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September 2022

# KEYS TO RECOVERY NEWSPAPER, INC.

**Keys to Recovery Newspaper has been committed to bringing Truth, Hope and Solutions to our readers since 2014:**

*Our past issues 2015 "Myths About Marijuana"; in 2016 "Why Everybody Tries to Control Everything"; in 2017 There is a Solution in dealing with "The Epidemic of Addiction".*



*In 2018, "Getting to the Roots of All Our Troubles"; in 2019 we come to understand that "The First Drink Gets You Drunk"; and as always in 2020 delivering HOPE "Recovery Changes Everything".*



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**As we review the past, enjoy the present and look forward to the future.**

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Page 8

**Addiction is Wearing a Mask**  
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## About Us

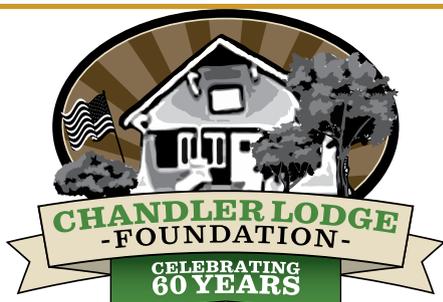
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Hello September! Last months article on Fentanyl, was met with overwhelming support. It is apparent that we could run articles every month on Fentanyl, and still not cover it all! Let's pray for support and understanding from everyone, to help end this nightmare.

I am getting more excited as the awards dinner gets closer. I can't wait to see everyone, to celebrate and honor, both Candy Finnigan and Ryan Leaf. We are putting together some of our best "Swag Bags" ever, filled with gifts as well as promotional items. We will be sure to take plenty of photos of everyone attending, the food, the fun, and share them in our October on-line issue. There might still be time to participate in this memorable event.

People continue to ask me if I am sad about the ending of Keys to Recovery Newspaper, and all our events. The short answer is no, and yes. I feel as if God had a plan for us from the beginning, and that when that plan is complete we move on to the next plan, the next purpose. Keys to Recovery has been a labor of love for the last nine years, (it took about one year to set it all up). I value every single issue we published, all the people we met, all the books we were able to review and share with our readers, every deadline, and well just about EVERYTHING. Because even the hard moments made us stronger.

It is a bittersweet ending for me personally. I will have more free time, and if you know me, you know I could use a whole lot of free time. That's the sweet part. The bitter part, I will miss my constant contact with the writers, the advertisers, and readers of Keys to Recovery Newspaper. I will miss the fun networking events. I will miss so much, but I am excited to see what God has in store for me and Marcus. Although after December 2022 we will no longer publish any new issues, we will keep our website active as long as five years possibly. Thank you & God bless you! - **Jeannie Marshall, President & Co-founder**

Hello to all our readers, and thank you for being a part of our Keys to Recovery family, for the last eight years. The month of September is a reflective time of the year for me, my brother Dietrich passed away September 14, 2020. He was my younger brother who I miss dearly, during the Covid Pandemic a lot of us lost someone we knew. Moving forward is very important for the healing process, and to show our appreciation for still having the chance to progress in our lives.

Also, this month we are celebrating the Final Year of our Annual Anniversary/Awards Dinner September 23rd, we are presenting the Awards for Outstanding Contribution this year, to Candy Finnigan and Ryan Leaf. These last several months we have been finalizing everything, so that we can have a smooth transition for closure of Keys to Recovery Newspaper, Inc. It is truly a bittersweet feeling, knowing that after eight years we are turning the page, and setting our minds on new horizons.

These last couple of years has been hard for many companies, organizations, and individuals due to Covid restrictions. My wife and I, appreciate all the opportunities that we were given while owning, operating, and running the everyday functions of Keys to Recovery Newspaper. We have three more months until our final issue in December, this has been a true labor of love for Jeannie and me, and it will be missed. We are looking forward to new endeavors, as well as all the free time we will then have, to spend with our families, and friends.

As this chapter in our lives comes to and end, we will be open to the promptings from God. We listened to Him when we were given the insight in how, and when to start Keys to Recovery Newspaper, and it worked out great. As we continue to trudge the road of Happy Destiny, we are assured that the path for us will be illuminated, for the next steps ahead. Until we come together once again for reasoning, thank you for allowing us each month, to share our thoughts, and hopes with each one of you. We have been given inspiration, hope and foresight, from being in the position of sharing our recovery newspaper with you, and so many. - **Marcus Marshall, Vice-President & Co-founder**



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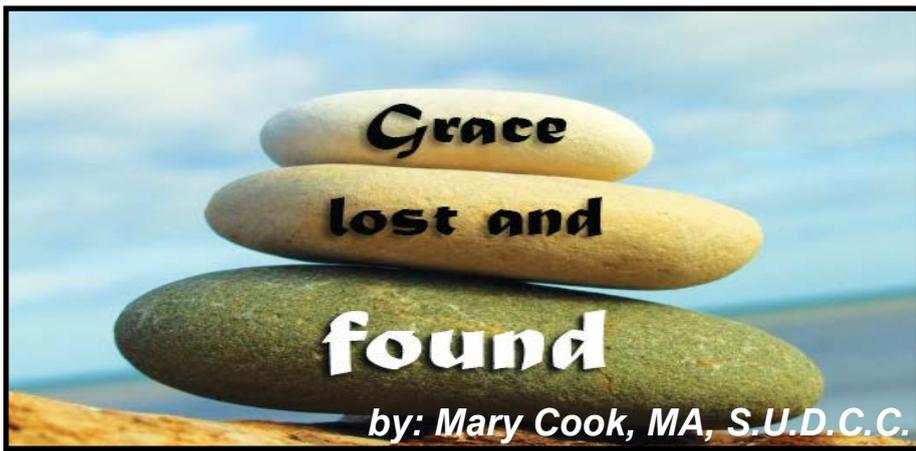
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## MISTAKEN BELIEFS

To be hurt when we are powerless to protect ourselves, unable to understand and have no tools for resolution, negatively impacts how we see ourselves and our life. When we are wounded by someone's sickness, we receive not only the pain and consequences of the wound, but the wounder's way of thinking. So now we not only carry pain that we don't know how to heal, but we accept a belief system that insures continued pain.

We may then hurt ourselves because we think this is what we deserve, or as a cry for help, or because the pain is so great we wish to die. We might hurt others believing this will rid us of our own pain. If certain people remind us of those who hurt us, we may displace retribution on them. We can become aggressive because it makes us feel powerful, and hides our painful vulnerability, or because we think the only way to prevent further hurt is to adopt the opposing role. We can allow or encourage others to hurt us, because we accept our wounder's projected view of us. Perhaps we associate love with control, possession and powerful need. We might believe our only other option is to be alone, and we are our worst enemy. Or we may fear the unknown far more than painful familiarity.

Once we let go of our addictions and compulsions, we still have faulty thinking. Present problems re-stimulate feelings from similar past problems, and trigger scenarios of potential future problems. Thus our pain, anger and other reactions to current conflicts represent a significant over-reaction. When we cannot separate current from past or potential future problems, we are powerless to find an effective solution. When we cannot distinguish our own identity from our false self or from others' beliefs and identities, we feel overwhelmingly negative about ourselves, others and our life. This entanglement takes from us the energy that we need to move forward in life, and keeps us merely struggling to survive.

We are afraid to surrender our tools of survival, forgetting that these tools arose from confusion, despair, fear, horror and rage. Obviously these mental states were not conducive to the development of healthy solutions. Additionally, our first experiences being hurt are usually in childhood when we lack knowledge, options, a variety of support, and control over what happens to us. As time goes on we fail to see how our expectations, assumptions, beliefs and reactions compel us to repeat toxic patterns. Instead we think life is reinforcing our original negative beliefs, and we cling ever more tightly to defensive counter-measures against anything or anyone that remotely reminds us of our original suffering. We think we've got reality figured out, yet we are perpetually manifesting mistaken beliefs, which halt healing, learning and growth.

Twelve step work directs us to correct these faulty patterns with a paradoxical solution. We are powerless when victimized, thus we think our problem is powerlessness, and we struggle against it. Instead we must learn to discern and accept the areas where we have power, and the areas where we do not. We are powerless over the past and future, and denying this perpetuates guilt and worry. We are powerless over people, places and things, and the more we obsess on them, the more angry and frustrated we feel.

We not only have power but a responsibility to put recovery first, to become and remain spiritually fit, to practice honesty and depth in self reflection, to assist others without thought of personal gain, and to cause no further harm to ourselves or others. We must confront and correct within us the consequences and symptoms of harm. Healing is the gradual experiencing of compassion over judgment, understanding over vengeance, and love over fear and hate. We must first have these experiences for ourselves. It is only then that we can genuinely and fully give it to others. When other people remain harmful, we love ourselves enough to keep them close in our prayers, and distant from our presence. The people with whom we share healthy reciprocal love, we keep near to us whether they are physically present, distant or departed.

*Once we let go of our addictions and compulsions, we still have faulty thinking.*

We are challenged by abandonment, abuse, disease, false indoctrination, impoverishment, injustice, loss, trauma and war. To be healed means we've exchanged the mistaken beliefs arising from challenges, for personal responsibility in our recovery. We amend the harm we caused others, and mend the harm others caused us. Our frame of reference is no longer how others treated us, but how our higher power wishes us to treat ourselves and others. Our vision today tells us how much pain exists in life, how we are all interconnected, and how only beliefs and behaviors born of divine love can make it bearable and bring blessings back into life.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a substance use disorder certified counselor in private practice. She has over 45 years of clinical and teaching experience. Mary is available for telephone consultations. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available at Amazon.



# MARY COOK

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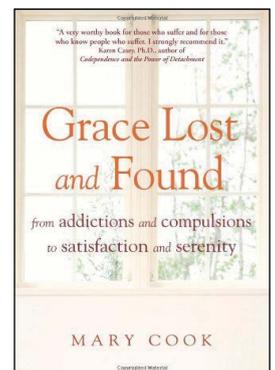
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## LET GO AND HAVE FUN AT FART CAMP!

Let go and have fun at fart camp! In other words, whatever it is that you desire to do or whatever it is that needs to be done by you, there is no need to put it off until all conditions are perfect to get started. Just go for it!

Procrastination isn't just putting things off. It's a twisted form of fear that prevents us from experiencing joy. It could be the fear of change, fear of the unknown, or fear of embarrassment. Whatever the case may be, the key to overcoming procrastination is to look at it less as an enemy, and more as a friend. In *The War of Art*, author Steven Pressfield states, "The more resistance you experience, the more important your unmanifested art/ project/ enterprise is to you—and the more gratification you will feel when you finally do it." That means procrastination is pointing us in the direction of our greatest joy.



The knowledge of this has helped me significantly regarding everything from following through on creative endeavors to paying bills. Like an angel of destiny, it points the way to what is in my best interest. But I still procrastinate. I procrastinated until the last minute to write this article. I sometimes joke that if it wasn't for the last minute nothing would get done.

Thank goodness the Universe is forgiving. No matter how many times I procrastinate, as soon as I decide to make a start, the feeling I receive for doing so is always wonderful. Matter of fact, the feeling is so wonderful that the thought, I can't believe I've been putting this off, crosses my mind every time.

Regardless of whether you already know all this, or not, you might be wondering, How do I go from procrastinating about something to making a start?

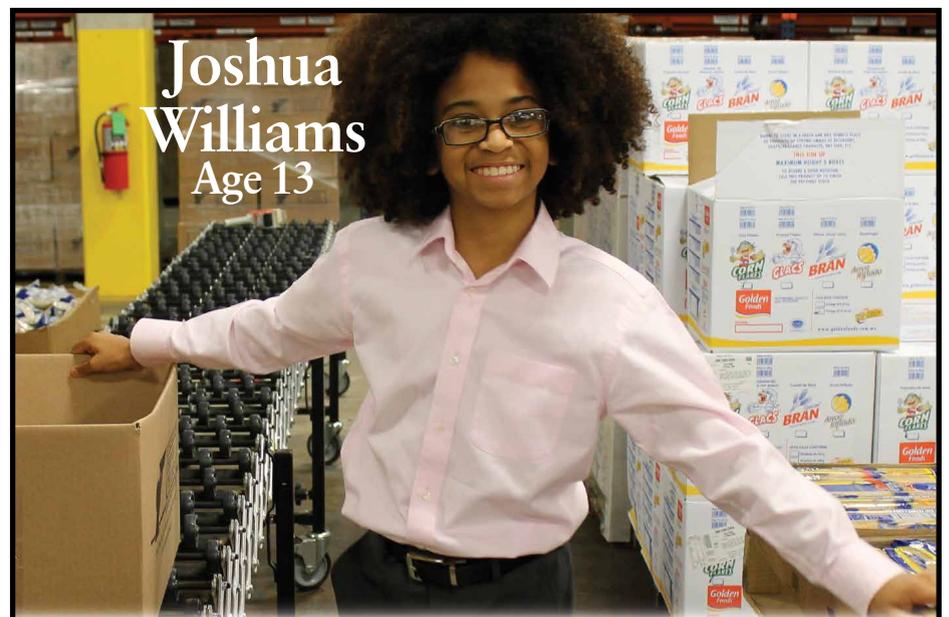
The answer is to take God as your partner. Convince yourself of the great truth that once you make a start, forces beyond your personal willpower will always come rushing to your aid. The only amount of personal will necessary is the willingness to choose to make that first step.

The key to doing this is to set the bar low. Let yourself off the hook. Like this title implies, drop the rock of having to be perfect. Whenever I need to motivate myself to draw, paint or write, I do so by saying to myself, or writing down in my to do list, Let's make some bad art. These are the best words of encouragement I could give myself. I'm immediately relieved of the burden of perfectionism, and the fear of failure.

The title of this article is taken from an art workshop I facilitated to a group of middle school students with special needs. Even though I had no experience working with students in this category before, the teacher who invited me had faith in my ability. Before I walked in, I asked God to be my guide. When I entered the classroom, the teacher immediately introduced me as a real artist and asked me if I had any tips for the class. I picked up the dry erase marker and the statement, Let go and have fun at fart camp! popped into my head. It was the best art advice I could've ever received. So, I wrote it on the board. This seemingly ridiculous statement puts it all in the proper perspective and invites us to move forward with the healthiest of attitudes. By the way, as a direct result of the joy this advice released, some of the best art produced by the students happened during that workshop.

*If the highest aim of a captain were to preserve his ship, he would keep it in port forever. –Thomas Aquinas.*

Artist Darrell Fusaro is author of the new book, *Break Out of Your Box: Be Your Heroic Self*, co-host of the internationally popular weekly podcast, *Funniest Thing! with Darrell and Ed*, and a decorated U.S. Coast Guard veteran. To learn more about Darrell visit [www.ThisWill-MakeYouHappy.com](http://www.ThisWill-MakeYouHappy.com)



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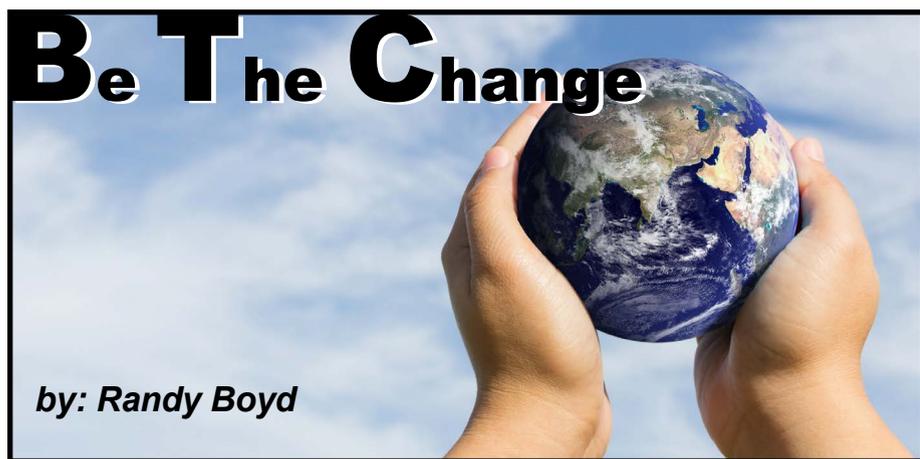
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## SELF-ACCEPTANCE

Originally published Nov. 2016 issue of Keys to Recovery Newspaper.

One of the effects of my abuse that has followed me into my adult life, until just recently, is being accepted. Survivors not only face an internal battle for self-acceptance, but an external one as well. Because I could not accept myself internally, I sought external acceptance. From the very first time I was molested, I never felt like I fit in. I felt dirty and tainted. I felt like an outcast within my family, and amongst friends.

Actually, the first time I felt like an outcast and had been rejected by my schoolmates in school, was shortly after my father died. I returned to school after taking a week off of school to attend my father's funeral services, and have some time to grieve. Upon my return to school a group of my schoolmates approached me and asked where I had been. When I told them that my father had died and I was with my family, they laughed at me calling me a liar, and telling me my father did not die. I was devastated and crushed. Worse of all, I had no one I could talk with, not even my mother. So, I carried the searing pain of those schoolyard comments with me until just a couple of years ago.

Growing up I loved playing baseball. I played little league and high school baseball. In my freshman year I was one of the better hitters, and fastest runners on the team. I was one of about four players the coach would keep after practice for more batting practice. I felt accepted and yes even special. You would think that would be good enough – it wasn't. Where was my family support? It's not like the practice and games were in the middle of the day, they were in the late afternoon. After all, other parents were there supporting their sons, but my parents were not there.

As time went on, I must have drove my teammates crazy, always asking them if they thought I was good enough to make the starting line-up. Without a father figure present in my life feeding into me, I had no one else to turn to. What made all of this worse was the fact that my brother was playing football, and had the full support of my mother and stepfather. I never felt good enough. It felt like nothing I did was ever good enough for my mother and stepfather. Nothing I did seemed to make them proud or happy that I was their son.

Spring break 1974, I was seventeen-years old. My mother and stepfather were going to Hawaii for the week and my stepfather was letting me use his truck to drive to Mammoth Mountain for snow skiing. I had returned home a day or two before they were to arrive home, and in appreciation of Jack letting me use his truck – I washed and waxed his truck for him. I also thought it would be nice for them to come home to a clean house. So, I cleaned the entire house – including windows.

I remember the day they came home clearly. As my mother and stepfather arrived home, I was excited with anticipation. After all, I had washed and waxed the truck, and cleaned the entire house. Surely, they would be grateful and show me some appreciation on this day. As they arrived home, I met them in the driveway greeting them with a smile and asking how their trip was. My stepfather walked by his truck glancing at it, yet not saying a word. As they entered our house he looked around, walked up stairs, came back down into the kitchen, and after looking at the kitchen windows he had only one thing to say – you missed a spot! There was not one word of thanks expressed, again only what I missed or did wrong. The motive behind what I had done for my mother and stepfather was two fold. First it was out of appreciation, but the deeper motive was a last ditch effort at getting their approval.

To this day I have never received unconditional approval from my mother or stepfather. While he has not been a part of my life for over thirty years, and has since passed away, my mother is still alive and says I have to accept my part of the responsibility of being abused. This is baffling to me because even as rebellious I might have been as a teenager, I never deserved to be abused, let alone have a part in it. It is never our fault.



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Whether we are still seeking approval from our invalidating parent, or we are looking for approval in a romantic relationship, or we even seek it out from our own children, we cannot replace the internal need for validation through external sources. But there is hope.

I have been in recovery now for nearly 11 years, and I am finally accepting and approving myself, but it took a village to get me here. I surrounded myself with people who loved me and taught me to love myself. My sponsors were two phenomenal older men that helped me navigate through the lies I had been telling myself for thirty-plus years, showing me unconditional love. My wife and children both love and accept me unconditionally, and have modeled that love acceptance in ways I never knew possible.

Most importantly, I am a child of God, my higher power, and he has always loved and accepted me, therefore what right do I have not to love an accept myself. Today I love, accept and approve myself. Oh I'm not perfect and I still stumble, but what is it they say? Progress not Perfection.

Randy Boyd is a licensed California Alcohol and Drug Counselor, Certified Life Coach, the founder of the Courageous Healers Foundation, 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 men can heal from those effects. Read more on Finding Your Bliss in his New groundbreaking book addressing the sexual abuse of boys entitled "Healing the Man Within," a book for male survivors and their families, written by a male survivor. Available at Amazon.com, [www.courageoushealers.org](http://www.courageoushealers.org). Contact Randy at (760) 702-5498, email: [courageoushealers@gmail.com](mailto:courageoushealers@gmail.com)



# HAV A SOLE



Hav A Sole is a Los Angeles-based nonprofit whose mission is to deliver shoes to its most marginalized populations. Founder, Rikki Mendias is passionate about the organization because as a young boy he lived in a shelter with his mother who couldn't afford to buy him a pair of shoes. Then one day, a kind woman bought Rikki two new pairs of Vans, which would later lead to a sneaker addiction that would spiral out of control.

By the time Rikki was in his early thirties, no matter how many Jordans he bought he still felt depressed. That's when he thought back to when he received those Vans and decided to give away his shoe collection to those in need. Thanks to the kindness of one woman who made a difference in a 10-year old boy's life, in eight years, Hav A Sole has paid it forward by donating over 45,000 pairs of quality shoes and has been featured on Vice, Good Day LA, and The Ellen Show.

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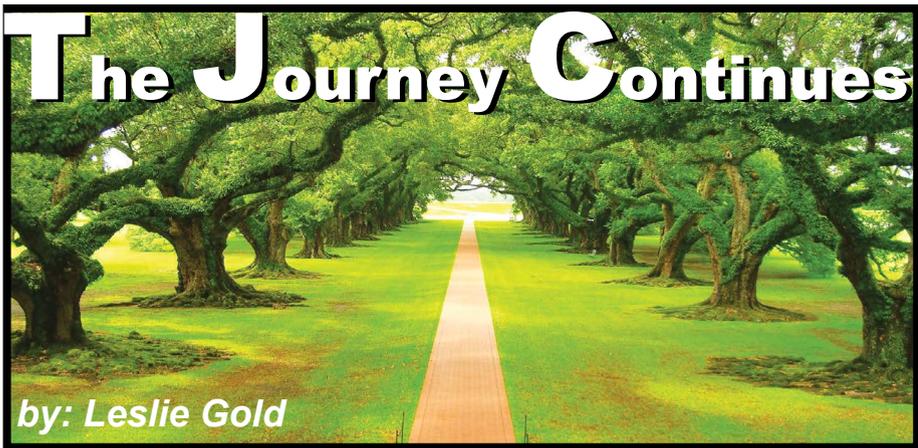


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## Justin's Plan: Spending Time with More Positive People



Justin, the tallest person in the back row, with his sober teammates from *Impact House*, after finishing a 5K hosted by *Grandview Foundation*, a nearby addiction treatment program.

Justin's life took a wrong turn when, at age 12, he moved with his family from Skid Row to the greener, more economically advantaged community of Sherman Oaks. There, he was made fun of for living in the lower income housing, and his schoolmates made it clear to him that he didn't fit in. Seeking a community who would accept him, he turned to a gang whose turf was just a few miles away.

In an effort to be liked and respected by his new community, he did "a lot of stupid things I'm not proud of." By age 16, he was in juvenile detention. Spending much of the next 26 years incarcerated, he grew up learning the prison way of life, and became addicted to drugs. In May 2022, he was court-ordered to receive treatment at Impact House.

He is now ready for change. He is ready to learn how to live life on the outside, and running is part of his plan. He gets up 3 days each week at 4:00 am, to be ready for the group run that starts at 5:15 am. For him, it's an opportunity to participate in a sport he enjoys, and more importantly, to surround himself with more positive people. It is also his way of making the two people who have always believed him, his daughter and her mother, proud.

To watch a one-minute video of Justin and Keith, another teammate, sharing why they run, go to [YouTube.com](https://www.youtube.com), Strides in Recovery, look up "How Justin and Keith are using running to build new lives in sobriety".

On August 20, Justin, along with his teammates, ran his first 5K. Here he is proudly crossing the finish line to be greeted by his team. He made a lot of people proud of him that day!



Justin crossing the finish line



Justin, waiting in the finish zone to celebrate the success of each team member who crossed after him.

Leslie Gold is the founder and executive director of Strides in Recovery, a Southern California non-profit which brings the healing power of goal-oriented group exercise to addiction recovery communities. Participants in Strides in Recovery programs enjoy improved self-confidence, empowerment, self-discipline, camaraderie, stress reduction, health & wellness, pride in accomplishment, and so much more. Leslie is an RRCA certified running coach who has trained hundreds of people in early recovery to cross the finish line of events ranging from 5Ks to the Los Angeles Marathon. To learn more, visit [StridesInRecovery.org](https://www.StridesInRecovery.org)



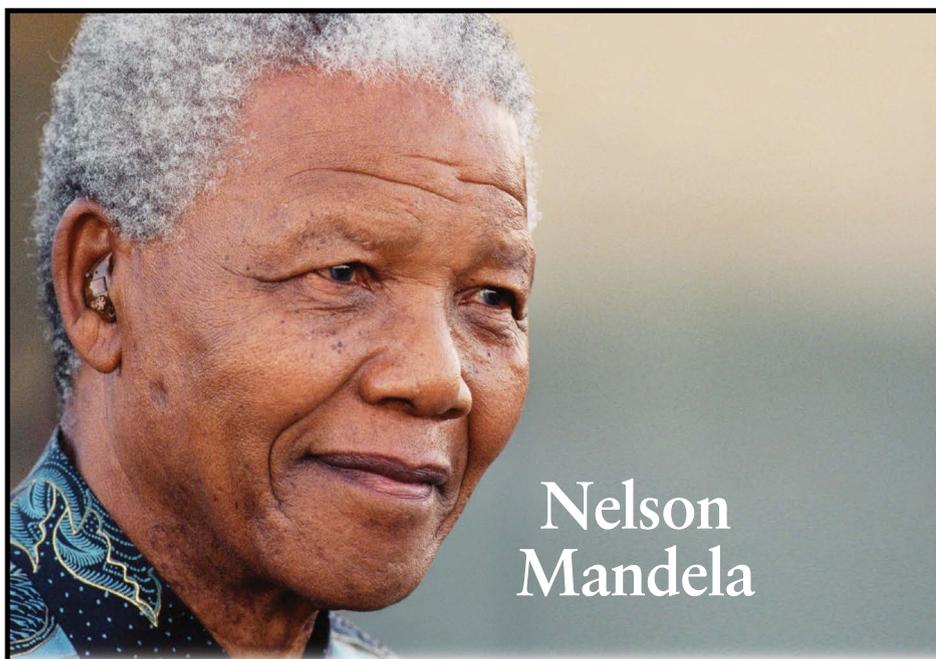
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## HOW I BECAME ADDICTED TO THE LOTTERY

*This valuable article was originally published in the November 2016 issue of Keys to Recovery Newspaper.*

I can remember the day I was taught “Flush Fever”, a video poker game as if it was yesterday.

I became aware of a video poker game that is on poker machines sponsored by the Oregon Lottery. My husband and I lived in So. Oregon for over 26 years before moving to Arizona in 2013, and where we live now. These poker machines are how I got my start into problem gambling, and slowly crossed into a full-blown gambling addiction, as we know this illness is a slow progressive addiction. I wrote about this in my current book titled; “Addicted to Dimes, Confessions of a Liar and a Cheat.” So, I thought I would share an excerpt of my book about this part of my gambling history. The Oregon Lottery for-profit gambling has devastated many lives, and has torn many families apart. They introduced video poker machines in most bars, lounges, restaurants and even all these little “lottery retail deli’s.” Here is how I got hooked to the lottery video poker and slots.

“Flush Fever” An Excerpt from My Book.

After a visit to Oregon with my parents, my best friend, Debbie, who had lived next door to me in California for many years, decided to move to Oregon after her visit. She moved up and stayed with us until she got settled at her new job. A few year’s prior, the state of Oregon passed a for-profit gambling bill to allow video poker machines in places that served food, such as bars, taverns, delis, and even most restaurants. The lottery already had Keno games online. For my addiction, that was a downfall for me, as soon I started compulsively gambling later. It was so accessible and everywhere.

If you live in Oregon, you know what I mean. If you think about it, gambling is socially accepted. It’s pretty much everywhere you go – even in our children’s schools, with raffles, casino fundraisers, in our churches with bingo, and at our gas stations, markets and grocery stores with Megabucks, Powerball drawings, and scratch-off ticket machines. So, for an addicted gambler, it seemed “action” was everywhere, and when you’re addicted, you have no self-control. You feel as though you’re always teetering on a high wire. When the state approved the video poker machines, the machines popped up everywhere. Why drive to Las Vegas, Reno or Lake Tahoe, or go to an Indian casino, when you can go up the street to gamble? In the town where I lived, there were lottery retailers everywhere around town disguised as delis if they served food and soft drinks, they could have up to six poker machines in their stores. They sold the cheapest cigarettes in town, along with all types of lottery services and games.

As my husband continued working out-of-town for the next several months, this left lots of time on my hands, and with my friend Debbie staying with me, she and I would often have lunch at one of these delis. As that year went by, I also noticed I’d spend a little more money than I should have. I believe it was because of the easy access to gambling, and too much time on my hands. Was I addicted at this point? Hardly. That would soon change, though. As I look back now, I was experiencing a few “red flags” of addiction, but not recognizing them. I remember having growing feelings of excitement before I went, knowing I’d get to gamble if we met for lunch at the deli, or if we were going to the Indian casino.

The only thing I did was play Keno if we went at our local deli. I had never played the new video poker machines there, which were operated by the state lottery.

One day, in early 1998, Deb and I went to have our usual lunch at the deli on a Saturday. We started talking to four retired gentlemen, who were also having lunch and playing Keno while they ate. One of them finished his lunch and went on the other side of the deli playing one of the video poker machines, so I walked over to watch him play. He was winning. He had a large amount of credits on his poker machine. I asked him how much money did he start with? He said “only \$10.”

As I was playing, the retired gentlemen got up and was getting ready to leave. As long I live, I will always remember what happened next: He leaned over my shoulder and said to me, “When you’re ahead, always cash out, so you always leave with their money, because I’d really hate myself if you got hooked on these machines.” Oh, if only I had listened to his sage wisdom. I still look back today, all these years later, and I remember what that man said to me. He never knew how that day changed my life, because I never saw him there again. He never knew my story of how I became a gambling addict.

Recovery took me many tries. Addicted gambling is like today’s “Crack” for me. After my second failed suicide attempt and crisis stay in 2006, I found a recovery specialist in 2006 who worked with me for a year, so I could grasp my beginning into long-term recovery. Making GA meetings for support, and started my 12-step work, and journaling. These are just a few things I do to stay in recovery today. Now I sponsor others and continue to share my story to those who still suffer this cunning disease, called “Gambling Addiction.” There is Help, HOPE, and Recovery.

*Catherine Townsend-Lyon is the author of her debut memoir; “Addicted To Dimes,” a gambling recovery advocate, coach, and ghostwriter. She runs “Lyon Media Services” helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, Facing Addiction.org, and Heroes in Recovery.com. Catherine writes and shares her recovery journey from gambling addiction along with resources on her website/recovery blog www.betfreerecoverynow.com. Catherine resides in Phoenix, Arizona, and continues to help and sponsor those from gambling addiction.*

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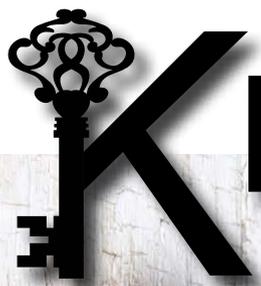


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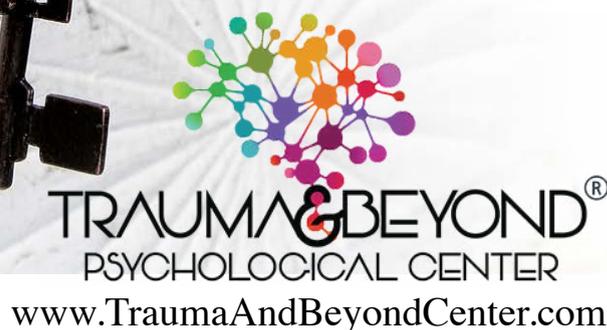
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## EATING DISORDERS IN MEN

There is still an unfortunate tendency for eating disorders to be stereotyped. What's the picture that comes to mind when you think of an eating disorder client now? The image usually involves a young, thin, anorexic-presenting, white girl. What we have learned as a society more recently is that eating disorders actually affect all races, SES levels, sexualities, and genders. This misconception has a massive impact in dismissing, under diagnosing, and not treating the ED behaviors of many people who are suffering – including males and/or people who are male presenting.

For a long time, men were barely mentioned with eating disorder diagnoses and research. Eventually statistics started to reflect that men make up about one fourth of all eating disorder cases. Recent research suggests that in our current post-covid explosion of eating disorders this incidence number has risen almost half of all EDs are cases being men. These numbers are difficult to pin down because of the extreme shame and secrecy that comes with male eating disorders. It is very difficult for men to seek out, let alone follow through with, eating disorder treatment. Furthermore, research has also started to show that Avoidant Restrictive Food Intake Disorder (ARFID) is more commonly diagnosed in males than any other eating disorder. ARFID is a newer diagnosis in the DSM and also very under-researched in the same way that male eating disorders are. ARFID is similar to anorexia in restriction, but the motivations are not weight based. ARFID is instead focused on severe negative texture and flavor associations with food that result in disgust and very few “safe foods.”

*...almost half of all EDs,  
are cases being men.*

We often think of diet culture affecting women-centered environments, but men are victims of it too. Disordered eating, which often pre-curses a full-blown eating disorder, can be glorified in certain male-dominated environments. For example, gym culture, “cheat days,” and sports like boxing and wrestling all have high disordered eating components. If a male is in the 2% of the population that is genetically predisposed to an eating disorder, then these diet culture kindling events can lead to a severe diagnosis later on. Certain aspects of gay male culture can also promote specific body types, and promote weight loss. Jonathan Van Ness of Queer Eye fame has been particularly vocal about ED, and Body Dysmorphia in the gay male community resulting in disordered eating. Developing awareness around the male dominated environments that promote disordered eating leads one to start thinking about how many men you might know who have been exposed to these behaviors, and might be suffering in silence.

Now that you're thinking more about the men in your life who you know who could be affected by ED, what do you do? Because of the aforementioned stereotypes and shame, it can be hard to open up the conversation with a male friend or family member who might have an eating disorder. Know that there is no harm in reaching out. Expect that someone with an eating disorder will likely be defensive at first, and yet the alternative of saying nothing runs the risk of further health complications from the ED. When someone is truly in the thick of an eating disorder, they sometimes need other people to help them when they cannot help themselves.

If you are a male struggling with an eating disorder, know that there are resources out there just for you. Groups exclusively for male and male-identifying clients are available. There are also more male providers (i.e. therapists, dieticians, recovery coaches) than ever. Know also that men are absolutely in treatment centers and higher levels of care, and you will not be alone in that environment.

We all have to work together to decrease the stereotyping, shame and secrecy that accompanies male eating disorders. Whether it's being more knowledgeable about the diagnosis, facilitating difficult conversations with loved ones, or being the one to reach out and ask for support yourself, every change towards inclusion matters.

*Annie Kuni is an LMFT. She co-founded Gemmed to provide eating disorder support groups for teens and adults. She can be reached at [www.gemmed.ngo](http://www.gemmed.ngo)*



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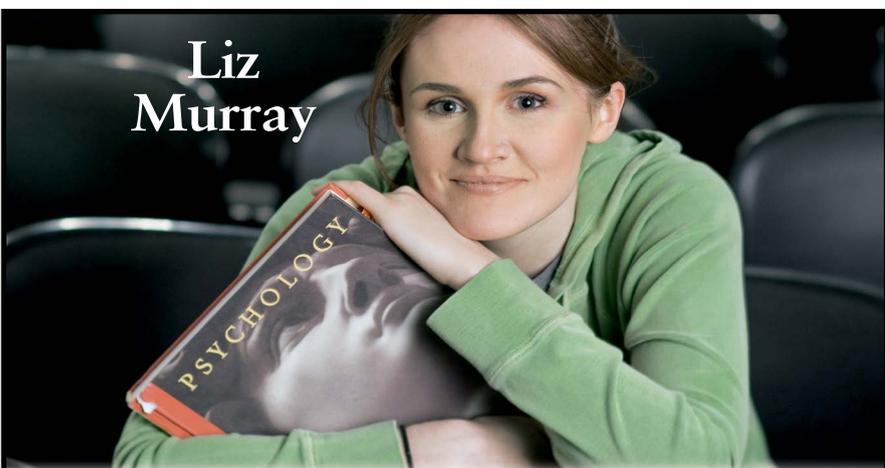
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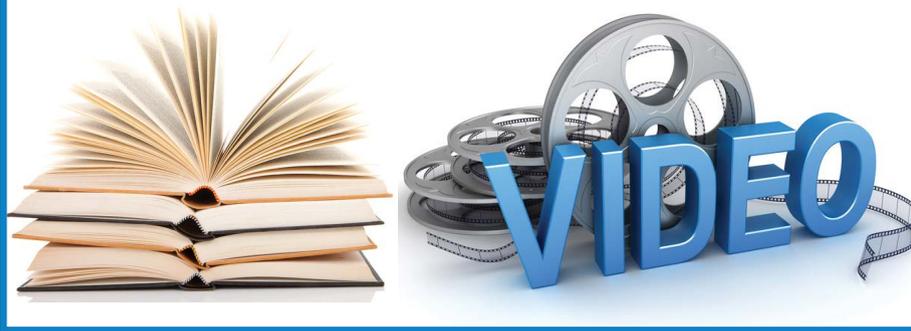


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# Book, CD & Video Reviews

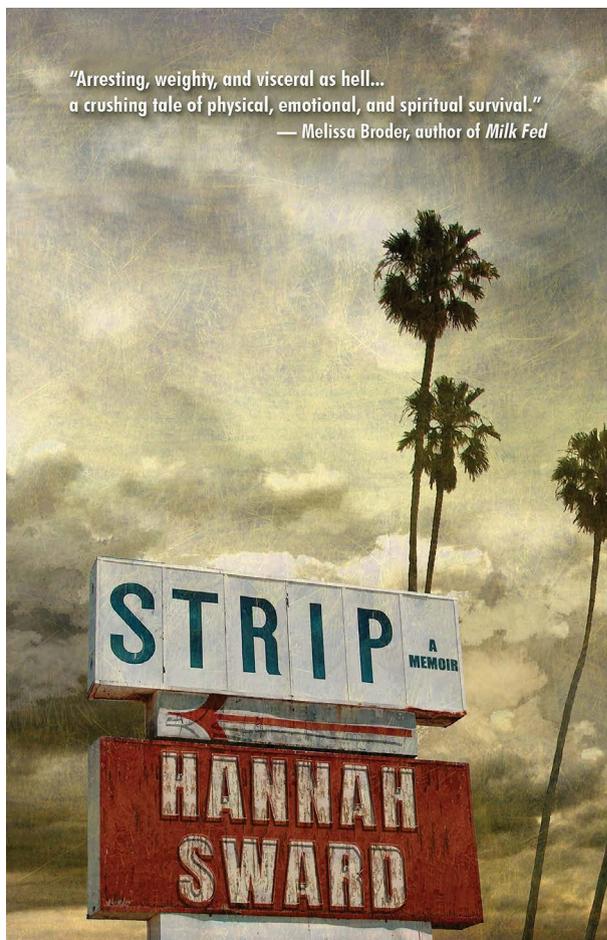


**STRIP: A Memoir.** Written by Hannah Sward. Published by Tortoise Books.

Hannah starts her memoir with a heartbreaking paragraph in “Part One: Childhood”. As soon as I read those first few pages I was hooked. I read her book in three days, and the only reason it took that long was that work got in the way of my reading. I love reading a great memoir, as I feel I get to know the authors in the most intimate ways. It takes tremendous courage and insight to put a life down on paper for all the world to see. “Strip” is so real and raw; I felt the pain and the joy that Sward writes about in each chapter.

She takes us with her into each phase of her life, describing every detail with so much clarity you can FEEL her life. On the cover Melissa Broder, describes Hannah’s book as “a crushing tale of physical, emotional and spiritual survival.” This is spot on! Hannah shows the world, by her written words, that not only can the human spirit find a way to survive, but recovery is possible.

Although there are some very dark corners in this book, it is not written as a depressing story of survival, instead it is a tale of courage and hope, written in a wise, compelling, honest, and heartfelt style. I can’t wait for her next book! Hannah Sward you are an amazing example of “resurrection and redemption”. I give this book a well-deserved 5-Stars. Available at Amazon.com.



“Arresting, weighty, and visceral as hell...  
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— Melissa Broder, author of *Milk Fed*

**THE MOTHERS and DAUGHTERS of the BIBLE, Lessons of Faith from Nine Biblical Families;** written by Shannon Bream.

Truly an outstanding book, so inspirational and uplifting. It is refreshing to learn so much more about the women of the Bible, other than to just hear their names in a passing, sort of way, and not showing how important their lives were. This book tells the rest of their stories. From this book I learned about some things and individuals in the Bible, that I did not know.

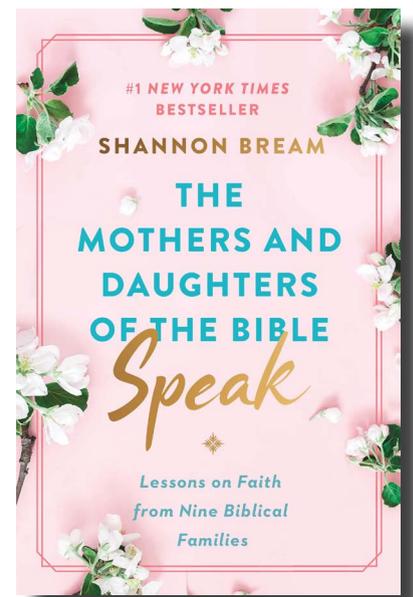
The examples Shannon Bream provides from the Bible will warm your heart and does make the reader realize how often God is present in our lives.

The connection between family and faith is presented, and illustrates a wonderful connection.

Shannon did a lot of research to produce this extremely well written, scripturally accurate, informative, inspirational and powerful book. This book is unique, very well researched and thankfully agenda free. That said, neither does it shy away from the fact that, despite the attitude of Biblical times, Jesus appreciated, respected and commended women for their work and for their faith.

The writing flows like actual one on one conversation, so easy to understand. Just reading this proves that, God does work in mysterious ways and not always on the path we expect, yet still helping us to feel His Love.

I highly recommend this book to everyone not just women, it was so uplifting and is just what is needed during these troubled times. I give this book 5-Stars. Available at [www.Amazon.com](http://www.Amazon.com).

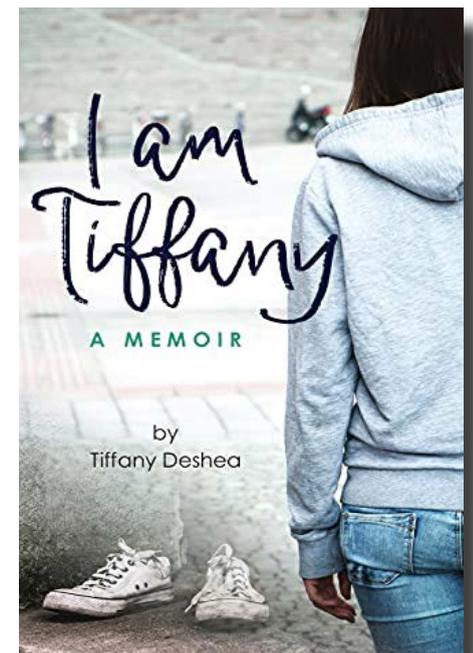


**I AM TIFFANY: A Memoir.** By Tiffany Deshea. Published by Coastal West Publishing Inc.

This book is written in a no holds barred, honesty kind of way. It is the story of one woman’s life, her trials, tribulations, and triumphs. Tiffany tells her story with such clarity, causing the reader to visualize each chapter with the feel of seeing, and experiencing everything firsthand. I believe that we all had a very special, uplifting and encouraging loved one in our lives, past or present, her Grandmother Mimi, was that very person.

The author’s expressions, emotions, and her eye for detail in story telling is exceptional. The way this book is arranged caused me to take an overview of my past, her story sparks interest, anticipation, and excitement. It gives the reader a feeling that what has transpired in our own lives, can be used for the positive, helping to encourage each other through their own hardships, which is fulfilling to the spirit and soul.

After reading this incredible book, and finding out all of what she went through, my perception from my days of making bad decisions became accepted, and to a large extent, appreciated due to the outcome. It is a must read for all of us to uncover our strengths, weaknesses, and mainly our fortitude. Thank you, Tiffany, for sharing your remarkable story with each of us, I’m looking forward to reading more of your work. I give this book a 5-Star rating. It is available at Amazon.com



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You can gain access to Keys to Recovery Newspaper **FREE of charge** go online ([www.KeysToRecoveryNewspaper.com](http://www.KeysToRecoveryNewspaper.com)) you can read or download the newspaper. If you would like to be notified when the new issue is uploaded, email us at [info@KeystoRecoveryNewspaper.com](mailto:info@KeystoRecoveryNewspaper.com) or call us at (818) 386-8400. You can also access all of the past issues.

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. 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. Our newspaper also includes a resource guide listing free services and vital help offered within our community.

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.

## Distribution Information

Keys to Recovery Newspaper, Inc. has a readership exceeding 100,000 per month, we are already a solid and formidable presence. 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.

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**PROSPEROUS ROSE** Sober Living is a beautiful structured Sober Living located in the foothills of Lake View Terrace, CA, Male only, is minutes away from Sunland and a few blocks away from Hansen Dam Park and Recreation Center. We offer the following: laundry facility, outdoor gym, covered patio and smoking area, internet with fast Fios internet and WIFI and big screen TV's with cable. The rooms are clean and spacious with flat screen televisions in all rooms. Cleanliness is a priority in this house. Rent is \$600-\$700 monthly, depending on room chosen. You have the option of paying weekly or monthly no deposits required. We accept the pilot program through DPSS. Close to all markets, bus and 12-step meetings (we have referrals to outpatient services, food banks etc.) We provide transportation for grocery shopping & 12-step meetings and to free food banks. The Owner of the house is a Substance Abuse Counselor that has a very good understanding of addiction and is ready to help with your recovery. Whether your court ordered, on probation or parole, Prosperous Rose Sober Living is a California Licensed Sober Living home that can be a great -stepping stone in this new chapter of your life. We are here to help and support you call Suzy (818) 660-8070.

# Classified Ads

**SUNSHINE SOBER LIVING :** [www.sunshinesoberliving.com](http://www.sunshinesoberliving.com). Upscale Structured Transitional Living in a warm family style environment. (866) 216-9789.

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**The Cost for classified ads is \$25 for 25 words or less. You can email, regular mail or call your ad into us.**

*Rolling Sober SFV*



Rolling Sober SFV, meets the last Sunday of each month at 9:am. Meet us at The San Fernando Valley AA Hall, 220 S Brand Blvd., San Fernando, Calif. Parking Available Across Street. Visit our Facebook Page (Rolling Sober Car Club) for more info. The only requirement is that you are clean & sober and have a love of old cars. Interested in attending meetings? Call Paul for info @ 818-447-0613

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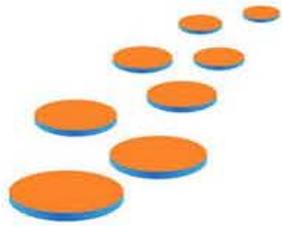
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Email To: [info@keystorecoverynewspaper.com](mailto:info@keystorecoverynewspaper.com) or call us at (818) 386-8400

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

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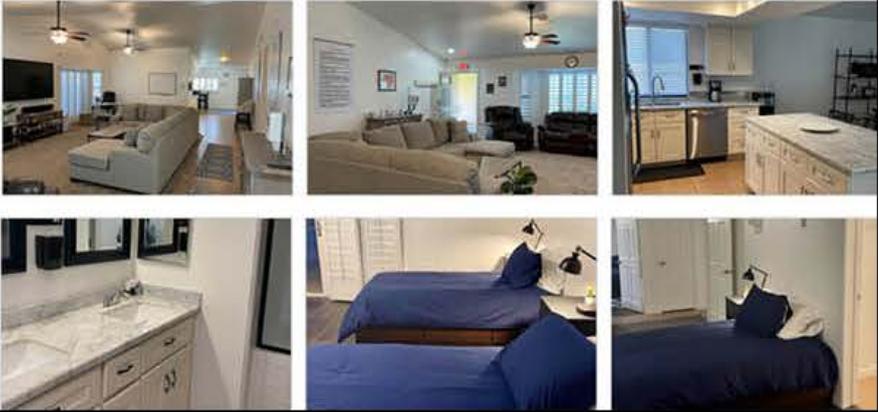
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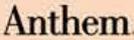


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# Vital Services Resource Guide

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.

## 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, NY, NY 10163, www.alcoholics-anonymous.org (212) 870-3400.

**A.A. San Fernando Valley Central Office:** (818) 988-3001.

**A.A. LA Central Office:** 4311 Wilshire Blvd., #104, Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722.

**A.A. 8752 S Broadway, L.A., CA 90003,** www.aa.org (323) 750-2039, info for Spanish Speaking.

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

**A.A. Santa Clarita Central Office:** www.aascv.org (661) 250-9922.

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

**Grupo Al-Anon:** FE Y GRATITUD DE NEWHALL, 22505 Market St, #102 Newhall CA.

**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 meetings, Thurs & Suns 6pm 8742 Mulberry Dr., Sunland, CA. Lisa (818) 293-2222.

**Alsana Eating Disorder Helpline:** For individuals, families, and providers to receive support, answers to questions, and resources. Monday – Friday, 6am – 6pm PST. Call or text: (314) 807-3065. www.alsana.com/helpline/

**Anaheim Alano Club:** 202 W. Broadway, Anaheim, CA 92805. Meetings 7-days a week (714) 535-0900.

**California Depart. of Health Care Services:** www.dhcs.ca.gov (800) 735-2922 for deaf and blind.

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

**CEA-HOW: Compulsive Eaters Anonymous – HOW** www.ceahow.org. World Service Office (323) 660-4333.

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

**CEA-HOW: Compulsive Eaters Anonymous; HOW: San Fernando Valley Intergroup,** (818) 667-6722 or e-mail: sfvalleyhow@aol.com or Bryce at (818) 621-2130.

**CEA-HOW: NEVADA Compulsive Eaters Anonymous: 12-Step Recover.** Las Vegas www.ceahow.org (702) 393-6570.

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

**Clutterers Anonymous:** (866) 402-6685.

**Co-Dependents Anonymous: (CoDA) L.A.** (323) 969-4995.

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

**COMMUNITY REFLECTIONS INC.:** Prison Outreach, Homeless & Veteran Care, LiveScan, Prop 47, Legal Services, Etc. 10020 S. Western Ave., Los Angeles, CA 90047 (323) 674-4376

**COSA for friends & family of Sex Addicts:** www.cosa-recovery.org (866) 899-2672.

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

**Debt-Anon Family Groups:** A 12-Step recovery program for those affected by a problem of compulsive debting in a relative or friend. www.debtanon.org

**Debtors Anonymous:** offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others. Visit www.debtorsanonymous.org.

**Eating Disorder Support Recovery Groups** free & open to the public. Thurs at 7 pm. Center for Discovery, 21650 Oxnard St. # 2375, Woodland Hills; 8484 Wilshire Blvd., #510, Beverly Hills; 4281 Katella Ave #131, Los Alamitos; 1000 Quail St., #290, Newport Bch; 11455 El Camino Real, #360, Del Mar. for info visit www.centerfordiscovery.com

**Eating Disorder Support Recovery Group.** FREE. Drop in. Open to the public. Wednesdays from 6-7pm. EDCC (Eating Disorder Center of Calif) 520 S. Sepulveda Blvd., #208, Los Angeles, 90049.

**Greysheet Anonymous:** Recovery 12th Step for all eating disorders. Greysheet.org, (310) 245-6441, cell (310) 445-7709, Linda L. Meeting Saturday, 8:45-10am. Farmer's Market Community Room.

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

**Family Support Group: FREE** of charge. Have a loved one suffering with mental health and/or substance abuse? Parents & spouses invited to join group, Wed. 6:30pm-7:30pm. At Awakenings, 28720 Roadside Dr., #200 Agoura Hills. For info call (805) 574-0936.

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

**Food Addicts in Recovery Anonymous: (FA)** www.foodaddicts.org (781) 932-6300.

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

**Problem Gambling: 24-Hour Help Line (Calif.)** (800) 522-4700.

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

**LGBTQIA+ AA Meeting:** Saturdays, 6:30 PM, Thousand Oaks, CA (800) 560-8518. www.laventanatrement.com

**LifeRing Secular Recovery, Lifering.org,** (800) 811-4142

**Love Addicts Anonymous: (LAA)** www.Loveaddicts.org

**MADD Mother Against Drunk Driving** 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 or Van Nuys (818) 759-9194.

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

**Narcotics Anonymous:** www.nasfv.com (818) 997-3822.

**Nicotine Anonymous National & World Services:** www.nicotine-anonymous.org (877) 879-6422.

**Nicotine Anonymous So. California Intergroup:** www.scina.org (800) 642-0666

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

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

**National Council on Alcoholism and Drug Dependence:** SFV www.ncadd-sfv.org (818) 997-0414.

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

**Overeaters Anonymous:** www.oa.org World (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:** comprehensive 12 Step sponsorship informational resource website (512) 267-4707.

**Secular Organization For Sobriety:** (323) 666-4295.

**Sex Addicts Anonymous: (SAA)** www.saa-recovery.org (800) 477-8191.

**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 (800) 977-HEAL.

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

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

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

**SUPPORT GROUP:** Free & open to anyone supporting a loved one through their mental health and/or substance use recovery. 1st and 3rd Thurs. of each month, 7:PM Thousand Oaks, CA (800) 560-8518 www.laventanatrement.com

**Survivors of Incest Anonymous: (877) 742-9761.** 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.

## INFORMATION & REFERRAL SERVICES

**Dimondale Adolescent** (310) 791-3064.

**www.SunshineCommunity2015.org** Social Services, (626) 297-6112, Resource Services to Children in Foster Care, Emancipated individuals, Single Women age 18+ with children & much more.

**www.Foundation2recovery.org,** Prevention, Education, Treatment (561) 981-6214.

**24 Hour DayCare,** Referrals and Crisis Intervention Services (310) 669-5933 or (310) 427-4022.

**The Sober Living Network** referral service (800) 799-2084.

**Sober Living Network** (310) 396-5270.

**San Diego Sober Living Homes Assoc:** (858) 483-5866.

**INFO LINE community service referrals,** shelter, food, medical, (800) 339-6993 or simply dial 211.

**AVYFS,** Antelope Valley Youth & Family Services (661) 949-1069.

**Council of Alcoholism and Drug Abuse (CADA)** Drop-In Center (805) 962-6195, www.cadasb.org

**CCBCDC:** California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org

**CADCA** Community Anti-Drug Coalitions of American (800) 54-CADCA.

**CCPG** California Council on Problem Gambling www.calproblemgambling.org (800) 522-4700.

**CENTER FOR LIVING&LEARNING -** employment & supportive services (818) 781-1073 www.center4living.lle.org

**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.

**FOOD BANKS**

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

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

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

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

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

**Los Angeles Food Bank** (323) 234-3030.

**Manna, Ministry to the Poor** 6642 Reseda Blvd., Reseda, CA. 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.

**Salvation Army** Glendale Corps: Monday -Friday Food Pantry. 320 West Windsor Rd., Glendale, CA 91204 (818) 246-5586.

**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 Vanowen St., Van Nuys, CA (818) 988-7682.

**West Valley Pantry,** 7304 Jordan Ave., Canoga Park. (818) 346-5554.

**West Valley Food Pantry** (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills (818) 346-5554.

**DISABILITY SERVICES**

**Job Accommodation Centers,** Toll Free (800) 526-7234 (voice & TDD).

**ACCESS** Paratransit Referral Service, transportation voucher program, (800) 431-7882.

**Social Security & Medicare Eligibility,** Info (800) 772-1213, TDD (800) 288-7185.





# WOUNDED WARRIOR PROJECT®

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**WHO WE ARE:** Every warrior has a next mission. We know that the transition to civilian life is a journey. And for every warrior, family member, and caregiver, that journey looks different. We are here for their first step, and each step that follows. We believe that every warrior should have a positive future to look forward to. There's always another goal to achieve, another mission to discover. We are their partner in that mission.

**WHO IS A WARRIOR?** Veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. You are our focus. You are our mission. Here, you're not a member – you're an alumnus, a valued part of a community that's been where you've been, and understands what you need. Everything we offer is free because there's no dollar value to finding recovery and no limit to what you can achieve.

**WHY NOW?** More than 52,000 servicemen and women physically injured in recent military conflicts. 500,000 living with invisible wounds, from depression to post-traumatic stress disorder. 320,000 experiencing debilitating brain trauma. Advancements in technology and medicine save lives – but the quality of those lives might be profoundly altered. The numbers speak for themselves, because not every warrior can. With the support of our community of donors and team members, we give a voice to those needs and empower our warriors to begin the journey to recovery.

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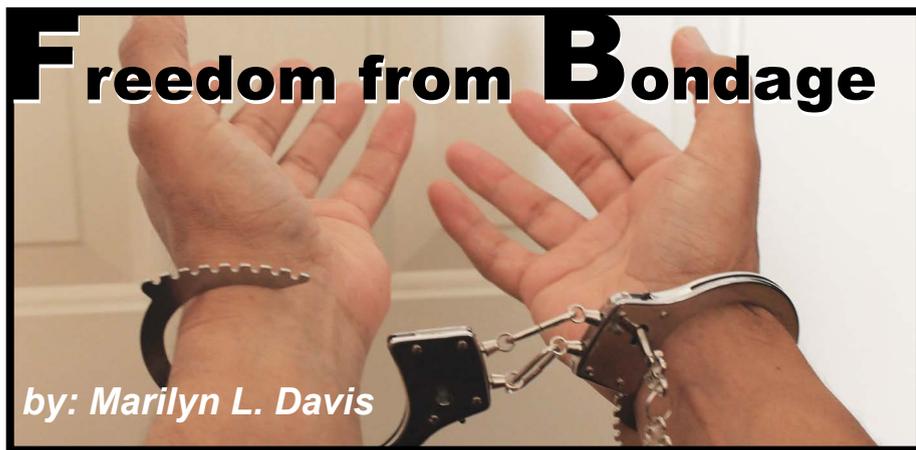


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# R BLVD



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



## ADDICTION IS WEARING A MASK

*This article is a re-print from November 2015. We miss Marilyn and her monthly contributions to our recovery newspaper.*

***I'm Tired of Being an Impostor - Addiction forces us to wear a false image.***

- We smile when every fiber of our being is screaming in pain - physical, emotional and mental.
- We posture as friendly when all we want to do is get our dope and leave; sometimes without even the cursory goodbye or thank you.
- We pretend that we have it together, when we take our children to school or football.
- We show fake emotions because we are so embarrassed and frightened, by our authentic ones.

Many of us were not just trapped in our addiction, we were set up from childhood to foster a false facade to the outside world. Unfortunately, some of us did not outgrow this role and carried it into our addiction.

Children take on roles or masks to survive in dysfunctional family systems. Unfortunately, in our addiction, we often maintain these roles because we have not recovered our authentic self. Following are the six basic roles:

### **1} Hero Child or the Good Child**

This child makes good grades, participates in sports, gives the family a solid reputation within the community, receives praise for their performance, and is dedicated to making the family life function.

They assume many of the responsibilities of the parents, and often are the surrogate parent to their siblings.

In their addiction, they are the one labeled the control freak. Thinking if they control external aspects of their lives, they don't have to acknowledge the inner turmoil.

### **2} The Caretaker**

These children are in charge of the emotional well-being of the household. They comfort siblings and parents after arguments, soothing feelings between other family members, and become increasingly isolated in their own feelings of sadness that no one addresses.

They feel responsible for the family image and can often continue wearing the mask of sweet, kind and caring into their addiction, while harboring resentments.

### **3} Scapegoat Child or the Problem Child**

This role bears the brunt or blame for the problems within the family, or the family's poor standing in the community. Oftentimes this child is an underachiever, prone to moodiness, angry outbursts, feelings of abandonment and low self-esteem.

Prompting some of their actions is often a feeling of less-than, within the family and acted out as, "if you think I'm bad, I'll show you bad."

Problem children grow into problem adults. I do not think I have ever met an addict or alcoholic who would not qualify for the problem adult label. Yet, it's too easy to overlook the wounded person beneath, when we're dealing with problem people.

### **4} The Clown**

This role is the release on the pressure cooker family system. They are articulate, funny, willing to play the court jester to diffuse the tensions within the family.

In addition, this role will do anything for a laugh, even when they are crying inside.

### **5} The Mastermind**

This role schemes, makes note of the other family member's weaknesses and faults, and uses this information to get what they want. They have learned to manipulate situations to their advantage.

### **6} The Lost Child**

This child has learned to steer clear by whatever means necessary, of the chaos, tension, and inconsistencies within the family. This child has learned not to "make waves", seems self-sufficient even from an early age, and is often the most neglected within the family structure.

When you can identify which role you played, you can take steps to remove this false identify in your recovery.

**BE YOUR AUTHENTIC SELF IN RECOVERY:** Everyone wears masks. They come in all different shapes and sizes. The only problem with trying one on is, does it fit?

How easily we fall into the trap that we don't have to be who we really are. How easily we convince ourselves that we need to cover up what we were born to be.

*"It's a tragedy that fear keeps us from our destiny. It's hell when the person you were created to be is covered up by some cheap imposter" - Rachel Van Dyken, Toxic.*

*"In a futile attempt to erase our past, we deprive the community of our healing gift. If we conceal our wounds out of fear and shame, our inner darkness can neither be illuminated nor become a light for others."*

*Brennan Manning,*

Sometimes discovering the authentic self in recovery, is initially about finding all the character defects, and self-defeating behaviors within.

The process of finding our better selves involves removing the layers of messages, limited beliefs, and not being afraid to acknowledge that certain aspects of our personalities, need a make-over in our recovery.

However, without this painstaking process, we will never get to our true self.

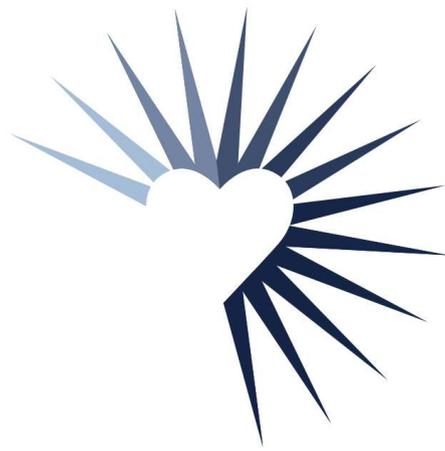
When I show you my dark side or reference my masks, it gives you permission to expose yours and perhaps grants you some hope, that in examining yours and then sharing your process for healing, we all gain.

We are no longer trapped in our addiction, and have to present a false front to others. In our recovery, we can allow our authentic self to emerge, as it is no longer caught up in the web of addiction and deception.

Recovery gives us a new and fresh beginning; shouldn't it also give us the go-ahead to show our true face to people?

*Marilyn L Davis was the Editor-in-Chief at From Addict 2 Advocate and Two Drops of Ink. She was also the author of Finding North: A Journey from Addict to Advocate and Memories into Memoir: The Mindsets and Mechanics Workbook, available on Amazon, at Barnes and Noble, Indie Books, and Books A Million.*





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[www.childrenofthenight.org](http://www.childrenofthenight.org)