

Together AZ

MAY 2015

Inspiring Success on the Road to Recovery

TO THINE OWN SELF BE TRUE

By Dr. Shelley Uram

Authentic Self... what is it? Where does it come from? Why don't most of us know about it?

Most of us are well acquainted with aspects of our personality, like being a nice person, an addict, a good employee, the therapist, the hero, the traumatized person, and so on. The Authentic Self, however, transcends our personality, thoughts, and emotions.

From Shakespeare's Hamlet:

Polonius says to his son, Laertes, who is about to embark on a long journey: "This above all: To thine own self be true. And it must follow, as the night the day, thou canst not then be false to any man."

I just love this quote! Shakespeare so wisely understood the importance of tuning in to, and following one's own inner voice, or Authentic Self. Polonius instructed his son to prioritize this "above all" else.

I wholeheartedly agree!

Did Shakespeare mean we should be selfish? No; I think he meant we should be Selfish. What's the difference? The meaning I am giving to the word, with a capital "S", signifies the Self that is the Authentic Self, or the Essence, or Soul, Spirit. It is the underlying core of each of us. It is to this unseen essence, or Self to which we should be "true."

The Authentic Self, or Self for short, has the qualities of infinite wisdom, kindness, love, oneness, timelessness, "is-ness", and acceptance. It is the UNSEEN Self we are born with and will ultimately die with; unchanged through our life's journey.

Our ability to be attuned and aligned with our Self is of paramount importance! In my opinion, this is probably the most important task of our lives. It is the Self that can lead us to the best paths and choices we can make during our lifetime. When our



Forgive Others... No Matter What!

By Elisha Goldstein, Ph.D.

This may sound extreme but it is essential to learn how to practice forgiveness no matter what, so let me explain. Forgiveness, as you may have heard or experienced, is simply the act of letting go of the burden that you carry from another person who has hurt you out of their own pain, ignorance or confusion. It's a practice of freeing up your energy to focus on things that incline toward your own health and well-being or the health and well-being of others.



There's that famous saying:
"Not forgiving is like drinking poison and expecting the other person to get hurt or die."

The reality is holding onto resentment, literally keeps our cortisol running and makes us sick.

The wonderful thing about forgiveness is it really only takes one to tango. You only need one person to forgive — you! You don't even need the offender.

Right now, if you have someone you're holding a grudge against or are resenting, imagine the two of you tied together in a tug of war and imagine the cord being cut...you no longer have the tension of the rope, you are free!

FORGIVE continued page 2

personality is aligned with the wisdom and knowingness of the Self, it becomes a most valuable compass.

Unfortunately, we humans have brains that have many "survival" remnants left over from millions of years. These remnants "grab" our attention far more loudly and with much greater intensity than the ever soft, gentle whisper of Self. The manifestation of our Self typically becomes forgotten and turned away from at a very young age.

Those of you who have been active in the 12-Steps may already be familiar with how dedicated we must be before our connection with Higher Power can be dusted off and revitalized. The "Self" in "To Thine Own Self Be True" is the same; the Self is the portal for Higher Power connection.

It is our Authentic Self that should be the compass from which our lives are guided; not just in the big picture, but also in the moment to moment experiences and choices that ultimately become the big picture.

Authentic Self Qualities

What happened with these Authentic Self qualities we were born with? I know few adults who consistently manifest these qualities. Yet, we all did as babies and young children! We couldn't help but BE those qualities; that was who and what we were!

Here's what happened...

When each of us was born, some parts of our brain began developing and maturing right away, while other parts came "online" more slowly.

One of those brain areas that began growing early is the part that enables us to have a sense of ourselves. At about three months of age, most humans experience their first dawning awareness that there is a "me". Before that, we were very well aware of others, aware of interacting with them, etc., but had no real knowing that a "me" existed.

Even though this "me sense" is still quite rudimentary

at the tender age of three months, it is nonetheless a huge alarm clock for the ancient survival brain areas. Now that our survival brain recognizes that there is a "me" who is wholly independent of anyone else, this part of our brain has a heyday as it recognizes it must protect this newly identified person from any harm.

These survival brain areas become much more active; now that there is a "me" to protect. These brain areas interpret many more experiences as potentially dangerous. An analogy would be a dog whose family is away, versus that same dog whose family is present. The dog will be far more protective when the family members are present.

Our thinking brain continues to grow and mature throughout our early childhood years, leaving us with a more complex and sophisticated sense of "me". Therefore, the survival response becomes intertwined and more often triggered as the definition of "me" grows in complexity and sophistication; there is more of a "me" to protect.

Fight, Flight, or Freeze

What does "Survival Response" look like? It is usually packaged as a Fight, Flight, or Freeze response. Simply put, some areas of our very ancient brain signal other brain

THINE OWN SELF continued page 8



Dr. Shelley Uram is a Harvard trained, triple board-certified psychiatrist and a Distinguished Fellow of the American Academy of Child & Adolescent Psychiatry. She speaks around the world about psychological trauma, and how it often interferes with our ability to thrive in life. She is best known for communicating very complex information in an interesting and easy to understand manner. Dr. Uram is a Senior Fellow at The Meadows, where she teaches patients and staff, and assists with program development. She is also a Clinical Associate Professor of Psychiatry at The University of Arizona College of Medicine. www.themeadows.com



Best-selling author; guest consultant on 20/20, Good Morning America and CBS Morning News; featured in The New York Times and People Magazine; and Esquire Magazine's "Top 100 Women in the U.S. who are Changing the Nation", Rokelle Lerner is the Clinical Director of InnerPath Retreats at Cottonwood Tucson.

With her unique ability to address unresolved critical issues, Rokelle Lerner has inspired millions. Now she inspires groups of 8 at InnerPath Retreats.

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PUBLISHER'S NOTE

By Barbara Nicholson-Brown



Someone to Watch Over Me

While finalizing this edition, I decided to listen to some Sinatra and “*Someone to Watch Over Me*,” began to play. I smiled, felt a chill, closed my eyes for a few seconds and thanked my Higher Power for allowing me to be alive and most importantly become a woman in long term recovery.

When I was active in my addiction I sure gave my “guardian angels” a run for their wings. One angel in particular comes to mind. He was a New York cab driver and I believe he saved my life one snowy, dark, freezing night in the city.

My intention was to meet some friends for dinner. All I had to do was take one subway, walk a few blocks and meet them at a restaurant. But before I left my place, I decided to down two bottles of cheap red wine for a buzz. Well, the buzz hit quick and once out in the cold — I was instantly drunk. Stumbling to the subway, I somehow managed to get on the right train, even off at the right stop — and then — blackout.

It was hours later when I heard someone call out... “Hey lady what are you doing over there?” Immediately I came to, looked at my surroundings, then panicked. It was past midnight, I was near the Hudson River in an area I wouldn’t dare visit during daylight hours. All of a sudden a cab pulled up next to me and the driver told me to get in. I did.

This gentle giant drove to my building, escorted me to the door, asked for the keys, opened the two entry doors to the foyer and walked me to the elevator. I was crying, embarrassed, scared and full of shame. And in my drunken stupor thought “here we go, he’s going to kill me.” He pressed the number 4 for my floor, then told me to take care of myself and vanished. He is an angel I will never forget. (*I never did make it to dinner with that night with my friends.*)

I truly believe God sent that angel to lend a hand to a helpless drunk like me. And, there’s no doubt someone is watching over me.

FORGIVE from page 1

Of course it’s not often this easy and it’s a practice to forgive, but what else is there to do? Hold onto the resentment so we continue to suffer? We’ve already been hurt, why continue to inflict further suffering on ourselves?

“Forgiveness does not change the past, but it does enlarge the future.”—Paul Boese

If you are open to letting go of the resentment-habit and opening up to a better future, play with the following short forgiveness practice from *The Now Effect*:

Allow this to be a choice point to practice forgiveness.

Think of someone who has hurt you or caused you pain (maybe not the person who has hurt you most) whom you are holding a grudge against right now. Visualize the time you had been hurt and feel the pain you still carry. Hold tightly to your unwillingness to forgive, and observe what emotion you’re feeling. Is it anger, resentment, sadness? Use your body as a barometer and notice physically what you feel. Are you tense or feeling heavy? Bring awareness to your thoughts; are they hateful, spiteful thoughts? Feel the burden that lives inside when you hold so tightly to past hurts and ask yourself, “Who is suffering? Have I carried this burden long enough? Am I willing to forgive?” If not, perhaps the time will come when you’re ready.

If you are ready practice “Breathing in, I acknowledge the pain, breathing out, forgiving and releasing this burden from my heart and mind.” Continue this as long as it is supportive to you. It takes courage to forgive and so allow this to be a part of your new story. Your interaction here creates a living wisdom for us all to benefit from.



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some form of prescription
medication.

The Power of Denial in Alcoholism

By Mark S. Gold, MD

Denial is a characteristic distortion in thinking experienced by people with alcoholism. For decades, people who treat alcoholics, and recovering alcoholics themselves, have puzzled over why alcoholics continue to drink when the link between alcohol and the losses they suffer is so clear.

Denial is an integral part of the disease of alcoholism and a major obstacle to recovery. The term “denial” underlies the primary symptom described as drinking despite adverse consequences.

Treatment professionals are beginning to recognize that not all individuals with alcoholism have the same level of denial. In fact, people have various levels of awareness of their alcohol use problems, which means they are in different stages of readiness to change their behavior. Professionals have taken advantage of this insight about alcoholism to develop treatment approaches that are matched to a person’s readiness to change and that motivate people to enter the change process even when they are frightened of what’s in store. However, despite these advances in treatment, many individuals with alcoholism persist in denying their problem, and typically, the more severe the addiction, the stronger the denial.

The power of the alcoholic’s denial may be so strong that it carries over to the alcoholic’s family and important people in his or her life, convincing them that the alcoholic’s problem is something other than it is—weak health, bad luck, accident



public that alcoholism is a disease and not a defect of willpower or a moral failure is that, now and in the future, fewer people will have to experience this shock of recognition when it is too late to do anything about it, and that people will get the treatment they need when they need it most—before alcoholism has led to irreversible consequences.

When people close to an alcoholic are affected by their own and the alcoholic’s denial, they often act in ways that protect the alcoholic from experiencing the full consequences of his or her behaviors. This type of protective behavior, although often motivated by love and concern, is referred to as enabling, because it permits the individual to continue drinking and allows the disease to progress, the symptoms to intensify and the consequences to become worse for all concerned. Like denial, enabling is another one of the symptoms of alcoholism—a symptom displayed by others, not by the alcoholic—that is not specifically mentioned in the diagnostic criteria, but that is a well-recognized aspect of the disease. Special groups, like Al-Anon and Alateen, have been established to help people concerned about the alcoholics in their lives to understand them and to help them, largely by gaining the strength to stop enabling.

Overcoming denial and enabling is often the first step into treatment for the alcoholic.

“No one talked about it; everyone covered it up. The stigma of alcoholism and the many myths that have merged to form a distorted portrait of people with alcoholism have strongly contributed to denial both on an individual and a societal level.”

The hope of health professionals and others who have worked to educate the



Jump-start your recovery today and receive \$200 OFF your workshop.

The Meadows’ workshops offer healing and empowerment to individuals in various stages of their recovery. Our workshops address the needs of those who have just begun a recovery process, as well as those who have been on a recovery path and may have hit a plateau or want to deepen their experience. Workshops can also be a source of renewal for anyone who has undergone treatment. Participants work on sensitive issues in a concentrated format, allowing them to jump-start and enhance their personal recovery journey by gaining insight into unhealthy patterns and practicing new relational skills in a safe environment. Our workshops include:

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Best Kept Secret

Reviewed by Lauren Suval

“Cadence didn’t sit down one night and decide that downing two bottles of wine was a brilliant idea.” – Amy Hatvany

Amy Hatvany’s *Best Kept Secret* is a gripping novel that explores the intricacies of a painful truth – the truth of addiction.

“Cadence could be you, your neighbor, your friend,” author Kaira Rouda wrote. “At her core, she is the mother we all try to be.” Addictive tendencies may originate in unsuspecting individuals, including mothers of young children. This is the story of Cadence, and how she navigates the dark world of alcoholism.

Cadence’s marriage to Martin crumbled when their son, Charlie, was a toddler. After their divorce, Cadence felt the immense challenge and strain of balancing work (as a freelance writer) with the responsibilities of motherhood. It started with one glass of wine at night, to induce relaxation and a restful sleep. And then, one glass spiraled into consuming multiple bottles at a time, until her life spun out of control and became completely unmanageable.

When Cadence’s sister discovered her in dire condition, during the pivotal height of addiction, she brought her to the emergency room, which led to a stay in the psychiatric ward, along with the commitment to an intensive treatment program. Utterly depressed and distraught that she lost custody of Charlie, Cadence wills herself to embark on a journey of recovery, sincerely hoping that all the broken pieces will fall back into place. The book jumps from present-day moments to flashbacks of the past, where we could glimpse Cadence’s demons and the road that led to the unraveling of her ‘best kept secret.’

Best Kept Secret reiterates a common misconception – that only those who come from tumultuous backgrounds succumb to alcohol and substance abuse.

“I’m not an alcoholic,” Cadence rationalizes in one chapter. “Alcoholics live under bridges and swig from bottles tucked in brown paper bags. They beg for change on street corners and make offers to wash windshields while you’re stopped at a traffic light. That’s not me. That’s not my life. I graduated from college. I own a home. I shower on a regular basis. I still have all my teeth. I had a drinking problem for a little while there, but it was just the wrong way to deal with the stress of being on my own with a toddler.”

Under the surface of any addiction, there’s a lack of coping strategies. In order to numb and dull emotional pain, some turn to a particular vice; in Cadence’s case, her vice was wine.

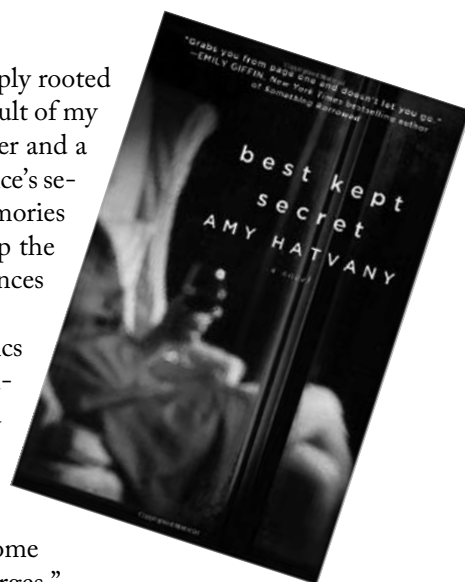
So, where did her inner turmoil originate? Cadence longed to be the ‘superhero mom’ who’s able to do everything without assistance. She struggled with vulnerability and had trouble asking for help. (That may stem from the fact that her mother was often absent during her childhood). Cadence felt inadequate; she couldn’t live up to the image of a ‘strong, self-sufficient woman,’ and the desire to ease those insecurities compelled her to drink. (I speculate that since she never had a reliable mother figure, she was suffering from that strained relationship as well.)

The final pages of the book include “A Conversation with Amy Hatvany,” she

boldly discusses how this fictional account is deeply rooted in reality. “I began writing the story as a direct result of my own emotional experiences around being a mother and a recovering alcoholic,” she said. “In revealing Cadence’s secret I was revealing my own. There were dark memories I had to revisit, and it took some time to build up the courage to get the emotional side of those experiences fully onto the page.”

She also notes that women who aren’t alcoholics still may related to the storyline. “I wanted to emphasize how many women, whether or not they end up becoming an alcoholic, face incredible amounts of pressure to do everything in their lives perfectly. So we reach for behaviors that drown our shame out, at least temporarily. And then we become ashamed of the behavior, and a vicious cycle emerges.”

Amy Hatvany’s *Best Kept Secret* bravely depicts someone who must find her way out of the darkness and into the light. I recommend this incredibly honest and heartfelt portrait of an imperfect heroine.



**MANY
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A Faces & Voices of Recovery Campaign

“It was an incredible moment in our history and an enormous act of courage for the wife of a President,” says William White exploring the impact of Betty Ford’s activism as a self-proclaimed woman in recovery from alcohol and prescription drugs.

In the pantheon of female recovery icons, Betty Ford occupies a special place beside Lois Wilson and Marty Mann. “I think I was born to be outspoken,” said Ford, recipient of both the Congressional Gold Medal (1999) and the Presidential Medal of Freedom (1991), honors awarded in recognition of her public service.

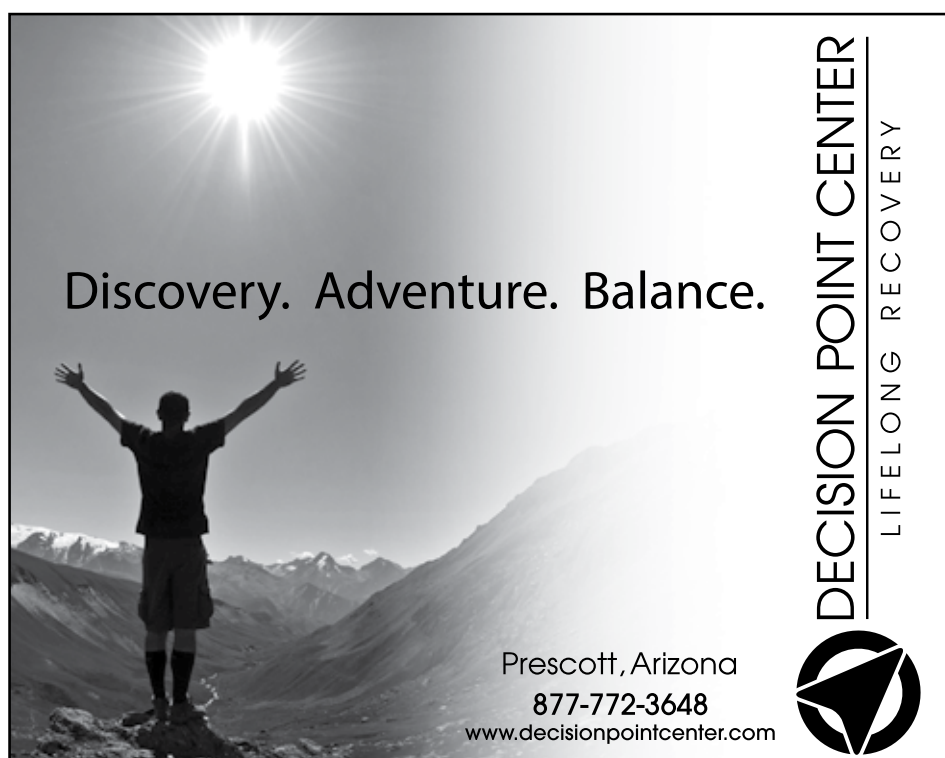
Best known as founder of the addiction treatment center now known as the Hazelden Betty Ford Foundation, the former First Lady came into recovery in 1978 and became public about her recovery during the 1980s, a period described by White as one of “reversal for our movement.” The cocaine epidemic and the “War on Drugs”

restigmatized, demedicalized and recriminalized people with addiction, he says, and Ford’s engagement was a “turning point.”

Ford made addiction visible as a medical issue also affecting women. As White notes, large numbers of women suffering from addiction are hidden within this culture, and Betty Ford was among them.

Throughout her long life, Ford advocated tirelessly for understanding addiction as a healthcare issue, not a moral failing. She told the House Committee, “I know that treatment works. I know that it saves lives, because it saved mine.” In her 1987 autobiography, she wrote, “There is joy in recovery, and in helping others discover that joy.” By the power of such stories, White argues that we can begin to dismantle stereotypes and obstacles, and widen the doorway of entry into long-term recovery. Get involved. Stay involved. Be the voice. The recovery movement needs you.


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In the N E W S

The River Source opens Youth Program

The River Source Youth Substance Abuse Rehab Program provides treatment to adolescent males (ages 12-17) for drug and alcohol addiction by offering services in a safe, residential environment. Aligning with their philosophies in drug and alcohol treatment, they focus on treating the underlying issues rather than just the symptoms of this disease. River Source's integrative approach uses traditional medical detox with a team of medical and support professionals that focus on healing the whole person; physically, mentally and spiritually.

Youth Addiction Rehab Program Highlights

- **Detox:** The River Source is one of the few teen rehab treatment centers offering detox as part of the residential inpatient program.
- **Holistic Methods:** As the body and mind are restored to harmony and balance, patients are taught yoga and meditation techniques to enhance their mind, body, and spirit connection. Patients meet individually with counselors and interact in group education where they learn how to rebuild and shape their lives for success.
- **Education:** Once the body is stabilized and free of the toxic effects of drugs and alcohol, patients begin nourishing the mind through education, music and art therapy. They will have the option to attend online classes, or receive coursework provided from their schools. Our academic program provides support for teen patients to focus on their studies. For those interested, our GED assistance program prepares patients for taking the GED.
- **12 Step for Teens:** With a focus on peer support and active involvement, our 12 step rehab program incorporates the Big Book, 12 x 12, Interactive Journals and more. There will be opportunities to participate in youth centered 12 Step meetings, as well as peer support groups.
- **Family Enrichment:** Family involvement and supportive activities are encouraged where the patient and family can grow together helps to build trust and repair family bonds. All parents will have access to the youth treatment team where they will be able to receive updates, message their child's medical team or counselors, and remain an ac-

tive participant in their son's addiction recovery.

For more information call 888-687-7332 or visit www.riversource.org.

Transitions through Divorce Recovery Group

Divorce can be a frightening, emotional journey, but it does not need to be taken alone.

The Transitions Counseling Divorce Recovery Group is an experiential group program designed for individuals who are experiencing or have recently experienced the end of a primary relationship through separation or divorce.

Divorce can be a frightening, emotional journey, but it does not need to be taken alone. Divorce Recovery is not only about endings, it is about new beginnings. It is about finding the path back to our true selves. Transitions Through Divorce is a program that will provide the tools and opportunities to learn and grow through this life experience. If you are confused and hurting, this program can help the transition through the divorce process with compassion and support.

The Transitions Divorce Recovery Group will be held bi-weekly on Thursdays from 6-7:15 PM beginning May 7 at the Transitions Counseling Office, 19420 N. 59th Avenue, B-247 in Glendale. Weekly groups are \$45 per session. Payment plans are available. Visit www.transitionscounselingandconsult.com/group-treatment or contact Meagan Foxx, LPC, LISAC (602) 363-0629 or meagan@transitionsconsultingandconsult.com to register and for more details.

"Flakka" is latest Synthetic Drug to Worry Experts

A drug known as "flakka" is the latest synthetic compound to raise concern among public health experts, Fox News reports. Flakka is a tweaked version of bath salts.

In some cases, Flakka can cause heart palpitations and aggressive, violent behavior, the article notes. Use of the drug can affect the kidneys, leading to kidney failure or death.

Flakka use has recently been reported in Florida, Ohio and Texas. The name is derived from the Spanish word "flaca," which means "skinny." The drug is sold in other parts of the country as "Gravel."

NEWS continued page 14

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— Keynote Speaker — NEW YORK TIMES BESTSELLING AUTHOR

Benoit Denizet-Lewis

For nearly three years, Benoit immersed himself inside the lives of eight addicts.

AMERICA ANONYMOUS shines a spotlight on our most misunderstood health problem (is addiction a brain disease? A spiritual malady? A moral failing?) and tries to break through the shame and denial that still shape our cultural understanding of it—and hamper our ability to treat it.


Benoit spoke about the book (and addiction) on numerous television and radio programs, including *The Today Show*, *Anderson Cooper 360*, and *NPR's Here & Now*.

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Telling the truth about past addiction issues on job applications

By Teresa Wren Johnston

Please answer the following employment application questions honestly:

- *Have you ever been convicted of a felony?*
- *Have you ever been diagnosed with a mental illness?*
- *Have you been treated for alcoholism or substance use?*

Even if George Washington could “never tell a lie,” in today’s fast-paced, super-efficient business world, the online employment application and faceless vetting out of future employees makes it hard for young adults in recovery from addiction to do the right thing when confronted with the application check box.

One click, one chance gone down the drain. Some may say it’s all right to lie given the implications of a truthful answer.

I don’t agree. And I don’t think most employers want to hire dishonest employees.

At Kennesaw State University’s Center for Young Adult Addiction and Recovery, we mentor our young adults in recovery who are seeking careers to always tell the truth — even at the risk of being weeded out of a particular job.

The student in recovery from addiction has a past that comes with consequences that were often a defining moment in their lives. That same defining moment, also called a bottom, can provide a moment of clarity when the brain so deeply affected by substance use is infiltrated by an act so contrary to a person’s values that insight returns.

One of our students describes it this

way: “I was a felon. I was arrested and convicted for credit card fraud, and the day that happened, I couldn’t believe how low I had sunk to sustain my drug use.”

Today, this student is rapidly approaching the online application process for internships, co-ops and future jobs. Now a man in long-term recovery for more than three years, he is in a trusted leadership role handling the funds for the collegiate recovery community. Maintaining a solid 4.0 grade point average, he may be the best human resource investment a firm could make. But he may never be hired because he did the right thing: he checked the box.

We all understand that actions have consequences. Our brains help us decide right from wrong. But with the disease of addiction, the very organ we use to make decisions is affected. Choice, insight and even the instinct to protect one’s own life are affected in a negative way by prolonged substance use.

After treatment, as one begins the recovery journey, the brain begins to heal. As a field, neuroscience, addiction medicine and behavioral health continue to explore the function of the brain and how it is impacted by addiction.

Continued exploration and understanding of our main operating system impacts the care and treatment of this disease. As we better understand how the brain functions, we can develop and refine current treatment practices.

We know that treatment works, as do community support, peer support and

TRUTH continued page 13



LIFE 101

By COACH CARY BAYER www.carybayer.com

Let Us Pray or Let Us PLAY?

I’ve given sermons in and taught workshops at 75 different metaphysical churches in the U.S. So I’ve often heard — as have you — the expression, “Let us pray.”

These words tumble regularly from the pulpit. But in all those dozens of churches, I’ve never heard the words, “Let us play.”

This is odd, when you consider that Jesus said, *“Unless you change and become like little children, you will never enter the kingdom of Heaven.”*

Researchers say adults laugh 20 times a day; kids 300 times. The Japanese say, *“Time spent laughing is time spent with the gods.”*

So why are temples, churches, and mosques so darned solemn? An even deeper question is why do we depict the Higher Power as so darned solemn? This is the same Cosmic Intelligence that made it necessary for man and woman to come together to keep the species going. You don’t think that takes a sense of humor?

For my two cents...God is the Ultimate Comedian. George Burns fits my casting eye for God better than, say, Billy Graham. (I don’t think I ever saw Billy Graham laugh. Ditto my mother’s father in all the 25 years I knew him.) The New Testament doesn’t depict Jesus having a good time — and he was in Heaven. Call me wacky again, but if I turned water into wine, I’d smile from ear to ear, especially at a wedding celebration that had run out of that potent potable. I’ve only seen one depiction of Jesus laughing in all the Christ art ever created; it was at a Unity church.

Maybe our conception of the Heavenly Father is a function of our experiences of earthly fathers. Movies set in the 19th century show stern, solemn, God-fearing fathers — Not God-enjoying fathers.

America was populated by religious fanatics who left England because they were...well, fanatics, even to uptight Brits. The Puritan work ethic is still very much alive on our shores, and they were a guilty, not fun-loving bunch.

Perhaps my sense of the playful nature of the Heavenly Father is influenced by my

earthly father. Sam Bayer was easy-going, witty, light-hearted, laughed easily, and made others do the same. Sidney Sheldon wrote: “The art of making others laugh is surely a wondrous gift from the gods.” Dad and his brother Dave had that gift.

Once, when I was five years old, the two of them were at a family function and had the entire gathering in stitches, tears falling down many faces. In that moment, time stopped; it was like a movie with the

sound suddenly knocked out, and I said to myself, “I want to do this, too.” From that Kodak moment (the iPhone hadn’t been invented yet) came the desire to find lightness in every moment. So I was drawn to all things comic; as a

teen when I was drawn to all things cosmic, I liked my cosmic with a comic twist.

Enter Maharishi Mahesh Yogi, who was as comfortable praying as he was playing, a saint who aint afraid to laugh. He was dubbed the giggling guru. Bill Maher said the Dali Lama relaxes with reruns of M*A*S*H. Enlightenment means bliss, as in fun.

The \$64,000 question is:

Did my concept of God having the greatest sense of humor evolve because my earthly father and guru had great ones, or is it that they had great ones because humor, being one of God’s greatest gifts to mankind, was passed on by Him to us, his creatures? Playfulness helps us through dark days, for as Charlie Chaplin said, *“Life is a tragedy in close-up, but a comedy in long-shot.”* Schopenhauer noted, *“A sense of humor is the only divine quality of man.”*

So, the next time, as James Taylor sang, “When you’re down and troubled and you need a helping hand...And nothing, whoa, nothing is going right.” and you get down on your knees to pray, consider sprawling out on the floor completely; the way you did in the sandbox when you were very young and...well, play. Sometimes the best way out of darkness is to turn on the light, and have a good laugh; it helps the darkness disappear.



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Life: A Sprint or Marathon?

By Dr. Dina Evan

My friend Cesar is a marathoner. I have watched him over the years, building endurance and strength, signing up for greater and greater challenges to his body, mind and spirit. He bears the pain and frustration while holding fast to finishing the race and meeting his goal. When he's done, he's exhausted and his body feels broken. What he is doing is simple. He is living a truth that Einstein shared which is profound. Einstein said, "Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

We are **impatient**. We are **addicted to instant gratification**. We want what we want **NOW!** The secret of creating healing and a life well lived, is understanding that the desire to heal and push our soul forward, is what provides the momentum and purpose of our lives. It's fabulous that we get to work on it until we leave the planet.

It's a marathon, not a sprint. In order to get to the finish line as a winner, we must allow our hearts and minds to break open with new ideas, new tools and the willingness to create that, which may often feel impossible. At the same time we need to recognize our mistakes and use them for quantum leaping along the path.

The finish line looks different for each person. What constitutes a life well lived for me is probably not the same for you. Regardless of how different each looks however, there are some keys to making to the finish line.

First, we must be willing to embrace our mistakes as lessons, get out of self-judgment and get back in training and the race. There are no prizes, brownie points or certificates in heaven for suffering. Suffering does no good and the frequency (the energy), of suffering will create delays in your progress and self-loathing. Punishing yourself past having gotten the understanding of the lesson, is self-abuse. The whole point of being on this planet is to make mistakes and learn from them. So if you are doing that, you are doing what you came here to do. Mistakes are the product of an inquiring mind and a courageous soul. If you are not making mistakes you are standing still in mediocrity.

Second, take personal responsibility for EVERYTHING in your life! No, not a volcano, hurricane or blizzard. However,

I actually think the truth is we are responsible for creating those as well with our ignorance about how to care for the planet. What I mean instead is, stop blaming your parents, partner, boss or anyone else for your choices, unhappiness or failures. People can spend eons saying, "Well if he wouldn't do this, I wouldn't have to do that." NOT! That is always a lie. We all do exactly what we want to do because WE WANT to.

A Perpetrator perpetrates because they want control. Liars lie because they are protecting themselves from the truth or are not willing to deal with the fallout of telling it. Your parents did the best they could with what they had in that moment.

You and I are responsible for doing it better.

Every friend, family member or associate in your life is a master teacher for you. Don't miss the lesson in each circumstance, or you will also miss the gift. Victor Frankl says, "*The last of the human freedoms is to choose ones attitude in any given circumstance.*" Each time you make your lessons the fault of someone else you have given that person your power for change and your chance for greatness. That is not to say people are not cruel or stupid at times, however the question is not about them or how to change them. The question is how will you choose to respond to those people and change yourself and your life?

Finally, be careful what you choose to focus on and empower. Everything you ruminate, criticize or hate about yourself or anyone else gets bigger, heavier and more burdensome because YOU are feeding it your energy. "Match the frequency of the reality you want and you cannot help but get that reality." Look behind you. My bet is that most things you fear in your life have never happened. If you feel unworthy of relationships, no doubt people keep leaving you. If you feel helpless, no doubt you find yourself getting victimized frequently. You are living what you believe today and tomorrow you will live what you believe. The gift is tyou get to choose. Choose that which is loving to you and everyone else. You deserve it.



Dr. Evan is a life/soul coach in Arizona working with individuals, couples and corporations. She specializes in relationships, personal and professional empowerment, compassion and consciousness. For more information 602-997-1200, email drdbe@attglobal.net

or visit www.DrDinaEvan.com.



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(Individuals pictured are models used for illustrative purposes only.)



THINE OWN SELF from page 1

areas to release adrenaline and other chemicals to mobilize our body into quick and intense behaviors, like fleeing or fighting. At the same time, there are electrical signals supporting these fight, flight and freeze responses, as well as hormonal responses that try to sustain these survival responses, like cortisol.

All said, with the electrical, neurochemical, and hormonal activity, a person quickly becomes overrun with the physical and emotional responses to the Fight, Flight, Freeze activity. This activity feels quite uncomfortable to us. Just think of the last time you had a "close call" with something, like a near-miss car accident, and your heart was racing, and you had rapid breathing, shaking, emotionally feeling fear. If these kinds of physiologic responses occur often, they can be very uncomfortable. When we are very young, our minds try their best to decrease these Fight, Flight, Freeze responses.

When we are little children, our thinking brain is one of those brain areas that take much longer to develop when compared to the survival brain areas. We simply don't understand much of what is going on around us, or why our caregivers are responding to us the way they do. This "not knowing" is a perfect setup for us to misinterpret the meaning of their behaviors and interactions with us. Our little imaginations can run wild and come to very erroneous conclusions. Many of our misunderstandings of our caregivers actions can lead to these Fight, Flight, Freeze responses.

Aristotle and Sigmund Freud had described the pain-pleasure principle. Basically, this explains that human beings are "wired" to both move away from pain, and go towards pleasure.

When we were young children and our survival brains were triggering the Fight, Flight, Freeze responses, we would be left feeling quite uncomfortable. The Fight, Flight, Freeze responses are VERY stressful on the body and our emotional state.

What happens?

We start making up "rules of life" of how to keep our parents and other important people happy with us. There are potentially thousands of these "rules". The purpose of them is to navigate our lives more successfully with our caregivers, and to decrease the frequency of FFF response.

A few examples of these "rules", or "Deep False Beliefs" are:

"Whatever I do, I better do well!"

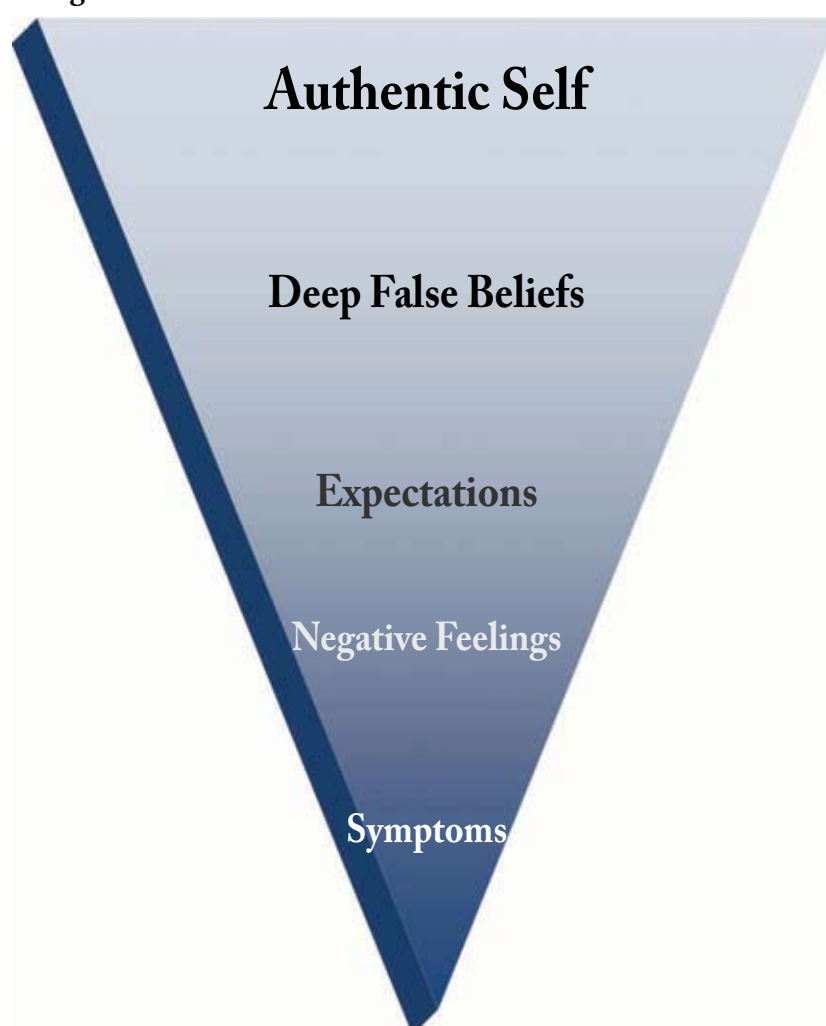
"I shouldn't get angry"

"I should be nice to other people."

Now, these aren't rules like we create when we are older and think and analyze things in our thinking brain; rather, these are safety strategies our survival brain creates. These rules are the ones that are tightly bound with Fight, Flight, Freeze responses.

For example, the deep false belief "I shouldn't get angry" often develops when a child is young and becomes very angry or rageful about someone or something. This is a totally normal reaction. When the child, however, sees the negative facial expression or reaction of their psychologically extremely important parents, the child may instantly go into a FFF reaction. After a few to several experiences like this, in order to avoid the powerful FFF bodily and emotional experience, the child's relatively undeveloped thinking brain will figure out something like "Uh-oh, Mom looks like she doesn't love me when I'm angry. I better

Figure 1



stop it or I might lose her love." Eventually, this belief may become something like: "I'm bad when I'm angry".

Parallel to this ongoing process of our young brains making up these deep false beliefs, our personality is evolving and developing. Since survival responses "trump" all other brain wiring, including personality development, our personalities have to grow through and around these many deep false beliefs. Our personalities that we hold near and dear to us are actually products from having been heavily influenced by all of these "rules". For example, our personality may be very "nice". It's important to ultimately understand what aspects of ourselves are authentic and genuine, versus a response to deep false beliefs.

By the time we are beginning school, most of us have layers of deep false beliefs that are meshed together with our personalities. We have lost touch with much of our Authentic Self.

Is our Authentic Self gone or contaminated or pared down? No! It remains quietly present, usually without your awareness of it. In general, the "voice" of our conscious thinking brain and deep false beliefs are far louder than the "voice" (whisper) of the Authentic Self.

Now let's move on to the next step of the flow chart in Figure 1:

What happens when a child has a deeply embedded deep false belief, like "Whatever I do, I better do well!"?

We form many, many expectations of others and ourselves from this one deep false belief. For example, the expectation of great school performance, or sports performance, may become offshoots of the deep false belief of "Whatever I do, I better do well". These expectations may become offshoots of the Deep False Belief "whatever I do, I better do well." And remember that the Deep False Beliefs and expectations are bound together with the FFF responses. So when we don't perform well at school, the deep survival brain response will become triggered. Notice this is different than our usual desire to do well at school; this **FEELS** within our body and emotion that we **MUST** perform well at school.

A personal example of this recently happened to me. I had been raised by parents who deeply valued academic performance. I would shudder when looking in their faces when I would bring home a

"not so great" report card. At a young age, my brain created the Deep False Belief that went something like: "I better do well at school or Mom and Dad will be very unhappy with me." My survival brain was clearly tied to this, as my body would go into terror (Flight mode), whenever I would bring home a poor report card. That was many years ago.

Cut ahead to several weeks ago: I took a quiz in *Oprah Magazine* that tested the reader's clothing IQ. Even though I have little to no interest in this area, I found my heart racing, respirations increasing, and my hands trembling a bit when I tallied up my score and found I had badly failed the quiz!

This demonstrated how our Deep False Beliefs become deeply embedded in our psyche, and are tightly bound to our survival brain's FFF response.

Other examples could be our performance in sports, a musical instrument, "looking right", driving the right car, and so forth.

How many expectations could be spin offs of the one "Whatever I do, I better do well"? I would guesstimate thousands. I once tracked my thoughts for a whole day. Aside from being incredibly boring, I was amazed to find that I had expectations to do well with many things! From how well I brushed my teeth, if I ate right for breakfast, to if I drove too fast or slow.

We each have many thousands of these deep false beliefs... so how many expectations are most of us walking around with? Well, let's do the math...

Most of us have thousands of deep false beliefs, and many of those have thousands of expectations that offshoot from the belief. I think we're looking at a vast amount of expectations that are stored within each of us!

Again, what is happening with our Authentic Self as our mind/brain are inundated with expectations? We move farther and farther away.

By the time we reach the mid-adulthood years, many of us find we are not reaching an increasing number of our expectations that were put into place many years before. We find that we simply cannot do many things well. Or we may find that we cannot perform so well in sports any

THINE OWN SELF continued page 10

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Remember What's Important

By Alan Cohen

I attended a concert by the Brothers Cazimero, two talented and well-loved Hawaiian musicians. Early in the evening one of the brothers, Roland, fell ill and had to leave the stage. Suddenly his brother Robert found himself on stage in front of a thousand people without his partner, unable to perform the two-hour repertoire they had rehearsed. He had to wing it.

The audience was quite disappointed. Here we had paid for tickets and come out for this big event, and it wasn't going to happen. We wanted Robert and Roland, not just Robert. Instead of complaining, however, the audience mounted massive support for both brothers. People called out, "We love you, Roland!" as he left the stage. We applauded wildly for Robert as he tried to patch together a concert. He made some chord errors, and one of the male hula dancers in his ensemble had his costume nearly fall off on stage while the troupe improvised a dance. None of that mattered. We all understood this was an emergency situation, and everyone pulled together to make the best of it. By the end of the evening the musical presentation was not at all what we had expected, but the concert hall was filled with celebration. After the finale, Robert received a standing ovation. Many in the audience inwardly held Roland in prayer. Higher Mind reframed an awkward situation as a call for love, and transformed the event. As a result, the evening was far more rewarding than if we had simply heard the concert as planned.

A Course in Miracles tells us the world we see is inside out and upside down. We value the trivial and overlook the monumental. We are enamored with things and ignore people. We worship at the altar of limitation and forsake our potential. We live disconnected from the worthwhile and then wonder why we are in pain.

Dee and I recently had to reorder checks from our bank. We were amazed to find all the different motifs and mottos we could have imprinted on our checks. Finally we chose one that spoke to us: **"Remember what's important."** Now every time we sign a check we are reminded to value



love more than money. And see money as an expression of love.

Jewish Theologian Abraham Joshua Heschel said, "When I was young, I admired clever people. Now that I am old I admire kind people." Contemporary education fills our minds with facts, but leaves our hearts empty.

Children are taught how to follow, not how to lead. When kids have to walk through metal detectors to get into elementary school, one must question what kind of education goes on behind those walls. A college degree does not mean you know who you are or what you are here to do. A professor at one of the most prestigious universities in the world told me that faculty members are fighting with each other constantly. One has to wonder how intelligent these people really are. They have amassed extraordinary technical expertise, but they have not learned how to get along. Are they truly successful?

I saw a documentary about a man who was killed in a crazed gunman's spree on the Long Island Railroad. His wife tearfully reported, "When I said goodbye to him that morning, I thought for sure I would see him that evening — but I didn't."

We all expect that we will see our beloved family and friends again. Most of the time we will. Sometimes we won't. How much more meaningful would our moments

with loved ones be if we treated them as if this might be our last time together? We would not squabble over petty issues. We would remember what's important.

Author Diane Cirincione tells that she used to get irritated when her husband Jerry Jampolsky would make toast in the kitchen each morning, and then leave crumbs on the counter. Diane asked him to please be more conscious about cleanup, but then the next morning she would walk into the kitchen and find crumbs again. "Then one morning I had a stunning thought," Diane reported. "The only thing worse than finding crumbs would be to not find crumbs because Jerry was not there. From that time on the crumbs didn't bother me. They were unimportant in the light of the love we share."

The purpose of our journey through life, including all of our experiences and relationships, is to remember what's important. As children we knew what is important. We had light hearts, laughed often, expressed ourselves honestly, and gravitated to people we loved. Then we were trained in what is important instead, and our lights began to dim. At some point we begin to recognize that what we were told is important, is not, and what we know is important, is.

You can tell what you believe is important by what you are doing and what you are getting. We are always choosing between one thing and another, and getting more of what we focus on. We can focus on the love or the crumbs. We can complain that our partner came home late, or celebrate that they came home at all. Every moment is precious.



*Alan Cohen is the author of many inspirational books, including **I Had it All the Time**. Join Alan's Life Coach Training Program, beginning September 1, to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Alan's Hawaii retreat, books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com.*



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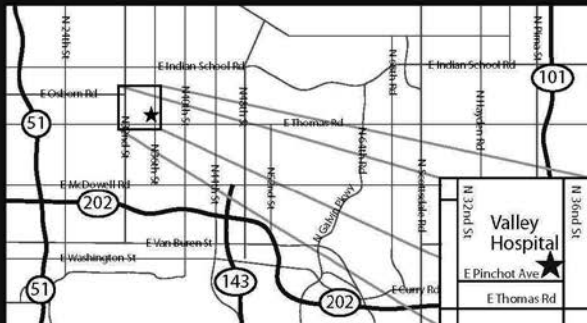


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Cocaine Anonymous	520-326-2211
Cottonwood de Tucson	800-877-4520
Crisis Intervention	520-323-9373
Information Referral Helpline	800-352-3792
Half-Way Home	520-881-0066
Narcotics Anonymous	520-881-8381
Nictone Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Sex/Love Addicts Anonymous	520-792-6450
Sex Addicts Anonymous	520-745-0775
Sierra Tucson	800-842-4487
The S.O.B.E.R Project	520-404-6237
Suicide Prevention	520-323-9372
Taste of Peace	520- 425-3020
Tucson Men's Teen Challenge	520-792-1790
Turn Your Life Around	520-887-2643
Workaholics Anonymous	520-403-3559

THINE OWN SELF from page 8

longer. Or our marriages just didn't work out as we had expected. If we look at the flow chart in Figure 1, we see that negative feelings may follow when our expectations are not met.

Research has clearly shown when a person harbors negative feelings for longer than a short period of time, i.e., *anger*,

“One Deep False Belief, like “Whatever I do, I better do well!”, can have thousands of expectations that are offshoots. Many of them will disappear when the underlying belief is corrected.”

sadness, fear, our bodies “take a hit”; our immune function, heart function, resistance to cancer, heart disease, may become compromised.

Finally, we then fall to the very bottom of the flow chart, which is when we develop symptoms. This could be depression, anxiety, certain medical problems.

By the time we are adults, most of us have brains and nervous systems that are inundated with deep false beliefs, expectations, and Fight, Flight, Freeze responses. Our true Self is typically long forgotten about. It would be challenging to follow “To Thine Own Self Be True” simply because most of us are unaware of who the Self is.

What can we do about this?

If you want to increase the presence of your Authentic Self in your daily life, the two main strategies would be to:

1. decrease the frequency and length of time you fall down the “slippery slope” of the flow chart and you stay down there, and
2. work on the highest levels as possible on the flow chart.

If you're stuck down in the “symptoms” level of the flow chart, e.g., chronic depression, anxiety, and your current sole strategy is to take your prescribed medication (which only addresses the bottom level of the Flow Chart), you may feel better for awhile, but you still have the same batch of Deep False Beliefs and expectations lodged in your psyche. It may just be a matter of time before more of our expectations from Deep False Beliefs are not met, and fall down the flow chart into having symptoms again.

In addition to taking your medication, you might also consider spiritual practice, like a 12-Step program, and/or meditation or other mindfulness practice, connecting with nature, or whatever brings you closer to your Authentic Self. These interventions

would be working at the top level of the flow chart.

Additionally, anything that stabilizes the brainstem and limbic areas of our brain will generally lead to greater calm and relaxation. This will automatically make us more available to connection with our Authentic Self. Some examples: Mindful-

ness practices, slow paced yoga, Emotional Freedom Technique, acupuncture, neuro-feedback, Heart Rate Variability training, Somatic Experiencing, Sensorimotor Psychotherapy, and many more.

The next very potent level of intervening in order to re-acquaint you with your Authentic Self could be identifying and correcting Deep False Beliefs. There are many ways to do this. Having a therapist initially could really speed up the process until you can do it more on your own. Therapists or books with cognitive approaches can assist you identify your Deep False Beliefs, and techniques like EMDR (Eye Movement Desensitization and Reprocessing), IFS (Internal Family systems (Richard Schwartz, founder), can help you clear them out.

Now, why do you think we would get a “bigger bang for the buck” with clearing deep false beliefs, over expectations?

Both approaches are actually fine, however, when you identify and pull up by the roots even one large Deep False Belief, many, many expectations are simultaneously uprooted. So one Deep False Belief, like “Whatever I do, I better do well!”, can have thousands of expectations that are offshoots. Many of them will disappear when the underlying belief is corrected. If you had approached the process by mainly identifying and clearing out your expectations, although this is very good, it is much more tedious work, and may not clear out the underlying Deep False Belief, that may continue to generate additional Expectations.

Some interventions work at all levels of the flow chart. For example, the 5-day Survivors workshop at The Meadows addresses all levels of the flow chart.

Whatever approaches you choose to take in reclaiming your Authentic Self, just keep in mind WHERE on the chart you are working. This will help you over the long run to maximize your connection with Authentic Self.

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Events Calendar | Support Groups

MAY 11-15 – Tucson – Cottonwood Tucson – InnerPath Couple’s Workshop. This five-day workshop for couples focuses on learning what constitutes a healthy relationship and how to attain it. **Facilitated by Rokelle Lerner.** Visit www.cottonwoodtucson.com or call Jana at 520-743-2141 or email at jmartin@cottonwoodtucson.com for information and registration.

MAY 18-22 – Tucson – Cottonwood Tucson – InnerPath Workshop. This five-day intensive workshop is tailored to meet the needs of those individuals who want to make healthy changes in their lives. **Facilitated by Rokelle Lerner.** Visit www.cottonwoodtucson.com or call Jana at 520 743 2141 or email at jmartin@cottonwoodtucson.com for information and registration.

May 22 — Get Informed - Be Informed- Presented by Sierra Tucson. “*Family Recovery and Healing Strategies: Moving Past the Damage.*” 8:30 - 9:00 a.m. - Registration. 9:00 - Noon - Presentation. **Phoenix Marriott Tempe at The Buttes**, 2000 Westcourt Way, Tempe. 602-225-9000 Presenters: Jaime W. Vinck, MC, LPC, NCC, Chief Clinical Officer and Mike Gaziano, M.S.W., LCSW (WI), Family Program Coordinator, Family Therapist. Presentation will address how to re-story the family script to include healthy patterns of communication, boundaries, and self care. **Sign up and save!** \$20 per person (Late registration at the door, \$30 cash or check.) Contact: CLamy@CRCHHealth.com.

Every Week – Tucson – Cottonwood Tucson – InnerPath Developing Healthy Families Workshop. Five-day workshop is for families impacted by addictions, psychiatric disorders, anger & rage, and trauma. Facilitated by Cottonwood staff. Visit www.cottonwoodtucson.com or call Jana at 520-743 2141 or email jmartin@cottonwoodtucson.com for information.

Psychodramatist, Certified Psychodramatist, Practitioner Applicant for Trainer at Arizona Psychodrama Institute. **June 10-14** - Psychodrama Residential - 29.5 hours of training at Scottsdale resort - \$495 Early Bird price includes 3 lunches. **July 12** - Basics of Psychodrama: Periphery to Core - 6 hours in Tempe - \$99. **Aug. 15** - Art & Psychodrama in Tucson - \$109 includes art supplies. **Aug. 16** - Ethically Sound Experiential Interventions for Trauma and Self-Injury - Full-Day Workshop at Southwestern School for Behavioral Health Studies in Tucson. **Aug. 17** - Cultural Competency & Diversity - 3 hours, Southwestern School for Behavioral Health Studies in Tucson. www.azpsychodrama.com.

Merritt Center Returning Combat Veterans Retreat Program. Free 4 weekend program for combat Vets. Betty Merritt, betty@merrittcenter.org. 800-414-9880 www.merrittcenter.org

On Going Support

Tuesdays - Phoenix — Dennis Ryan facilitates a Men’s Anger Management Group that addresses rage intervention strategies, healthy expression of anger, emotions education, trigger awareness are the topics covered in the men’s anger management group. Learning and solutions are the focus. A firm commitment of ten ses-

sions is required. To schedule an appointment, or make a referral contact: Dennis M. Ryan, M.C., L.P.C. at 602-381-8003. Meets every Tuesday, first session 5 p.m. 6 p.m., and second session 6 p.m. - 7 p.m. The Transformation Institute. 4202 N. 32nd Street, Suite J, Phoenix, AZ 85018.

Thursdays - Phoenix— Dennis Ryan facilitates a Men’s General Therapy Group that empowers members to work through blockages to living they may be struggling with. Solutions and support are offered to deal with defensiveness, addictive and co-addictive behavior, difficult life issues, and unresolved trauma. Dennis M. Ryan, M.C., L.P.C. at 602-381-8003. Meets every Thursday, first session 5 p.m. - 6:30 p.m., second session 6:30 p.m. - 8 p.m. The Transformation Institute. 4202 N. 32nd Street, Suite J, Phoenix, AZ 85018.

May 16 — Workshop for ADHD Adults - Building Your Strategic Toolbox. Workshop addresses strategies for increasing life success, managing your ADHD emotions, 50 specific strategies for building a better life, building brain strength, creating support from others, a plan for success. Continental breakfast and light lunch included. Workshop 8 a.m. - 2 p.m. One FREE hour of post workshop phone coaching included (a \$165.00 value). Cost \$195.00 up to 2 weeks before workshop \$225.00 up to time of workshop. Dennis M. Ryan, M.C., L.P.C. at 602-381-8003. The Transformation Institute. 4202 N. 32nd Street, Suite J, Phoenix, AZ 85018.

Renter for office space wanted. Office space available just south of the prestigious Camelback Corridor. The space consists of an office as part of a spacious suite shared with two other therapists. Rent of \$550.00 per month includes water, electricity, group room privileges, use of kitchen, and upkeep. A social worker, counselor, or psychologist are strongly preferred. Dennis M. Ryan, M.C., L.P.C. at 602-381-8003.

CHRONIC PAIN SUFFERERS — “Harvesting Support for Chronic Pain,” held the third Saturday of the month, from 12 noon - 1 p.m. Harvest of Tempe Classroom, 710 W. Elliot Rd., Suite 103, Tempe. Contact Carol 480-246-7029. **HOPE, STRENGTH, SUPPORT for Jewish Alcoholics, Addicts, and their**

Families and Friends (JACS*) 1st and 3rd Wednesday, 7:30 PM. Ina Levine Jewish Community Campus, 2nd floor Conference Room. 12701 N. Scottsdale Road, Scottsdale 85254. 602.971.1234 ext. 280 or at JACSarizona@gmail.com

PSA Behavioral Health introduces “**The Guild**” weekly on Monday evenings from 5:30 -7:30 pm. A fun-filled, educational, supportive get-together. The Guild is open to the community and brings the community together in raising awareness of mental illness and recovery. The guild meets at PSA North, 2255 W. Northern Ave. in B109. Call Barbara for more information 602-995-1967 x 207.

COSA (12-step recovery program for men and women whose lives have been affected by another person’s compulsive sexual behavior)— **Being in Balance.** Thursday 11:00 am-Noon. 2210 W. Southern Ave. Mesa, 85202. Information 602-793-4120.

WOMEN FOR SOBRIETY — www.womenforsobriety.org meeting every Saturday morning, from 10am-11:30am at All Saints of the Desert Episcopal Church- 9502 W. Hutton Drive. Sun City, AZ 85351. Contact Christy (602) 316-5136

CO-ANON FAMILY SUPPORT GROUP - Carrying the message of hope and personal recovery to family members and friends of someone who is addicted to cocaine or other mind altering substances. “*Off the RollerCoaster*” Meeting, Thursdays, 6:30 - 7:45pm, 2121 S. Rural Road, Tempe, Our Lady of Mount Carmel Church. Donna 602-697-9550 or Maggie 480-567-8002

GAMBLERS ANONYMOUS — ACT Counseling & Education. 11:00 am to 12:30 pm. Call 602-569-4328 for details. 5010 E. Shea Blvd. D202, Phoenix.

INCEST SURVIVORS ANONYMOUS—North Scottsdale Fellowship Club, Saturdays, 1:30-2:30pm. Gloria, 602-819-0401. **Alumni Meeting—COTTONWOOD TUCSON.** Ongoing: First Wednesday

of month 6:00-7:30 p.m. **Cottonwood campus in Tucson.** 4110 W. Sweetwater Drive. 5:00 p.m. dinner. Contact Jana Martin 520-743-2141 or email jmartin@cottonwoodtucson.com

ACOA (Adult Children of Alcoholics) Thursdays, 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. 602-403-7799.

ACA meeting. Tucson. Wed. 5:30-7:00 p.m. *Streams In the Desert Church* 5360 E. Pima Street. West of Craycroft. Classroom A (Follow the signs). Michael 520-419-6723.

Overeaters Anonymous - 12 Step program that deals with addictions to food and food behaviors. 18 meetings scheduled per week. For information 520-733-0880 or www.oasouthernaz.org.

Families Anonymous—12-step program for family members of addicted individuals. Phoenix/Scottsdale. 800-736-9805.

Pills Anonymous—Glendale Tues. 7:00-8:00 pm. HealthSouth Stroke Rehab 13460 N 67th Ave. (S. of Thunderbird) Education Room. Rosalie 602 540-2540. **Mesa** Tues. 7-8:00 pm, St. Matthew United Methodist Church. 2540 W. Baseline. B-14. Jim, 480-813-3406. Meggan 480-603-8892. **Scottsdale**, Wed. 5:30-6:30 pm, N. Scottsdale Fellowship Club, 10427 N. Scottsdale Rd., Room 3. Tom N. 602-290-0998. **Phoenix**, Thurs. 7-8:00 pm. First Mennonite Church 1612 W. Northern. Marc 623-217-9495, Pam 602-944-0834. Contact Janice 602-909-8937.

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Friday meetings 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other **Hurts, Hang-ups and Habits.** 1825 S. Alma School Rd. Chandler. 480-963-3997. Pastor Larry Daily, email: larrydaily@chandlercc.org.

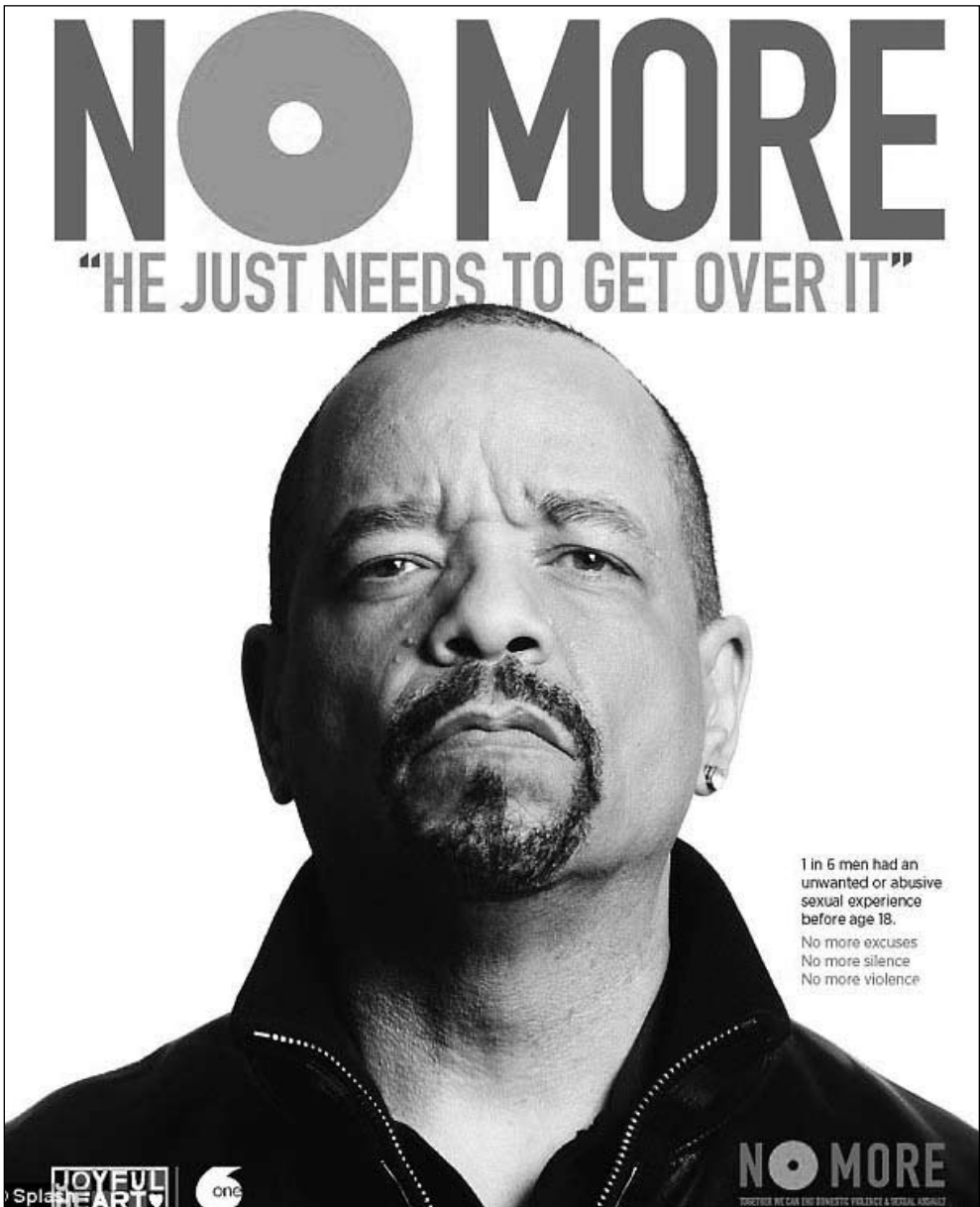
GA Meetings—ACT Counseling & Education in Phoenix and Glendale. **Tuesday,**

continued page 13

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Heroin Use Rose Significantly Over the Past 11 Years

Heroin use rose significantly over the past 11 years, according to a new report by the Substance Abuse and Mental Health Services Administration (SAMHSA). In the past year, 681,000 Americans aged 12 and older used heroin. Most people who used heroin were 26 or older, but an estimated 31,000 teens used heroin in 2013, the report found.



The number of people addicted to heroin rose from 214,000 in 2002 to 517,000 in 2013.

“Heroin use has reached alarming levels throughout our nation and we must work together to overcome this serious public health threat,” SAMHSA Administrator Pamela S. Hyde said in a news release.

Between 2002 and 2007, an estimated 400,000 Americans used heroin. That number rose to 455,000 in 2008 and 582,000 in 2009, USA Today reports. On average, every day about 460 Americans use heroin for the first time, according to SAMHSA.

The use of heroin is still relatively small compared with the use of marijuana and misuse of prescription drugs, the report notes. About 13 percent of Americans 12 and older (33 million people) use marijuana, and 4 percent misuse prescription painkillers (11 million people).

The report noted, “Although research indicates that people who previously misused prescription pain relievers were more likely to initiate heroin use than people who had not misused prescription pain relievers, most people who misuse prescription pain relievers do not progress to heroin use.”

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Fat-Shaming, Skinny-Shaming: What Every Mom Should Know

By Holly Brown, LMFT

In many cases, body shame begins at home. While our culture undoubtedly plays a role in how our children see themselves and their bodies, the first culture any of us experience is our family’s.

And when I talk to teen girls in my therapy office who have body, eating, and/or self-esteem issues, what I often hear is that the first role model they ever had — their moms — had some of those issues themselves (though those mothers often believe they’ve kept them hidden, they tend to eke out in small ways that I’ll describe below.) Or those mothers weren’t aware of the way judgmental comments they make about others impact their own children.

(Interestingly, I’ve actually never heard this from a young girl: “My father was always saying he was too fat.” There’s something cultural in that as well. But that’s for another day.)

Make your family culture a healthy one

It’s never too early (or too late) to start. Some of my teenage clients remember things you wouldn’t expect. They remember, for example, their mothers were always cursing their own thighs, and trying on a ton of outfits in front of the mirror with a disapproving look on their faces. When those same mothers turned to their daughters, the expression would change: “Honey, you look beautiful!” They would never judge their children as harshly as they judge themselves.

But what those daughters remember, on a visceral level, is not the acceptance their mothers were trying so hard to convey; they were remembering the contempt those mothers turned on themselves. And they remember hearing their mothers venerating celebrities for being thin, for example, or criticizing people for being overweight (“She really shouldn’t wear that, at her size”).

As a mother, I’m conscious of this myself. I have a three-year-old, and I’m already paying attention, because preschoolers are a very observant crowd. They often take in things we wish they wouldn’t, instead of what we wish they would. Meta-communication, and non-verbal communication, is often more powerful than direct, verbal messages. Shame is a very difficult emotion to handle, and shrug off. It often persists through life.

Now, I’m not blaming mothers. I know we’re doing the best we can. My goal is to bring awareness to something that might be happening unconsciously. Because often, we’re very conscious of how we treat our children, while being much less conscious of how we treat ourselves.

Learning to accept our bodies, learning to praise them for what they can do (for example, “I love that I’m strong and can do all those yoga positions” rather than “I hate that I’m a size twelve” or “I hate that I’m a size 00), provides a great example for our children.

The reason I mentioned skinny-shaming as well as fat is because being on either end of the spectrum can make people a target for others. There are plenty of young girls out there who feel too skinny, too flat-chested, too small. What we need is a culture that accepts people at all spots on the spectrum, and celebrates health.

But until we can change that larger culture, let’s be mindful and change the one we can. Talk to your children about exercise and healthy eating, and about having a strong, active, beautiful body. And then practice what you preach by accepting your own, in word and in deed.

Holly Brown is a therapist and author of the page-turning family drama Don’t Try to Find Me (now in paperback) about a teen runaway and the family who’d do anything to bring her home, including launching a social media campaign that will expose their secrets and change their family forever. For more on the book, visit her <https://www.facebook.com/hollybrownauthor>

TRUTH from page 6

collegiate recovery community support. Many people do well in recovery. One of those folks is Michael Botticelli. And he checked the box.

Recently, the U.S. Senate confirmed Botticelli as the director of National Drug Control Policy. It's worth noting what he said, whether or not you are struggling with addiction or on the road to recovery yourself.

"Tonight, the United States Senate voted to confirm my nomination as director of National Drug Control Policy. This is an honor I never dreamed of 26 years ago; when my substance use disorder had become so acute that I was handcuffed to a hospital bed. I accept this challenge with the humility and tenacity of someone in

long-term recovery."

The humility and tenacity of someone in long-term recovery speaks to character commitment and civic engagement. This is the person in long-term recovery, your future employee.

As our world continues to keep pace with the ever-changing technology of our times, will we miss the opportunity to recruit some of the best and brightest of our generation in the checking of a box?

Teresa Wren Johnston, is director of the KSU Center for Young Adult Addiction and Recovery; state coordinator of Georgia Network; and founding president of the Association of Recovery in Higher Education.
Source: The Saporta Report

Events from page 11

Spanish (men) 7:00 -9:00 pm. 4480 W. Peoria Ave., Ste. 203, Glendale. **Thursday, Spanish** 7:00 - 9:00 pm 4480 W. Peoria Ave., Ste. 203, Glendale. **Sunday, Spanish** 6:00 - 8:00 pm 4480 W. Peoria Ave. Ste. 203, Glendale. **Sunday, English** 6:30 - 8:00 pm 5010 E. Shea Blvd., Ste. D-202, Phoenix. Contact Sue F. **602-349-0372**

Sex Addicts Anonymous www.saa-phoenix.org **602-735-1681** or **520-745-0775**.

Tempe Valley Hope Alumni Support Groups, Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tues. 8-9:00 p.m., 3233 W. Peoria Ave. Ste. 203, Open to anyone in recovery.

Special Needs AA Meetings. Contact Cynthia SN/AC Coordinator 480-946-1384, email Mike at mphaes@mac.com

Survivors of Incest Anonymous. 12-step recovery group for survivors. Tucson Survivors Meeting, Sundays 6:00 to 7:15pm. St. Francis in the Foothills, 4625 E. River

Road (west of Swan). Carlos 520-881-3400

OA—Teen Meeting, Saturdays 4:00 p.m. 1219 E. Glendale Ave. #23 Phoenix. www.oaphoenix.org/ **602-234-1195**.

SLAA—Sex and Love Addict Anonymous **602-337-7117**. slaa-arizona.org

FOOD ADDICTS Anonymous—www.Foodaddictsanonymous.org

GAM-ANON: Sun. 7:30 p.m. Desert Cross Lutheran Church, 8600 S. McClintock, Tempe. Mon. 7:30 p.m., Cross in the Desert Church, 12835 N. 32nd St., Phoenix, Tues. 7:00 p.m., First Christian Church, 6750 N. 7th Ave., Phoenix, Tues. 7:15 p.m. Desert Cross Lutheran Church, Education Building, 8600 S. McClintock, Tempe, Thurs. 7:30 p.m.

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Friday meetings 7 p.m. Room B-200. For men and women

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1501 N. Campbell. **520-570-7990**, www.arizonada.org.

Crystal Meth Anonymous www.cmaaz.org or CMA Hotline 602-235-0955. Tues. and Thurs. at Stepping Stone Place in Central Phoenix, 1311 N 14th St. cmaaz.org/god-zombies-the-awakening/

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A Mindfulness Center	480-207-6106
ACT Counseling	602-569-4328
Amity Foundation	520-749-5980
AZ. Dept. of Health	602-364-2086
Office of Problem Gambling	800-NEXTSTEP
Aurora Behavioral Health	623-344-4444
Carla Vista	480-612-0296
Calvary Addiction Recovery Center	602-279-1468
Carleton Recovery	928-642-5399
Celebrate Recovery with Chandler	
Christian Church	480-963-3997
Chandler Valley Hope	480-899-3335
Chapter 5	928-379-1315
Community Bridges	480-831-7566
CBI, Inc. Access to Care Line	877-931-9142
Cottonwood de Tucson	800-877-4520
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Decision Point Center	928-778-4600
Dr. Marlo Archer	480-705-5007
Dr. Janice Blair	602-460-5464
Dr. Dina Evan	602-997-1200
Dr. Dan Glick	480-614-5622
Franciscan Renewal Center	480-948-7460
Gifts Anon	480-483-6006
Intervention ASAP	602-606-2995
Geffen Liberman, LISAC	480-388-1495
The Meadows	800-632-3697
Millennium Labs	623-340-1506
NCADD	602-264-6214
North Ridge Counseling	877-711-1329
Pathway Programs	480-921-4050
Phoenix Metro SAA	602-735-1681
Promises	866-390-2340
Psychological Counseling Services	
(PCS)	480-947-5739
Remuda Ranch	800-445-1900
River Source-12 Step Holistic	480-827-0322
Sex/Love Addicts Anonymous	520-792-6450
Sierra Tucson	800-842-4487
Springboard Recovery	928-710-3016
Start Fresh	855-393-4673
St. Luke's Behavioral	602-251-8535
Teen Challenge of AZ	800-346-7859
Turn Your Life Around	520-887-2643
TERROS	602-685-6000
Valley Hosptial	602-952-3939
Veritas Counseling	(602) 863-3939
LEGAL SERVICES	
Dwane Cates	480-905-3117

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NEWS from page 5

In Florida, Flakka contains alpha-PVP, a substance that provides an instant sense of euphoria, according to Jim Hall of Nova Southeastern University in Fort Lauderdale. The drug also gives a boost in physical strength that is similar to other stimulants, such as Ecstasy and cocaine, he said.

Hospitals in South Florida are admitting 20 new patients a day for Flakka abuse, Hall told Fox News. “One of the reasons we think alpha-PVP is such a problem is because it is extremely dose-specific, and even just a little dose will give a person the desired effect they want,” he said. “Just a little more can create a number of serious adverse effects to the point the user doesn’t even know.”

Flakka, which comes in crystalline rock form, can be snorted, swallowed, injected or vaped in an e-cigarette. While its effects are generally felt for three or four hours, they can continue for days. It is being sold in Florida for \$5 for one-tenth of a gram.

“It’s cheap like crack cocaine,” Hall said. “This is as close as we’ve come to a crack cocaine problem since 1995 in terms of the severe reactions, low prices, and that it’s available to young kids, and even homeless populations are now impacted.”

There is a concern it could soon pop up in Arizona. “Understand that just because it’s not in Arizona yet, doesn’t mean it can’t be,” said Stephanie Siete, the Director of Community Education for Community Bridges, a nonprofit organization that helps those battling addiction.

Use of Opioid Painkillers in Pregnancy Increases Risks to Baby

A new study finds a woman’s use of prescription opioids during pregnancy increases the risk her baby will be born small or early. Such use also raises the chance the baby will go through painful drug

withdrawal, known as neonatal abstinence syndrome, *HealthDay* reports.

The study of more than 112,000 pregnant women in Tennessee found almost 28 percent used at least one prescription opioid, such as hydrocodone or oxycodone. The risks to the baby increased if a woman also smoked or took antidepressants, the researchers report. Of the babies with neonatal abstinence syndrome, 65 percent had mothers that legally filled prescriptions for opioid pain relievers.

“Historically, drug withdrawal for newborns has been described among illicit drug use such as heroin or women treated for previous opioid abuse, but this is really one of the first studies to look at legal prescriptions for pregnant women,” lead author Dr. Stephen Patrick of Vanderbilt University in Nashville said in a news release.

Taking a type of antidepressant called selective serotonin reuptake inhibitors along with prescription opioids also doubled the risk of the syndrome. “Infants with neonatal abstinence syndrome have longer, more complicated birth hospitalizations,” Patrick said.



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Social Media Campaign Targets Overdoses

The Centers for Disease Control and Prevention (CDC) has launched a social media campaign called “When the Prescription Becomes the Problem.” The campaign is designed to raise awareness of prescription painkiller abuse and overdose.

The CDC is encouraging people who have been affected by prescription painkiller addiction to share their stories on social media, Forbes reports. The campaign urges people to write their six-word story or message, create an original picture or a video tagged #RxProblem, post it on Facebook, Instagram and Twitter by May 15, and ask friends and followers to share it.

“Help us tell the stories of the many people whose lives have been affected by prescription painkiller addiction or the death of a loved one,” the CDC says on its campaign website. “Encourage those in need to seek treatment for addiction. Celebrate others who are already working to change lives, and inspire our communities to improve patient safety and the way we treat pain.” There were 16,235 deaths involving prescription opioids in 2013, an increase of 1 percent from 2012, according to the CDC.

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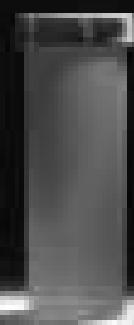
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