issues with the step work dissipated as I learned boundaries. Beautiful boundaries. I LOVE them. I love the tools that I have now incorporated into every aspect of my life. I never had tools for life before. Today I love them!

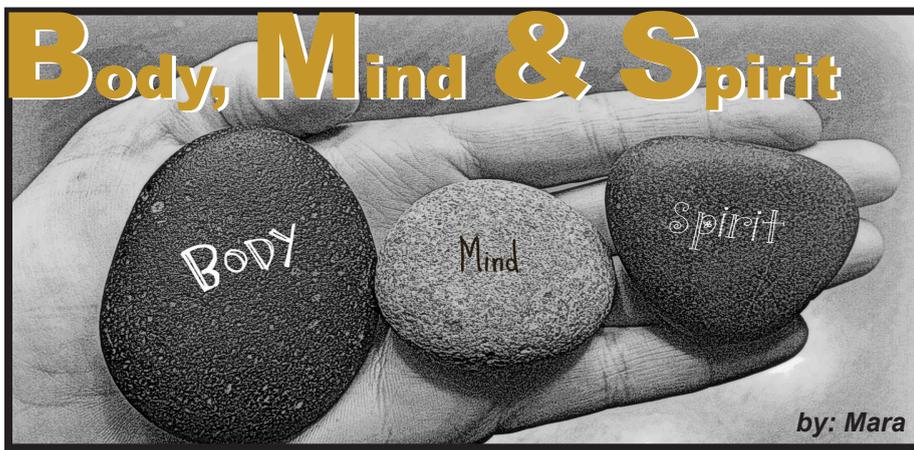
I used to scream to my HP - WHAT? What is your will for me? Just tell me! Of course I was hoping it would be what I wanted, ha-ha. It's not. It's different. It's amazing. It's my life, today. One day at a time.

I am happy no longer angry, I have solutions. Oh I get angry, but I'm not walking around as the wounded victim today. This is Transformation.

I love the steps I go to NA, AA, CA and other meetings too for other areas of my life when I need those solutions. Why? It works. My life works today. I look behind me and there's nothing chasing me. Just wind, lifting my wings so I can fly.

Recovery brought me freedom from pain, and a new life. Yes its different - it's amazing. Work the steps and transform your life. I call my program the "University of Paige" I learn something new every day. Keep coming back it works. It really does!

*www.sybilpage.com Sybil Paige is a writer who lives in Malibu and Maui. She is also an artist and runs a ranch in Maui. A mother and Grandmother if eight. She has a sponsor and sponsors. In Paige's new book entitled "Nobody's Girl" Memoir of an Addict, available on Amazon.*



by: Mara

## IT AIN'T PERSONAL

I'm a very sensitive gal and have really worked hard at not taking things personally. It's easier said than done, though. When my husband was going through his winter "funk" he was irritable and snapping at me. I started to get resentful; how could he treat me this way? I was angry and wanted to stab him in the shower (lightly stab, really, just a flesh wound).

His mood had nothing to do with me, and although it was not the greatest that he was curt with me (I can't say I haven't snapped at him before), it was wrong to think his irritability was my fault. I thought it was some inadequacy in me that made him this way. In other words, I made it all about me!

I thought maybe I could fix his mood and make him happy when I know damn well that I am not responsible for anyone's emotions/moods/life, but my own. I have no control over people, places or things, but the one and only thing I do have control over is my reactions and I reacted like a nut job.

I took my sponsor's advice and stopped taking my husband's mood personally. And I gave him the space that he needed. (I also removed any sharp objects from the house...kidding! In due time my husband got out of his funk and miraculously no one was arrested ☺)

Work is another place I like to take things personally. Like when my boss's boss heads into his office and shuts the door. My immediate thought is, "I'm being fired. I need to get a box from the supply room and start to pack up my things." Don't tell me I'm the only one that has that thought?!

This kind of paranoid and delusional thinking is called self centeredness. And self centeredness is at the root of taking things personally. Ultimately what we really have to do is realize that the world doesn't revolve around us!

Here is a list of 7 ways to stop taking things so darn personally:

1. If someone acts this way with you, they act this way with EVERYONE: Don't think you're so unique or being singled out. If someone is being mean, passive aggressive, unkind, negative, etc., with you, they're being that way with every single person in their life.

2. Stop Controlling: You're not going to change anyone. We get into a lot of trouble when we try to manage and control people. When we do this we take on others people's character defects and problems personally.

3. Have empathy: Take into consideration what the person is going through that is treating you less than kind. Does he or she have a child who is challenging them? Do they have low self esteem? Do they have an untreated addiction? Did their boyfriend just cheat on them? Sometimes people are just nutso and need medication along with intensive therapy...have empathy for them as well.

4. Self Worth: You knew I was gonna talk about self worth since I have a whole blog on it! Never let the words of other people drag you down and make you feel worthless. You're not "bad" or inadequate or not good enough. Stand strong in your personal beliefs and know that you're a rock star no matter what anyone says. If you're taking things too personally, it's a sign that you need to work on your self worth.

5. Let It Go: This is something I'm trying to do on a daily basis. I say a fantastic "letting go" prayer every morning. I set myself a time limit on how long I'm going to be upset about what someone has said to me. I say to myself, "okay, you have 1/2 an hour to dwell on how rotten that felt." Give yourself a time limit on how long you want to take a certain incident personally, then let it go.

6. Don't allow people to rent space in your head: This goes along with letting it go. The more you allow someone to make you upset, the more power you give them. They're renting space in your noggin. Evict them immediately.

7. Stay away from negative people: Narcissists, egomaniacs or generally negative people have no place in your life. These toxic people are skilled at getting under your skin and like to attack for sport. Your mental

By Mara, Visit my blog: <http://selfworthdiet.com/>. Read The Self Worth Diet - Featured Non-Fiction Book on Wattpad <https://www.wattpad.com/myworks/57065207-the-self-worth-diet-recipes-memoir-self-help>.

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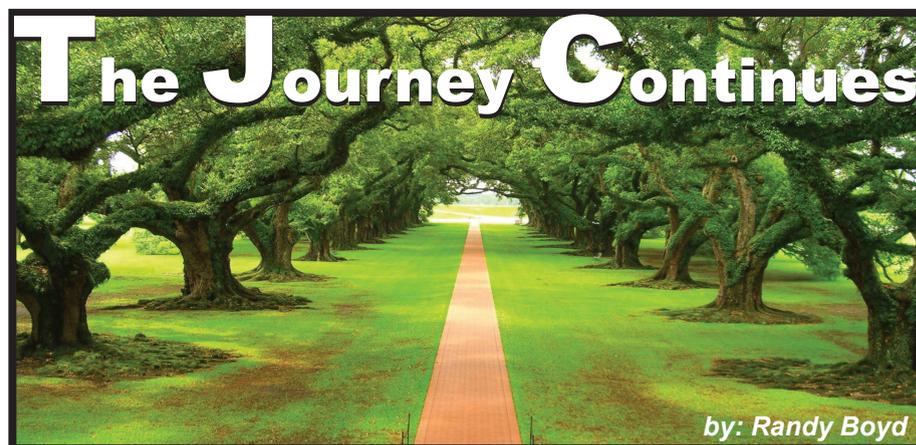
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by: Randy Boyd

## YES - OLD DOGS CAN LEARN NEW TRICKS

Too often, when we talk about abuse we talk about how hopeless we feel. I will ask the question that was posed to me, "Who's telling you that story?" I once believed the lie that I was a hopeless case, but then I found recovery and in recovery I found and surrounded myself with people, men that believed in me and fed into me. I went from hopeless to hopeful.

Growing up having been emotionally, physically, sexually and spiritually abused, left me with a lot of deep scars that were hardened over time. I was once a vibrant young boy, full of life and joy. I was not afraid of anything and felt good about myself. Slowly the feelings of joy, fearlessness and feeling like I could conquer the world were stripped away from me by my abusers, and were replaced with feelings of self-doubt and worthlessness.

Before I go any further, this is not about casting blame, as casting blame only portrays a victim mentality. Today I am no longer a victim, I am a victor, but being a victor does not mean I am not without my challenges.

My mother, as far back as I can remember has been abusive with me, calling me names and caking soap on the back of my teeth so heavily it would take me all day to get rid of it. To this day I have no idea why I was so badly abused by her, other than she was likely abused herself.

My father was working a lot so he was unaware of her abusive treatment of me. However, up until I was 12 years old, when my father died, my father was my hero and I never really remember him being cruel to me. In fact I believe he was extremely proud of me. Once dad died, my life became very confusing and uncertain.

My parents divorced about a year before dad died, and the man that was to become my step-father and perpetrator – Jack – entered our life. Jack had earned my trust and in fact was very much a surrogate father to me when my father was unable to be there.

The confusion started shortly after dad died when Jack began sexually abusing me. The sexual abuse turned into emotional abuse, followed by physical abuse and spiritual abuse. Over a five-year period my life imploded. I loved playing the guitar, playing baseball and was a straight "A" student, but slowly that all disappeared. When a person gets beat down physically and emotionally enough, they start believing the lies that are being told to them about themselves.

Slowly because I had fully bought into the lie that I was worthless, an idiot and would never amount to anything, I quit playing the guitar, quit playing baseball, and barely graduated high school. I spent the next 30 plus years trying to prove to the world, and more precisely Jack and my mother, that I was not worthless.

I got married, raised a family, own a home, and built a million dollar business, yet I was still feeling worthless and empty on the inside. I had achieved all of this with sheer hard work and no education. After all, higher education was for "those" people and I was just a construction worker.

Five years ago I made the choice to close the business and walk away from a 40-year career in construction. I decided, jointly with my wife, that I wanted to pursue my passion of helping men that had been sexually abused as children, and were struggling with addiction.

I decided to finally write my book – Healing the Man Within – and return to college, something I did not think I was capable of doing. So with the support of my wife and mentors I dove head first into my journey. I battled with my self-doubt, not feeling worthy, and fear, but I remained persistent through it all. I am writing this blog today and reflecting back on the last 5 years.

I have earned a degree in drug and alcohol studies, and am now a CADC-1 license drug and alcohol counselor. My book Healing the Man Within is now published and available on Amazon, and I have become a Certified Life Coach. Most importantly though, on May 27, 2016, the kid who barely graduated high school 41 years ago, graduated from College of the Desert with high honors, and an AA in psychology.

I'm not boasting about my accomplishments out of ego, I am only writing about this because I once thought I was worthless and would not amount to anything. I'm not saying it has been easy. I have struggled with self-doubt, feelings of worthlessness, and fear of failure, but I never gave up, never threw in the white towel, oh I wanted to on several occasions, but with the strength of my higher power – God - I overcame all my fears.

Lets start a new dialect of HOPE amongst us and never say never, because I am here too tell you that old dogs can learn new tricks.

Randy Boyd is a licensed California Alcohol and Drug Counselor (CADC-1), the founder of the Courageous Healers Foundation, a certified Life Coach – Change Your Life Story Now - and an associate of "It Happens to Boys." He speaks at conferences, schools, and treatment facilities, about the effects of abuse on men, and how it is possible to heal from those effects. Randy is also the author of the new ground breaking book addressing the emotional, physical, sexual, and spiritual abuse of boys entitled Healing the Man Within – A guide to healing from the pain of sexual abuse. His blogs are featured regularly on the 1:6/Joyful Heart Foundation website. Randy is available to speak at your facilities or events.





## A NEW WORLD: 10TH STEP FOR COUPLES IN RECOVERY

We all know the risks inherent in Couples assault by addiction. Our loved ones risk their sanity and possibly their lives by living with us alcoholic pill-poppers, while we risk being abandoned as our using increases. Fortunately, when either or both partners choose sobriety through the 12-Steps, most of those risks wither away. Couples can possibly then heal their damaged relationships by working together on these same steps.

AA's Big Book warns us that, "All members of the family should meet upon the common ground of tolerance, understanding and love...We find the more one member of the family demands that the others concede to him, the more resentful they become. This makes for discord and unhappiness... as each is interested in having his or her wishes respected."

Steps 1-9 lead couples out of this morass by cleaning up the past. But, as with individual sobriety, old and new defects continue to appear and the 10th Step is the tool for returning to couple sanity. Using this Step, partners can learn how to develop mutual honesty regarding each of their contributions to the success and failure of the couples.

Sharing Step 10 truths can be difficult and unsettling. We fear that if we reveal our vulnerabilities, needs, sober sexual fears and bad behaviors, our intimate partners will shame or reject us. With such concerns, it is essential that couples connect to those who have gone before. Recovering Couples Anonymous ([www.recovery-couples.org](http://www.recovery-couples.org)) offers meetings, literature and couple sponsors. RCA's 10th Step states, "We continued to take personal inventory and when we were wrong, promptly admitted it to our partners and others we had harmed."

AA calls Step 10 "the acid test to keep in emotional balance under all circumstances." But the Big Book also states, "No one among us has been able to maintain anything like perfect adherence to these principles!" Most couples are extremely time-deprived, as they must handle parenting, work stresses, illness, soccer practice, sick animals, in-laws and keeping the grass green. Because of this reality couples should aim for one 10th Step Conference per month, but ideally twice/month. At first, it may be best to use a sponsor or therapist as a negotiator. With proper preparation, this process should take about 20 minutes. Use a timer and turnoff all electronics. Avoid distractions and zoning-out while your partner speaks. Holding and passing talking sticks or pillows for no more than 3 minutes ensures that partner can speak without interruption.

### Here is a Preparation Plan for your 10th Step Conference:

- A. Each partner makes 4 columns on a piece of paper.
1. Column I: Describe the beneficial behaviors of their partner and positive experiences the couple shared since the last Conference, or the past weeks.
  2. Column II: Focus on no more than 3 behaviors and feelings that threatened the Couple's health, i.e., lack of trust, safety, kindness and responsibility
  3. Column III: Describe your part in the issues (see your Step 4). Avoid blame and identify which of your internal defect(s) that was activated: i.e., fear, pride, anger, gluttony, lust, envy and/or sloth. Describe how holding on to the defect helps you, but harmed your partner and the couple. Describe a Restitution Act from your that would help ease your pain and that of the couple.
  4. Column IV: Describe your Action Amend and the date of its completion. Describe how you could have done it better and describe at least 1 positive Action Amend to reconnect, i.e., cooking for the other, going to a concert, having a spa day in the house, etc.

B. Set the date and time for the Conference. Handle HALT and make sure everyone goes to the bathroom before they begin reading!

C. The 10th Step Conference begins with prayers, out loud or silently, to a Higher Power.

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# Learning to Surrender is Sobriety



By Judith Orloff MD

I am blessed to have twenty seven years of sobriety. A day at a time, I am gradually trusting my higher power more and more. A huge part of that trust comes from learning to surrender to God's will on a deeper and deeper level. As a physician, I'm trained to take control, solve problems, and deal with life and death emergencies. I was never trained to surrender to a higher power as part of my work. As a woman in recovery it has also been a challenge for me to relinquish control - even after I've done the footwork to "make things happen." A part of me that feels if I don't do something myself it won't be done well or it simply won't happen. What I've grappled with on a spiritual level is "How can some force other than myself - even God - do a better job taking care of my life than I could?" What I realized is this is my ego speaking, not the intuitive part, which can sense and know that a higher power exists that can align with my highest needs in the most perfect way if I just surrender to it. Surrender is a positive, healthy state. Being a surrendered person does not mean one is being passive, is beaten down and so hopeless he or she has "given up." It's quite the contrary. Surrender is a state of living in the flow, trusting what is, and being open to serendipity and surprises.

As I write in *The Power of Surrender*, adopting the behaviors and habits of surrendered people helps us improve our relationships, feel love and gratitude, get healthier, give up destructive people and behavior patterns, and become more successful in our personal lives and careers. And that's just the beginning as far as benefits go.

In my medical practice, I've identified specific habits of surrendered people that dramatically enhance my patients' well-being and allow them to excel in many aspects of their lives. Here are 7 of them that you can practice too:

1. Recognize you can't control everything. Being a control freak makes us tense, stressed out, and unpleasant to be with. Surrendered people understand that they can't always change a situation, especially when the door is shut. They don't try to force it open. Instead, they pay attention to their own behavior, look at the situation at hand, and find a new, different, and creative way to get beyond the obstacles. Remember, if you are powerless to change a situation you always have the power to change your own attitude

2. You are comfortable with uncertainty. Fixating on the outcome or needing to know all the details of an upcoming event, such as a trip, causes people to be upset when things don't go their way, overly focused on the future, and unable to bounce back easily. Inflexible people are susceptible to anger, distress, and depression. Surrendered people go with the flow, shrug it off when an unplanned situation happens, and tend to be happier, more lighthearted, and resilient.

3. You remember to exhale during stress. We have two choices when things pile up at work or we're surrounded by energy vampires who leave us feeling depleted. We can get frantic, hyperventilate, shut down, and become reactive. Needless to say, these responses to stress just make us more stressed. Surrendered people have the ability to pause, take a deep breath, and observe. Sustaining silence and circumspection are two behaviors that lead to better, healthier outcomes.

4. You are powerful without dominating. The most influential person in the room isn't the one who is being a bully, talking loudly, and imposing him- or herself on others. Surrendered people understand that true power comes from being respectful and listening. Surrendered

people know themselves and are empathetic toward others. They don't measure themselves by how much they are liked, nor do they compete for attention. When they sit quietly in a room, others always seem to come to them.

5. You feel successful apart from your job or net worth. Surrendered people enjoy life, relish their personal development, and value their friends. They may have an exceptionally good career and be wealthy, but they are more concerned with meaning and fulfillment. The drive to acquire money and power is a behavior that drains people of their passion and emotional connection to others.

6. You can admit when you're wrong. People who hold on to grudges, insist on being right, and try to change other's minds have a difficult time maintaining healthy, happy relationships. Surrendered people easily forgive. They are open to new ideas, and aren't attached to being "right." As a result, people love working and collaborating with them. Others seek them out as mediators and advisors. They are more laid back and relaxed than their rigid counterparts, which makes them highly valued by others.

7. You are passionate and express your emotions in a healthy way. People who feel the need to push and control tend to keep their feelings bottled up. As a result, they get shut down or remote, and their feelings come out in twisted, unhealthy ways. They become irritable, passive-aggressive, or volatile, for example. Surrendered people make great lovers. They can be spontaneous and playful. They love to feel and express their emotions in a positive, loving way. They look vibrant, healthy, and energetic.

Do you want to find out how “surrendered” you are? Take this quiz from The Power of Surrender. How Surrendered Are You Quiz?

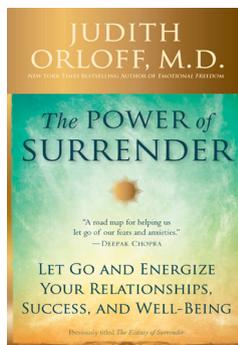
	Mostly true	Mostly untrue
1. I recognize I cannot control everything.	_____	_____
2. After I've done what's possible to “make things happen” or change a situation, I can let go and accept life without fighting it.	_____	_____
3. I don't try to force things when a door is shut.	_____	_____
4. I am comfortable with uncertainty.	_____	_____
5. I remember to exhale during stress.	_____	_____
6. I'm able to give and receive love.	_____	_____
7. I can feel powerful without dominating others or telling family and friends what to do.	_____	_____
8. I don't withhold attention or love or keep people dangling to feel in control.	_____	_____
9. I feel successful apart from my job or net worth.	_____	_____
10. I see my body as sacred, and don't obsess on weight or wrinkles.	_____	_____
11. I can accept the aging process and feel good about myself.	_____	_____
12. I don't compare myself to others.	_____	_____
13. I can let go and enjoy lovemaking.	_____	_____
14. I feel sensually connected to nature.	_____	_____
15. I practice physical movement to keep my body flexible and healthy.	_____	_____
16. If I'm ill, I practice self-compassion and surrender to the healing process instead of beating myself up.	_____	_____
17. I'm in touch with a sense of spirituality larger than my will.	_____	_____
18. I listen to my intuition to help make decisions, especially when I don't know the answer or face obstacles.	_____	_____
19. I'm open to new ideas and can let go of ones I once held to be true.	_____	_____
20. I can embrace happiness.	_____	_____
21. I allow myself to experience loss and grief without bottling up my feelings.	_____	_____
22. I don't fear death.	_____	_____
23. I'm not attached to “being right” and can admit when I'm wrong.	_____	_____
24. I can be spontaneous and playful.	_____	_____
25. I can welcome silence, stillness, and meditation.	_____	_____

How to Interpret this Test: To calculate your score, total the number of “mostly trues” for each response.

- A score of 20-25 suggests that you're experiencing a very high level of surrender in your life.
- A score of 15-24 suggests a high level.
- A score of 10-14 suggests a moderate level.
- A score of 5 or below indicates a minimal level
- A zero score indicates that it's difficult for you to release excessive control, but surrender is closer than you think as you begin to practice it more.

If you are in a twelve-step program, practicing the above strategies will help you keep surrendering more, one day at a time. Surrender is a daily practice. Sometimes it means just getting down on your knees and praying to be willing to receive guidance from a higher power. Sometimes it means surrendering fear and surrendering to the power of love. The point of surrender is to let go of the negative emotions that keep you in a fearful state. Then you can feel more joy, compassion and a lightness of being in your life.

National bestseller *The Power of Surrender: Let Go and Energize Your Relationships, Success & Well Being*, upon which this article is based. Dr. Orloff is a psychiatrist, intuitive healer, and New York Times bestselling author who synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality. An Assistant Clinical Professor of Psychiatry at UCLA, she passionately believes that the future of medicine involves integrating all this Judith Orloff MD is author of the navisdom to achieve emotional freedom and total wellness. To learn more about Dr. Orloff's online course “Surrender to the Power of Your Intuition” as well as her books and workshop schedule visit [www.drjudithorloff.com](http://www.drjudithorloff.com).



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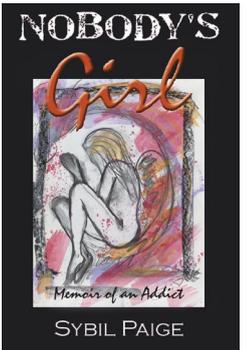
Moments  
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# Book Reviews

**Nobody's Girl: Memoir of an addict.** Written by Sybil Paige. Published by Xlibris.

Sybil Paige's candid memoir grabbed my attention right from the get go with her introduction. This book tells about Paiges struggle with addiction. Also, her personal experiences with trauma and how it shapes us into the adults we become. Trudging through life with our own personal armor. Eventually finding out what no longer serves us when we enter recovery. She mentions in her book that her hope is that whoever needs to hear this message will.

Well thank you Sybil! That's exactly what happened. I needed to hear this message and I am sure there are many others out there that need some hope as well. This book is a Memoir..but it's so much more. It's a book about Hope! We all need a good dose of hope in the world we live in. Hope that we do recover and in sharing our stories we heal just a little bit more. A must read. I loved it!! Available at [www.Amazon.com](http://www.Amazon.com)

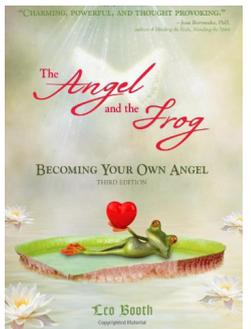


**The Angel and the Frog: Becoming Your Own Angel - A Spiritual Guide.**

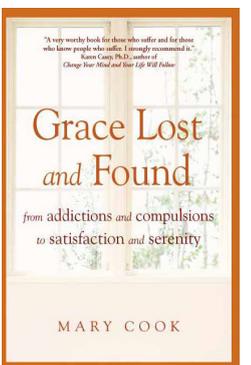
Written by Reverend Leo Booth. Published by SCP Limited. This is a book that is explained in the form of a spiritual fable, Leo Booth had an incredible revelation during a dream of how the human spirit yearns for a relationship of pure love, and true companionship to all of those around us.

In Reverend Leo Booth's dream, a frog named Cedric was blessed to have encountered an angel named Christine, their journey of realization through their conversation and elevating adventures, helped for the opportunity to be able to bridge the gap for earth bound beings to have a spiritual evolution. The fable illustrates the omniscient mind of God (infinite understanding) implanting an inborn desire within us all, for the need to return back to the original design of our nature.

We once had a direct divine spiritual connection with God, being the essence of who and what we initially were. We need to transcend from the carnal being to spirit and truth, being the bridge that reconnects us with the angelic realm. This is a must read for those who feel the tug at their very being, to open up and to truly embrace everyone honestly with a Agape (God's) love. Available at [www.Amazon.com](http://www.Amazon.com)



**GRACE LOST AND FOUND:** From Addictions and Compulsions to Satisfaction and Serenity: by Mary Cook - 5.0 out of 5 stars The Addicts "Bag of Tricks" EXPOSED! and Simple Solutions to Deal With Them. I really enjoyed reading this book. I'm in a 12 step program, but I think it's good for others around them too. Dealing with someone who's in their addiction can make anyone around them crazy. Mary Cook's simple explanations of how and why addicts do what they do and how to avoid them is a lifesaver. In the first chapter about addictions, compulsions and recovery, her explanations go beyond where the 12 steps leave off, sharing her experience in dealing with addicts for over 20 years as an addiction specialist and a counselor. The second chapter takes it further again with how to overcome stress, fear and pain. I found it to be completely in harmony with my 12 step program and spirituality. Emotional sobriety is an area many in 12 step programs need help and in chapter 3 on relationships with self, others and a higher power, again she speaks from experience and offers simple tools to add to my spiritual toolkit. The last chapter I read was on the process of growth and transformation gave even more good ideas to maintain and grow spiritually. Mary Cook's book is exceptional. If you are in recovery get this book. If someone you love is in recovery and you need help to figure them out, this book is your bible. Available at [Amazon.com](http://Amazon.com)



Do you have a book you want us to review? Send us a copy to at: 6930 De Celis Pl. #35, Lake Balboa, CA 91406.



## SEVEN KINDS OF POWER

If you love an addict, or live with one, or depend on one in some way, you are probably in, as the old saying goes, nine kinds of pain. And I'm guessing that, whether or not you realize it, the very worst of these pains comes from being confused about the difference between power and control.

No, they're not the same. In some ways, they are opposites. One difference is: power is possible, but control is usually an illusion. Another is: seeking power can set you free, while seeking control can make you crazy. Let me explain.

Control (as I define it) means the ability to dictate reality. To get life itself - people, places and things - to meet our expectations.

Power, on the other hand, means being able to get your needs met. To take care of yourself. To not just survive, but to heal, and grow, and be happy.

Here's an example of the difference: Imagine your rich uncle dies and leaves you control of his multinational corporation. So you wake up one morning the CEO of Big Bux, Inc. You go to your new job. You sit behind a huge desk. Four secretaries line up to do your bidding. You have tons of control. You can hire and fire people, buy things and sell things, build plants or close them, approve product lines and advertising campaigns, manage investments, bribe congressmen, you name it.

How do you feel? If you're anything like me, you feel crippled by anxiety. Bewildered and overwhelmed by your new responsibilities. Disoriented. Panicked. Anything but in control. Interesting, no? There are two other interesting differences between control and power.

~ Control looks outward, mainly at other people, places and things. Power looks inward, to your own feelings and needs. So control-seeking pulls you away from yourself, away from self-awareness and self-care.

~ Control operates paradoxically. The paradox goes like this: The more control you need, the less in control you feel. Which means if you depend on getting control to feel safe and happy, you don't feel safe or happy most of the time. Chasing control is a lot like chasing a train you can never catch. Power, though - rooted in healthy, intelligent self-care - is a real possibility.

Want to become more powerful? Here are 7 ways to do it:

1) Detach. Let go of what you can't control anyway. That may be a situation, or a person, or that person's behavior. If it's a person you love, you can detach with love, as they say in Al-Anon. Detaching doesn't mean you stop caring. It just means you acknowledge your limitations. And when you do that, an enormous relief often follows.

2) Refocus. Start by shifting your focus from outside - people, places and things - to inside - your own needs, thoughts and feelings. Happiness is an inside job, and most of the answers you need are there.

3) Take care of yourself. Stop overcontrolling yourself, and learn to listen to your body instead. Hungry? Eat. Tired? Sit. Rest. Maybe take a nap. Lonely? Seek out safe people. (More on this below.) Angry? Scream (into a pillow, so you don't scare the neighbors). Sad? Let yourself cry. It's how the body naturally relieves tension, and it helps.

4) Educate yourself. You're not crazy; your pain means something. Your job is to find out what it's trying to tell you. Education can take many forms, from Googling alcoholic family or codependency to reading self-help books (start with Janet Woititz's Adult Children of Alcoholics or Melody Beattie's Codependent No More), or listening to tapes, or talking to a friend, or attending a self-help meeting, or finding yourself a good therapist. After his first Al-Anon meeting one of my clients told me, "It was like a light coming on in a dark room, and suddenly I could see all the furniture I've been tripping over." Hey, why live in the dark if you don't have to?

5) Get support. No one gets through life alone. (Even if you could, why would you want to?) Seriously consider checking out a self-help program, like Al-Anon or Nar-Anon or CODA. You're probably scared of that first meeting. That's okay; everyone is. Go anyway. It won't kill you, and you can't know beforehand what you'll hear. A good meeting can save your life and your sanity.

6) Listen to feelings. This is a big one. Living with an addict usually requires hiding your feelings, sometimes even from yourself. But feelings are essential. You need to get them back again. Hang out with people who are trying to reclaim their feelings, and who can keep you company while you're trying to reclaim yours.

7) Have faith. Develop your spiritual life. No, you don't need to join a church. You don't even need to believe in God. You do need to believe in something bigger than you, something you trust even when you don't understand it. Call it Nature or Force. Al-Anon calls it Higher Power, but you can call it what you like. I used to reject the idea of God, but I always believed in psychology. Then I heard Scott Peck suggest that it's not unreasonable to replace the word God with the word unconscious. That permanently reframed the idea of God for me. I realized there was some intelligence inside I could listen for, and which would guide me if I let it. (I might doubt the existence of God, but who can doubt the existence of that voice? That part that Knows Better?) So that gave me something to trust. Hey, we all need some invisible support.

Steve Hauptman is a Gestalt-trained, Buddhist-flavored therapist who practices on Long Island. He is the author of the book *Monkeytraps: Why Everybody Tries to Control Everything and How We Can Stop* (Lioncrest, 2015), the first in a six-volume series about control issues. He is also a cartoonist, creator of the blogs *Monkeytraps: A blog about control* ([www.monkeytraps.com](http://www.monkeytraps.com)), *Monkey House*, a forum for discussing control issues (<https://monkeyhouseforum.wordpress.com>), and *Bert's Therapy: Adventures of an Inner Monkey* (<https://bertstherapy.wordpress.com>), and runs *The Monkeytraps Group* on Facebook. You can reach Steve at [fritzfreud@aol.com](mailto:fritzfreud@aol.com).

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**JULY 2, 2016** Saturday: WACY PAA XX Presents: 'Merica Bruh Pool Party and Speaker Meeting- Meeting begins at 4:00 pm Pool Party to Follow. 9950 Elk Grove Florin Rd. Elk Grove, CA 95624 Questions call Tyler-916-247-0793

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**JULY 9, 2016** Saturday: NEW meeting INTERVIEW WITH AN ALCOHOLIC starting on Saturday nights in Sherman Oaks starting July 9, 2016 at 7:PM to 8:15 PM. Bringing new energy to your Saturday Night! Try an AA meeting with a different meeting format: Leader interviews speaker, spontaneous, fun, and focused on RECOVERY. Sherman Oaks East Valley Adult Center: 5056 Van Nuys Blvd, Los Angeles, CA

**JULY 8-10, 2016:** Friday-Sunday -15th Tehachapi Mountain Round Up. Lakeside in the Oak Filled Mountains of Tehachapi, CA. Speaker Meetings, Marathon Meetings, Campfire, Jam Sessions on Fri Night. Bbq, Alanon Participation. Registrations Begin 12 Friday [www.techapiroundup.org](http://www.techapiroundup.org)

**JULY 15, 2016** Friday, 8:pm-9:30pm. L.A. Intergroup Meeting. 1st United Methodist Church, 134 N Kenwood St, Glendale, CA 91206. New Intergroup Reps meet 7:30 PM

**JULY 14TH 2016** Foundations LA Grand Opening and 1 CE Lecture, 17167 Ventura Boulevard | Encino, CA 91316, 1:PM - 4:PM. **Schedule:**1:00-1:30 PM – Facility Tours; 1:30-2:30 PM – Professional Lecture "Hidden Struggles: Uncovering and Treating Process Addictions" by Dr. Gaetano Vaccaro (one CE credit); 2:30-4:PM – Experience The Canyon at Foundations LA: Ribbon Cutting, Facility Tours, Fun Activities through Mandalas, Music, Massage and Meditation. RSVP to: Naheed Carter at [naheed.carter@frnmail.com](mailto:naheed.carter@frnmail.com) or 310-948-2772.

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# Fit This In Your Recovery

by: Jason Wittman

## COMPLETING A 4TH STEP IN EARLY RECOVERY

In a previous article, I discussed how understanding that the lack of self-esteem is the core problem that drives people to adopt behaviors (addictions) in a futile attempt to cover up "that empty hole inside," and how it stands to reason that once folks have developed great self-esteem and self-love that the empty hole will be truly and permanently filled, and the need for any addictions, chemical or otherwise, will be over.

Developing great self-esteem will go a long way to insure a great recovery, but there is another equally or maybe even more vital component that is critical for surviving, relapse free, early recovery. That component is the writing of a 4th Step.

I have stated I believe that a lack of self-esteem was more accurate than the commonly held belief that allergies to substances were the cause of addictions. Notwithstanding my thoughts on allergies, I am a 100% advocate of the use of the 12 Steps. They are a hugely powerful set of therapeutic tools that serve to clean out the emotional gut of much of the negativity that keep people's addictions going. It also teaches a set of new habits that will allow for the dissipation and prevention of new negativity. The 4th and 5th Steps, in particular, are very powerful tools to assist the inner mind to let go of past hurts and negative feelings.

How so? The inner mind (sometimes referred to the un- or sub- conscious mind) only knows the present tense. It does not recognize pasts or futures. It only knows complete and incomplete.

Therefore, if there was trauma experienced as a child and the inner mind has never had completion or closure, it acts and reacts as if that trauma just happened. The 4th and 5th steps are hugely effective tools that allow the inner mind to put a period at the end of the description of that experience. Once the 5th step is completed, that bit of trauma is now filed in the inner mind as completed action; a historical fact that requires no future attention.

Letting go of all that old negativity produces a sense of relief. From the first day of treatment until the completion of the 5th Step, the only good feelings that a newcomer gets are from being in a group of caring and loving folks (the fellowship) and from accepting, as dogma, the experience, strength and hope shares of the other members. These good feelings that are primarily hitchhiking on other's good feelings will only last for a while. This honeymoon is time limited. Eventually, all their unresolved inner feelings and turmoil will yearn for the relief that their addiction provided so well. There is an urgency to assist the newcomer to be able to generate their own good feelings before they end that honeymoon. The 5th Step is the first time in recovery where there is a feeling of relief with the accompanying good feelings and a validation of the recovery stories of others. For many years I have been interviewing returning members who had a relapse. The one thing that most, if not all, of them shared was that they never did a 4th and 5th Step.

Popular 12 Step mythology states that a newcomer must do a 4th Step with a sponsor, and that programs cannot work with their clients to get them to write a 4th Step. While it is true that the 5th Step needs to be heard by a trusted third party, usually their sponsors, the 4th Step is just a writing exercise. It is incumbent on programs to insure that their clients/residents finish the 4th/5th Step process quickly for the reasons presented above. My experience is that once a person leaves a program, what usually happens is that sponsors will either have them start working the Steps from the beginning or will not push them to complete the 4th Step. Assuming that they will be in treatment for sixty to ninety days means that it could be four to six months before they finally get around to doing a 5th Step. By then many of them are gone. Having a 4th Step written and in hand when they leave the program, so that they can do 5th Steps immediately thereafter (or even better before they leave) with the sponsor, will up the odds of successful recovery.

For those of you that are new but are not in rehabs and are getting recovery by attending 12 Step meetings and working with a sponsor, all of the above applies to you, maybe even more so. Because you do not have that concentrated support of a structured residential environment, you need to really finish those first 5 Steps quickly. That means you need to take the responsibility for your own recovery and make sure that your sponsor is quickly getting you through to the 5th Step. If he/she isn't, then go find someone who will. Remember that you are only going to get genuine relief from a lot of the feelings you are carrying once you have finished your 4th and 5th Steps. Remember that until you do this you are getting your good feelings from the group and it is only a matter of time before that will not be enough to carry you through.

©2015, Jason Wittman, MPS, CATC-IV, ILAADC - Jason Wittman, B.S. degree in business management and his Master of Professional Studies in Counseling Psychology. He is a Certified, Level IV, Addictions Counselor (CAAE #155970-IV) a Licensed Advanced Alcohol & Drug Counselor (LR01700815) and an Internationally Certified Clinical Supervisor. He is also a Certified Hypnotherapist and a Certified Practitioner of Neuro Linguistic Programming. Jason has had a private practice as a Counselor and Coach since the middle 1980s. Currently, his practice, [www.Stage2Recovery.com](http://www.Stage2Recovery.com) focuses on counseling and advising business and professional clients. He also consults with Sober Living and Drug and Alcohol Treatment facilities. He can be contacted at [jason@mycoachjason.com](mailto:jason@mycoachjason.com) or 818-980-2929.



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**ANGEL VILLA SOBER LIVING:** Providing Quality Sober Living Homes Since 1997, Private & Semi-Private Rooms, Structured Sober Living, Executive Guest House, Luxury Accommodations with all the amenities, 12 Step Support Groups, Alumni Program, Family Counseling, 24 Hour On Site Staff Pet Friendly, Gym Access, Direct connection to local treatment & recovery experts, Transportation Coordination, Minutes from the heart of Encino Commons. (818) 571-8946, www.AngelVillaSoberLiving.com

**MIRACLES IN ACTION SOBER LIVING:** Sober Living at it's finest. We provide food and transportation to 12-step meetings. Located in Glendale, California. (818) 429-9130, www.MiraclesinAction.com

**PRIMARY PURPOSE SOBER LIVING HOMES IN THE SAN FERNANDO VALLEY:** Are conveniently located. Our women's home (Valley Glen) is next to the Orange Line station and Valley College. Our men's home in No. Hollywood is near Cri-Help and the Van Nuys home is close to the Civic Center. Being an active participant in a 12-step program is required. We care about your Recovery! Call Marianne (818) 612-1439 or marianne@primaryp.com.

**SARAH MARIE HOUSE:** Upscale, Safe & Supportive Sober Livings. Gender specific, Men & Women. Blocks from Old Torrance. Easy access to the 405 & 110 freeways. 15 minutes from the beach. Home situated on a 1/2 acre. Walking distance to AA clubhouse. Member of: The So-

ber Living Network, LA County Sober Living Coalition, Certified by CAARR & CCAPP, call now (310) 699-4750. www.SarahMarieHouse.com

**PROSPEROUS ROSE SOBER LIVING HOUSE LLC:** We have a beautiful sober living house in Lake View Terrace, CA. near Hansen Damn for \$600 a month for men in recovery. We are 10 minutes away from Sunland and a block away from Hansen Damn. We are right off of Foothill Blvd. by the 210 freeway. The residence includes a laundry facility, gym, wifi internet and cable t.v. We have nice spacious rooms and currently have an opening for a two man room. We are close to many 12-step meetings and are also close to bus stops and many stores and markets. You can pay rent monthly or weekly. We also provide transportation for grocery shopping and 12-step meetings. This is a mellow house and great environment for men in recovery who will have a solid support network, respect and care from one another. Owner of the house is a substance abuse counselor who is an expert in the field of addiction. Move in today! Call suzy (818) 660-8070 address: 11549 Lexicon Ave. Lake View Terrace CA. 91342

**TRUE INTENTIONS Sober Home** Located in Tarzana, California, provides a safe environment, free of alcohol & drugs. On site Manager, Heated Outdoor Pool, 12-Step Meetings, Work closely with IOP & Treatment Centers, Pet Friendly, Refuge Recovery Mediation Meetings, Gym Membership, Jacuzzis in some Suites, Private & Semi-Private Rooms. Sobriety is a gift that we wish all will experience. (818) 288-6075 www.TrueIntentionsSoberLiving.com

You can email, or mail your classified ads to us. Please, no later than the 15th of the month prior to the month of publication. Call us to confirm receipt of your ad.



Ask It to guide both partner's thoughts, words and actions that include the spiritual tools of humility, acceptance, compassion, tolerance and kindness.

D. Partners decide who starts first and then alternate from then on.

1. Column I: Each partner starts by reading their column to the other, who then responds with appreciation and/or a positive response.

2. Column II: Partners do not respond as the other reads. The listener can make notes while the other speaks, but should avoid grunts, sighs, eye-rolling or anything else that shows contempt.

3. Column III: Partners do not respond as each discusses their defects. Ask your HP the ability to have patience! Use the WAIT acronym, "Why Am I Talking?!" Partners then recite AA's 7th Step Prayer. It may be too soon to expect forgiveness, but partners can at least offer compassion and understanding for the other's honesty and ask forgiveness for their own actions. Partners then ask the other for an Act of Restitution that would to create safety and trust for then in the relationship.

4. Column IV: Partners set and record a date within 14 days to complete their Action Amends/Act of Restitution. When finished, partners agree on a Reconnect Moment by asking for a physical and/or verbal response. Having alone time for 15-minutes to process the discussion, or together go for a walk, wash the dishes or mow the lawn.

Couples finish with a prayer of gratitude for the other, the relationship and what they have learned.

The 10th Step Conference guides partners to respond vs. react, be assertive vs. aggressive and focus on being happy rather than right. Without consistent service to this Step, the relationship will probably regress (just as in sobriety) into those pre- ego driven behaviors which eventually destroy everything around them. The Principle is for partners to commit to the ever-evolving growth of honesty and compassion for the couples, while avoiding the ego-driven demands of the Personalities. If there is willingness in both partners to do The 10th Step, couples have the possibility of an intimacy" beyond their wildest dreams."

*Melody J. Anderson, LCSW is licensed in New York & California. She has a private practice in Westwood & Manhattan. She specializes in treating individuals, couples and families coping with addiction, trauma, mood disorders and loss. Ms. Anderson is licensed Reverend in California, presides over wedding ceremonies and provides pre-marital counseling to recovering couples. (310) 285-9410, macther1@yahoo.com, www.counseling-bymelody.com*



The Cost for classified ads is \$40 for 25 words or less, .50 for each additional word. You can email, mail or call your ad into us.

CLASSIFIED AD HEADING : \_\_\_\_\_

Classified Ad Content: \_\_\_\_\_

\_\_\_\_\_

Billing Address: \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Email To: info@keystorecoverynewspaper.com or call us at (818) 386-8400

Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406



### Advertising Rates

### Ad Sizes

	1x	3x	6x	12x
		ea.	ea.	ea.
Full Page	1,700	1,600	1,500	1,400
3/4 Page	1,400	1,350	1,300	1,275
1/2 Page	1,200	1,175	1,150	1,100
1/3 Page	750	725	700	675
1/4 Page	575	550	525	500
1/6 Page	400	375	350	325
1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover	\$1,500 (one time only)			
Banner	Each advertiser can only run once a year			
Business Box	\$100 flat rate			
Classified Ads	\$40 for 25 words or less Each additional word \$0.50			
<u>Additional Charges for</u>				
Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)				

Full Page	10" width x 13" height
3/4 Page	10" width x 9" height
1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
1/3 Page - Vertical	4.85" width x 9" height
1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/4 Page - Horiz.	10" width x 2.9" height
1/6 Page - Vertical	3.25 width x 5.95 height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38" height
Front Cover Banner	10" width x 1.5 height

### Materials & Deadlines

### Terms and Conditions

Advertising Materials: The best type of artwork/graphic to send is a PDF (with all artwork and fonts embedded), we can also accept JPEG's, Photoshop files and In-Design files, again make sure that you include all artwork and fonts.

Advertising Deadlines: Keys to Recovery Newspaper, Inc. hits the streets the first week of each month. Camera ready artwork is due the 15th of the month prior to publication.

All ads are due and payable upon acceptance of ad prior to publication unless otherwise authorized. The publisher assumes no liability if for any reason it becomes necessary to omit an ad. The publisher assumes no liability if for any reason we are unable to print an issue of the newspaper. It is the advertisers responsibility to proof ads, we will do everything we can to help but the publisher assumes no liability for any errors in ad. All advertising is subject to publisher's approval. The publisher reserves the right to reject advertising that we feel is not in keeping with our standards. The publisher does not assume responsibility for the contents of advertisements and all representatives or warrants made in such advertising are those of the advertiser and not the publisher. Publisher is not liable to advertiser for any misprints in advertising.

[www.KeysToRecoveryNewspaper.com](http://www.KeysToRecoveryNewspaper.com)

*If you would like to receive Keys to Recovery Newspaper FREE of charge at your facility you can go online and fill out the "Distribution" form or e-mail your information to: [info@KeystoRecoveryNewspaper.com](mailto:info@KeystoRecoveryNewspaper.com) or call us at (818) 386-8400.*

Our purpose and our mission is to give hope that recovery is possible. Incorporated in the state of California Keys to Recovery Newspaper, Inc. is a non-profit 501(c) (3) non-profit Public Charity.

Our main objective is to carry the message of Hope and Recovery from all types of addictions and disorders to as many people as possible and to offer resources that may provide treatment and support. We do that by printing a traditional type newspaper as well as having an online presence. Our newspaper is filled with columns from today's top experts in the recovery field.

Keys to Recovery Newspaper, Inc. is educating our communities about alcoholism, drug addiction, eating disorders, sex addiction, gambling addiction, homelessness, domestic violence and so much more. We also print, at no charge, a resource guide listing free services and vital help offered within our community.

Keys to Recovery Newspaper, Inc. is making a strong effort to reach the many individuals currently in jails or other types of institutions and offer them information that will assist in their future recovery.

We are NOT affiliated with AA, NA, Al-Anon or any other 12-step program. We do, however, believe in the power of the 12-steps and the principles behind them. We strive to operate Keys to Recovery Newspaper, Inc. using these principles as a guideline - Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality and Service.

For more information visit [www.KeysToRecoveryNewspaper.com](http://www.KeysToRecoveryNewspaper.com)

## DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 90,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we are distributing our recovery newspaper to:

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Veterans Hospitals
- Sober Livings
- Transitional Housing
- Therapist Office
- Recovery Conventions & Conferences, Industry Networking Events & many more locations each and every month.

*From the most prestigious neighborhoods and facilities of all types to the impoverished streets of Skid Row, we carry the message of Hope & Recovery to everyone we can. Join us!*

# Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

## Southern California COUNTY RESOURCE GUIDE

12 Step Recovery Info Line: Phone meeting info & recordings of recovery (951) 262-3623, Lisa Moss (818) 293-2222.

Alcoholics Anonymous (A.A.) World Services, P.O. Box 459 New York, NY 10163, www.alcoholics-anonymous.org, (212) 870-3400.

A.A. San Fernando Valley Central Office (818) 988-3001.  
A.A. L.A. Central Office 4311 Wilshire Blvd., #104 Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722

A.A. 8752 S Broadway Los Angeles, CA 90003, www.aa.org (323) 750-2039

A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvco.org (626) 914-1861.

A.A. Santa Clarita Valley Central Office: http://www.aas-cv.org (661) 250-9922

Al-Anon Family Groups www.al-anon.alateen.org (888) 425-2666

Al-Anon/Alateen LA County WWW.ALANONLA.ORG (818) 760-7122.

Al-Anon/Alateen Spanish, LA County, (562) 948-2190.

A.C.A. (Adult Children of Alcoholics) World Service Organization: www.adultchildren.org (562) 595-7831

Adult Children/Codependents 12 step & recovery based meetings, Every Thurs. & Sun. at 6pm 8742 Mulberry Dr, Sunland, CA. For info call Lisa Moss (818) 293-2222.

Addicts for Christ Los Angeles www.addictsforchrist.org (310) 452-4328.

Anaheim Alano Club, 202 W. Broadway, Anaheim, CA

92805 - Meetings 7-days a week (714) 535-0900

California Dept. of Health Care Services - www.dhcs.ca.gov (800) 735-2922

California Hispanic Commission on Alcohol & Drug Abuse - www.chcada.org (916) 443-5473

Cocaine Anonymous of the SFV, (818) 760-8402

Cocaine Anonymous World Service Office - www.ca.org. (800) 347-8998 or (310) 559-5833.

Clutterers Anonymous (866) 402-6685.

Co-Dependents Anonymous (CoDA) Los Angeles (323) 969-4995.

Co-Dependents Anonymous (CoDA) San Fernando Valley (818) 379-3300.

COSA for friends and family of Sex Addicts, www.cosa-recovery.org - (866) 899-2672

(HOW) Compulsive Eaters Anonymous: www.valleyhow.org (818) 503-7484.

Crystal Meth-Anonymous (CMA) (855) 638-4373

Debtors Anonymous www.SoCalDA.org (310) 822-7250.

Emotional Anonymous -www.emotionsanonymous.org - World Services (651) 647-9712.

Food Addicts Anonymous www.foodaddictsanonymous.org - World services (772) 878-9657

**NEW:** DefiningME™ free resources www.definingme.com

Food Addicts in Recovery Anonymous (FA) - www.foodaddicts.org (781) 932-6300 Families Anonymous - www.familiesanonymous.org (800) 736-9805.

Gamblers Anonymous (GA) www.gamblersanonymous.org - (626) 960-3500

Problem Gambling 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700.

Love Addicts Anonymous (LAA) www.Loveaddicts.org

**Laughing Yoga Recovery**, for Stress reduction and wellness, breathe, love, laugh and be happy, (760) 832-9992.

MADD Mother Against Drunk Drivers, www.madd.org - (877)MADD.HELP

Marijuana Anonymous - www.marijuana-anonymous.org - World Services (800) 766-6779.

Marijuana Anonymous - www.marijuana-anonymous.org Los Angeles (310) 494.0189

Marijuana Anonymous - www.marijuana-anonymous.org Van Nuys (818) 759-9194.

Narcotics Anonymous (NA) www.todayna.org Regional Office (800) 863-2962.

Narcotics Anonymous of the San Fernando Valley - www.nasfv.com (818) 997-3822.

Nicotine Anonymous - www.nicotine-anonymous.org - (877) 879-6422

Nar-Anon Family Groups - www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188

National Council on Alcoholism and Drug Dependence Headquarters, (All NCADDs provide help & info and other alcohol/drug related services). www.ncadd.org - (800) 622-2255

National Council on Alcoholism and Drug Dependence - San Fernando Valley www.ncadd-sfv.org - (818) 997-0414

International OCD Foundation - Obsessive Compulsive Disorder - www.ocfoundation.org (617) 973-5801

Our House Grief Support Center - WLA & Woodland Hills, CA (888) 417-1444 - www.ourhouse-grief.org

Overeaters Anonymous -www.oa.org - World Services (505) 891-2664

Overeaters Anonymous Meeting Hotline 24 Hour (323) 653-7499.

Overeaters Anonymous LA Intergroup - www.oalaig.org (323) 653-7652.

Pills Anonymous (PA) www.pillsanonymous.com

Rageaholics Anonymous - www.rageaholicsanonymous.org

Recovering Couples Anon. www.Recovering-Couples.org. (781) 794-1456

RumRadio.org the most comprehensive Twelve Step sponsorship informational resource website in the known and in the unknown Universe. (512) 267-4707

Secular Organization For Sobriety (323) 666-4295.

Sex Addicts Anonymous (SAA) https://saa-recovery.org - (800) 477-8191

Sex & Love Addicts Anonymous (SLAA) - www.slaalos-angeles.org (323) 957-4881

Sexaholics Anonymous (SA) -www.sa.org (866)424-8777

Sexaholics Anonymous (SA) www.sasocal.org (310) 491-8845

Sexual Compulsive Anonymous www.sca-recovery.org 1 (800) 977-HEAL

Sexual Recovery Anonymous (SRA) - www.sexualrecovery.org (323) 850-8565.

S-Anon (Friends and Families of Sex Addicts) www.sanon.org (800) 210-8141

SHARE - www.shareselfhelp.org - (310) 846-5270

Survivors of Incest Anonymous (SIA) (410) -893-3322.

www.siaawso.org

TEEN LINE: (800)TLC-TEEN (in CA) (310) 855-HOPE, Teens helping teens. www.teenlineonline.org

The Other Bar: free. 12 step based peer recovery network for lawyers & law students (800) 222-0767; www.otherbar.org

Workaholics Anonymous - www.workaholics-anonymous.org - (510) 273-9253

## DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792

Battered Women/Children Hotline, (818) 887-6589.

Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790

Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).

Center for the Pacific Asian Family (800) 339-3940

Chicana Service Center (English, Spanish) (323) 268-7564

Child Protection Helpline, (800) 540-4000 (24 Hour).

Children's Institute International (walk-in center only) (213) 385-5100

Domestic Violence (SAFE): (800) 799-7233 Crisis Hotline.

Domestic Abuse Center (walk-in center only) (818) 904-1700

East Los Angeles Women's Shelter (walk-in center only) (323) 526-5819 - 24 Hour Hotline (800) 585-6231

Family Crisis Center (South Central) - (323)737-3900

Glendale- YWCA Domestic Violence Project (818) 242-1106

Haven Hills, www.havenhills.org - (818) 887-7481 (818) 887-6589

Helpline Youth Counseling (walk-in center only) (562) 864-3722

House of Ruth - (909) 623-4364

Human Services Association (walk-in center only) (562) 806-5400

Institute for Multicultural Educational Services I.M.C.E.S (walk-in center only) (213) 381-1250

Jenesse Center www.jenesse.org (323) 299-9496

Jewish Family Service of Los Angeles/ Family Violence Project/Tamar House www.jewishla.org (818) 789-1293

Foothill Family Services (walk-in center) - (626) 338-9200

Legal Aid Foundation of LA (LAFLA) (323) 801-7991

Mental Health Center Inc. SFV Community (walk-in center only) (818) 838-1352

Project: Peacemakers, Inc.(walk-in center only) (English, Spanish) (323) 291-2525

Prototypes (walk-in center only) (323) 464-6281

Safe Horizons (800) 621.4673 (HOPE)

San Pedro- Rainbow Services - (310) 547-9343

Santa Monica- Sojourn - (310) 264-6644

So. California Alcohol & Drug Program/ Angel Step Inn - www.scadp.org (562) 949-5358

The Good Shepherd Shelter - (323) 737-6111

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995 - 24 Hour Hotline (626) 967-0658

## EMERGENCY HEALTH & MENTAL SERVICES

AIM HealthCare Foundation, physical & emotional needs of those who work in adult entertainment (818) 981-5681.

Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.

Because I Love You, Nationally Known Parent And Teen Support Group. (818) 882-4881 or www.bily.org

County of L.A. Depart. of Mental Health has complete listing of mental health providers at www.dmh.co.la.ca.us/providers/allprov.htm, (800) 854-7771

Fetal Alcohol Syndrome Information (626) 793-7350.

HHS The U.S. Dept. of Health & Human Services, www.dhhs.gov - (877) 696-6775

Hope of the Valley (Mission Hills) Recuperative Care Shelter (818) 392-0020.

National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free www.nami.org (818) 994-6747

National Runaway Switchboard (800) Runaway.

Meetings (818) 994-6747

San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

**MEALS SERVED:** Call the Homeless Shelters we have listed as most have food programs.

The Midnight Mission meals served 3 times a day (213) 624-9258.

Hope of the Valley (Van Nuys) - Victory Blvd. & Tyrone - Monday Thru Friday 12:15pm. call for more info (818) 392-0020.

San Fernando Valley Rescue Mission:call (818) 785-4476

## FOOD BANKS

APLA's Necessities of Life Program 7336 Bellaire Ave., N. Hollywood Thursday 10:30am to 4:pm, (213) 201-1600

As You Are Church, 7855 Lindley Ave., Wednesdays & Fridays, call for hours, (818) 758-1700

Catholic Charities/Guadalupe Community Center 21600 Hart St., Once a month, or on emergency basis. Food recipient must register (818) 340-2050

Children's Hunger Fund 12820 Pierce St., (818) 899-5122

Congregational Church of Chatsworth 20440 Lassen, Chatsworth, CA (818) 882-3474

First United Methodist Church 18120 Saticoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135

INFO LINE of Los Angeles Phone: (800) 660-4026

Los Angeles Food Bank (323) 234-3030

North Hollywood Interfaith Pantry - 4390 Colfax Ave., M & F open from 9:am to 1:pm - (818) 980-1657

Manna, Ministry to the Poor 6642 Reseda Blvd., Every Saturday, (except the first Saturday of each month) 11:am to 12:15pm, (818) 776-9696

Our Redeemer Lutheran Church 8520 Winnetka Ave., WINNETKA, CA (818) 341-1629

St. Jane Frances Food Pantry 13001 Victory Blvd, North Hollywood, CA (818) 766-7393

St. Bridget of Sweden Catholic Church - Tuesday 11:am to 4:pm 7100 Whitaker Ave., Van Nuys, CA (818) 780-8294

# Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

## FOOD BANKS

Shepherd's Nest, Feeding the Homeless 9237 Crebs Ave., Northridge, CA (818) 557-6247  
SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Van Owen St., (818) 988-7682  
West Valley Pantry - 7304 Jordan Ave, Canoga Park, CA (818) 887-6101  
West Valley Food Pantry (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills (818) 346-5554

## HOUSING & HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living (310) 631-1600  
Beyond Shelter - Homeless Services (562) 733-1147  
Casa Youth Shelter (562) 594-6825  
Centennial Place Permanent Housing (626) 403-4888  
Children of the Night (818) 908-4474 ext. 0  
Children's Hunger Fund (818) 899-5122  
City of Refuge Rescue Mission Personal Good Service (323) 759-2544  
Covenant House California (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave. Hollywood, CA 90027. (323) 461-3131. [www.covenanthousecalifornia.org](http://www.covenanthousecalifornia.org)  
Dimondale Adolescent (323) 777-6258  
East San Gabriel Valley Coalition For The Homeless (626) 333-7204  
Ella's Foundation Homeless Services (323) 761-6415  
Fervent Heart LLC (626) 319-7479  
Family Promise of Santa Clarita Valley (661) 251-2867  
Family Rescue Center (818) 884-7587  
Global Childrens Organization (310) 581-2234  
GRCN Connecting Communities (562) 293-7595  
Glendale YWCA Domestic Violence Project (818) 242-4155  
Global Human Service Inc (818) 507-6026  
Friends helping Friends Inc: Homeless, No Money, We can help - Sober Living. (323) 293-9778.  
Family Promise (818) 847-1547  
First Step Transitional Living Foundation (323) 830- 6517  
HPRP Los Angeles Homeless Assistance (213) 683-3333  
HPRP Pasadena Homeless Services (626) 797-2402  
HPRP Huntington Park - Homeless Services (323) 388-7324  
HPRP Lynwood - Homeless Assistance (310) 603-0220  
HPRP - Compton - Homeless Assistance (310) 605-5527  
Habitat For Humanity (818) 899-6180  
Harbor Rose Lodge (310) 547-3372  
Hazel Transitional Housing (213) 327-7986  
Higher Goals Inc. (323) 755-9702  
Homeless Health Care Los Angeles [www.hhcla.org](http://www.hhcla.org), (213) 381-0515  
Homeless Adult Center (626) 403-4888  
Hope for Homeless Youth (213) 353-0775  
House of Hope (323) 663-1215  
Hope of The Valley - (818) 392-0020 • [www.hopeofthevalley.org](http://www.hopeofthevalley.org) December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776  
Jenesse Center (323) 299-9496  
Joshua House For The Homeless (323) 759-1625  
Jordan's Transitional Shelter (323) 577-5941 or (424) 785-7781  
Lillie of the Valley Shelter (323) 971-4432  
Lamp Community Homeless Drop In Center (213) 488-0031  
Los Angeles Mission (213) 629-1227 x305  
Long Beach Family Shelter (562) 733-1147  
Long Beach Rescue Mission (562) 591-1292  
Los Angeles Youth Network (323) 957-736  
Los Angeles Family Housing (818) 982-3895  
Mitchell House Substance Abuse Treatment Veterans (310) 398-0191  
Nancy Painter Home Transitional Housing For Women (818) 246-5586  
New Image Emergency Shelter (323) 231-1711  
New Directions (Veterans) Res. Drug Treatment (310) 268-3465  
NCH National Coalition for the Homeless (202) 462-4822, [www.nationalhomeless.org](http://www.nationalhomeless.org)  
OPCC Safe Haven (310) 883-1222

Passageways Homeless Intake Center (626) 403-4888  
Pentecostal Outreach (562) 313-1257  
PATH: People Assisting The Homeless (323) 644-2200  
Rochester House Transitional Living (213) 986-5599  
Runaway Homeless Youth Shelter (310) 379-3620  
Rainy Day Emergency Shelter (562) 733-1147  
The Salvation Army Adult Rehab Center, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.  
Salvation Army The Way Drop in Shelter for Youth (323) 469-2946  
Salvation Army Westwood (310) 477-9539  
Sunshine Mission for Women (213) 747-7419  
Salvation Army Glendale Chester Village For Homeless Families (818) 246-5586  
St Joseph Center Homeless Services & Meals (310) 399-6878  
Sanctuary of Hope (323) 786-2413  
Samaritan House (562) 591-1292  
San Fernando Valley Rescue Mission (818) 785-4476  
The Midnight Mission (213) 624-9258  
The Children's Life Saving (310) 450-3701  
TEAM HOUSING (310) 631-9516  
Union Rescue Mission (213) 347-6300  
Union Station Homeless Services (626) 240-4550  
U.S. Mission Canoga Park Transitional Housing (818) 884-4409  
Volunteers of America Homeless Support Services (626) 442-4357  
West Side Homeless Outreach, Inc. (310) 570-9065  
WLCAC Homeless Access Center (323) 563-4721

## FOOD AND FINANCIAL ASSISTANCE

Los Angeles County Department of Public Social Services, Info on General Relief, Aid to Families w/Dependent Children (AFDC), Food Stamps, MediCal and other forms for financial assistance, (800) 339-6993

## INFORMATION & REFERRAL SERVICES

Free Drug Testing Kit: [www.Foundation2recovery.org](http://www.Foundation2recovery.org), Prevention, Education, Treatment (561) 981-6214  
24 Hour DayCare, Referrals and Crisis Intervention Services (310) 669-5933 or (310) 427-4022  
California Rehab Guide: Free On-Line Rehab Directory - [www.calrehabguide.com](http://www.calrehabguide.com)  
The Sober Living Network referral service (800) 799-2084.  
Sober Living Network (310) 396-5270.  
The San Diego Sober Living Homes Association: (858) 483-5866.  
INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.  
AVYFS, Antelope Valley Youth And Family Services (661) 949-1069.  
The Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, [www.cadasb.org](http://www.cadasb.org)  
CCBCDC: California Certification Board of Chemical Dependency Counselors [www.CaliforniaCertificationBoard.org](http://www.CaliforniaCertificationBoard.org) (562) 927-5143  
CAARR California Association of Addiction Recovery Resources (916) 338-9460, [www.caarr.org](http://www.caarr.org)

CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.  
CCPG California Council on Problem Gambling [www.cal-problemgambling.org](http://www.cal-problemgambling.org) (800) 522-4700.  
CENTER FOR LIVING AND LEARNING - employment and supportive services Job Search Preparation Program (818) 781-1073. 14549 Archwood Street #221, Van Nuys. [www.center4living.lle.org](http://www.center4living.lle.org)

## RAPE HOTLINES

RAINN Hotline (victims of sexual assault) (800) 656-HOPE.  
Rape Hotline (24 Hours) (800) 585-6231. [www.elawe.org](http://www.elawe.org)

## SUICIDE PREVENTION

Jason Foundation A Youth Suicide Prevention Program, [www.jasonfoundation.com](http://www.jasonfoundation.com), (888) 881-2323  
National Suicide Prevention Lifeline (800) 273-TALK  
Suicide Prevention 24Hour Assessment Center (800) SUICIDE (784-2433).  
Suicide Prevention Center (877) 727-4747

## DISABILITY SERVICES

Job Accommodation Centers, Toll Free (800) 526-7234 (voice & TDD).  
RIDE INFO Paratransit Referral Service, transportation voucher program, (800) 431-7882.  
Social Security & Medicare Eligibility, Info (800) 772-1213, TDD (800) 288-7185.

## HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - [www.apla.org](http://www.apla.org), The David Geffen Center, 611 S. Kingsley Drive Los Angeles, CA 90005, (213) 201.1600 Main line, (213) 201-1500 Client line  
Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, LA California HIV/AIDS Hotline (800) 367-2437. Spanish (800) 400-7432.  
Clean Needles Now/Harm Reduction Central L.A. (323) 857-5366.  
Friends of Aids Foundation (310) 401-4755. Referrals to National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)  
REACH (risk reduction education and community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH, (714) 834-7926.  
HEP C - APLA, Los Angeles - [www.apla.org](http://www.apla.org), The David Geffen Center, 611 S. Kingsley Dr. LA, CA 90005, (213) 201-1600 Main line, (213) 201-1500 Client line  
HepCHope: [www.hepchope.com](http://www.hepchope.com) Hotline (844) 443-7246  
On-Line Resources for Hep C: [www.hepcsource.com](http://www.hepcsource.com) • [www.hepnet.com](http://www.hepnet.com) • [www.harvoni.com](http://www.harvoni.com) • [www.theliverinstitute.org](http://www.theliverinstitute.org) • [www.hepctreatmentlosangeles.com](http://www.hepctreatmentlosangeles.com)

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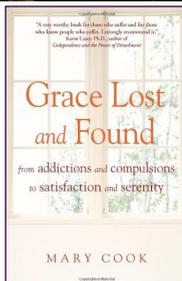
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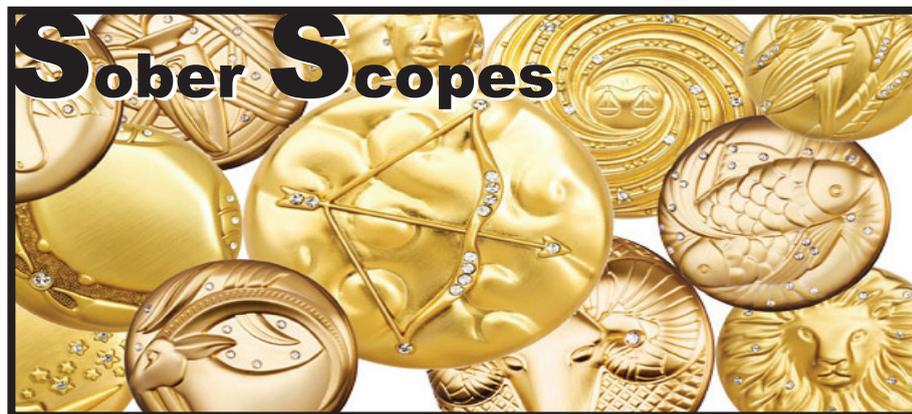
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**The SoberScopes are for entertainment purposes - Enjoy and remember RULE 62!**

**CANCER** (June 22-July 22) Try to avoid any drastic/ decisions concerning personal legal matters. Don't be afraid to talk to your sponsor, close friends or relatives about pressing personal problems. Channel your energy wisely and you can score points with the boss. Unexpected bills could be impossible for you to pay without first having a careful payment plan. Plan on spending less in the near future and saving more, to help ensure that your finances will get better.

**LEO** (July 23-Aug 22) Try never to push your mate if you want to keep this union going. Listen closely to what each other is truly saying. Look into real estate. Put some energy into getting back into shape. Listen to reason. You will have good ideas for home improvement projects. Attend more 12 step meetings, be more of service to those around you daily. Exercise your spiritual muscles, and obtain the strength that you'll for helping others.

**VIRGO** (Aug. 23 -Sept. 23) Look for something entertaining to do. You've got that competitive edge. Find a quiet spot where you can work diligently and mediate. Be discreet with private information. Pleasure trips will promote romance. Your diplomacy will be of utmost importance this month. Search for deeper clarity of God's will for you, and ask for the power to carry it out. Accept that some things will need more diligence before it comes to pass.

**LIBRA** (Sept. 24 -Oct. 23) You will gain knowledge through your adventure. You can make new friends and get involved in new hobbies successfully. Avoid boredom by being creative in your endeavors. Seek out new step meetings, spend more time in praying asking your Higher Power for guidance and follow directions. Read the Daily Reflections for spiritual contemplation, which can help you with your momentum for the day.

**SCORPIO** (Oct. 24 - Nov. 22) You're in the mood to spend time with your lover. If you're single you can meet potential new mates, but make sure that they aren't already committed to someone else. Your ideas will be well received. Do not expect too much from others. Look for prospective partners in the recovery arena, they will be better suited for you. Keep your eyes fixed on continuing to be the best that you can be, remember recovery is a malady not just the body, but also of the mind.

**SAGITTARIUS** (Nov. 23 -Dec. 21) Don't play on your partner's emotions. Don't push your mate away, but embrace them whole heartedly. Be cautious who you deal with financially. Your interests could lead you down avenues you never realized existed, if you are not allowing God to help you see more clearly regarding your finances. Seek some professional help if necessary for financial stability.

**CAPRICORN** (Dec. 22- Jan. 20) Social activities that involve the whole family will be enjoyable. You should be setting up interviews or sending out your resume this month. Difficulties will result if you have to deal with controversial groups this month. You need to mingle with people who have the same interest in mind, these sober individuals can spark enthusiasm and confidence in you. Attend more meetings if possible, take on a new commitment.

**AQUARIUS** (Jan. 21 -Feb. 19) Your compassion will be appreciated more than you can imagine. Look into ways to make your home more comfortable. Be sure to question any detail that you feel could leave you in a precarious position at a later date. Real estate investments will payoff. Meditate more often, pray daily for guidance to be at the right place at the right time.

**PISCES** (Feb. 20-Mar. 20) Get involved in groups and organizations that are of a distinguished nature such as 12 step is. You can get ahead if you work diligently behind the scenes. You will be up and down emotionally. You can pick up additional responsibility that will lead to higher wages and a better position. Search for those that you can help enlighten.

**ARIES** (Mar. 21- April 20) Look into family outings or projects. Job changes are in order. Go for interviews or send out resumes. Make decisions about your professional objectives. Don't trust coworkers with important or personal information. Whenever possible talk to your sponsor any new ventures that you're unsure about. Pray and meditate daily for clarity and direction for your life. Study and read the big book more often, the answers that you're looking for are in its pages.

**TAURUS** (Apr. 21- may 21) There will be a need for you to finalize important deals this month. You can make headway if you share your intentions with your Higher Power. You're on the right track and you can make the right decision if you are willing to apply patience. Try to get away with your mate, spending quality time together helps to bond and become closer. Be more respectful to all that you come in contact with on a daily basis.

**GEMINI** (May 22-June 21) Certain individuals will try to create unwarranted guilt if you can't meet their demands. You will need to work diligently in order to accomplish greater spiritual growth. You can have an enjoyable time at your step meetings socializing with friends. You are able to make changes in your home that will be favorable to all involved, let go and give it to God. Spend more time praying and meditating for resolution to all of your cares.

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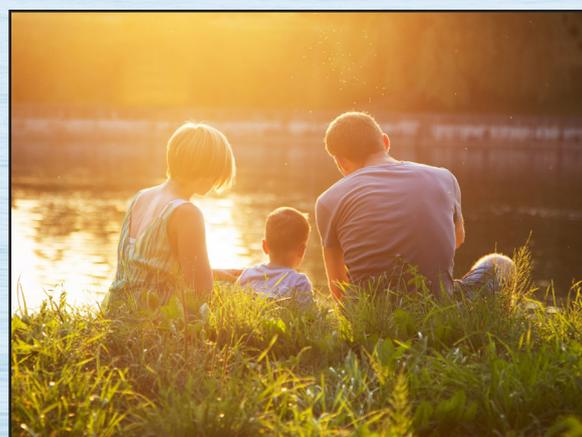
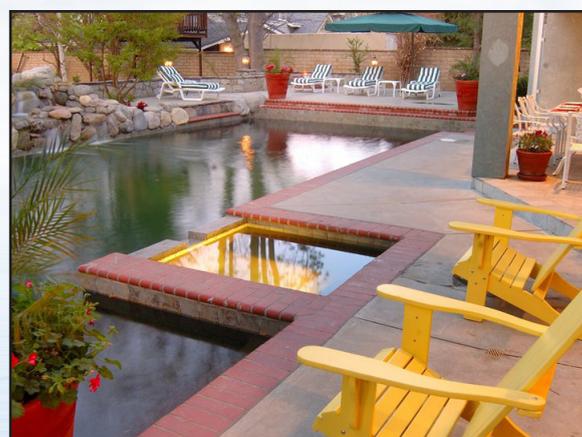
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