

Together AZ

JUNE 2016

Inspiring Success on the Road to Recovery

Remembering a Gentle Giant

By Carrie Steffensen

I had the incredible opportunity of traveling with John Bradshaw as we put on presentations for The Meadows across the U.S. I'm so grateful for that experience. John influenced me, encouraged me, and was a genuine and generous friend.

"When death finds you hope it finds you alive." John regularly shared this African proverb with his audiences, urging and imploring us all to accept ourselves, trust ourselves and believe in ourselves. He asked us, "What is the water of your life? What is the work you like to do, the work that makes you graceful? Who are the people that bring you vitality, who make you feel the most alive? Where do you find a context that gives you a sense of yourself, a purpose for living?"

John was a prolific scholar with an almost photographic memory. He would stop mid-sentence when referencing an idea from a book to mention the author (including the correct spelling!), title, and even page number. He was an amazing teacher synthesizing psychology, philosophy, and theology, and helping each of us to explore our family system and our inner child.

He was also very funny. If you've heard him speak before, you've heard about Sister Ida and her actual pictures of hell! He was transparent and charismatic, weaving his story into our story, from innocence to dysfunction to recovery.

In one of our last conversations, he spoke of being enormously happy in spite of his physical decline and still incredibly excited about learning. He loved poetry and shared this poem by Derek Walcott with me:



John Bradshaw

*The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,
and say, sit here. Eat.
You will love again the stranger who was your self.*

When death finds you hope it finds you alive. RIP
Johnny Bradshaw.

By Jim Dredge, Meadows Behavioral Healthcare CEO

John Bradshaw's presence looms large at The Meadows. His seminal works on toxic shame, dysfunctional families and reclaiming one's inner child are central to our model for treating emotional trauma, addiction, depression, anxiety, and other behavioral health disorders. We were heartbroken to hear of his passing earlier this week.

He was a Senior Fellow whose work influenced many of our other senior fellows. Dr. Claudia Black said recently in a Facebook post that John "has left a great legacy. For me personally, he was a dear friend. I have many poignant memories."

Part of his legacy includes an ability to connect with people on a deeply personal level, even when he was delivering his message to an audience of thousands or through a television screen. "Everything I write about I struggle with myself," he once said in *The Observer of London*. Perhaps that very personal understanding of the struggles faced by those with addiction, childhood trauma, and other mental health issues is one of the things that allowed him to speak about complex psychological concepts in a way that was relatable and deeply meaningful to so many.

This amazing gift of his led him to become a household name in the 1990s through appearances on PBS—for which he received an Emmy nomination—and on popular talk shows like "Oprah" and "Sally Jessy Raphael." He also led workshops all over

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The Art of Self-Care

By Adrian Fletcher, Psy.D.

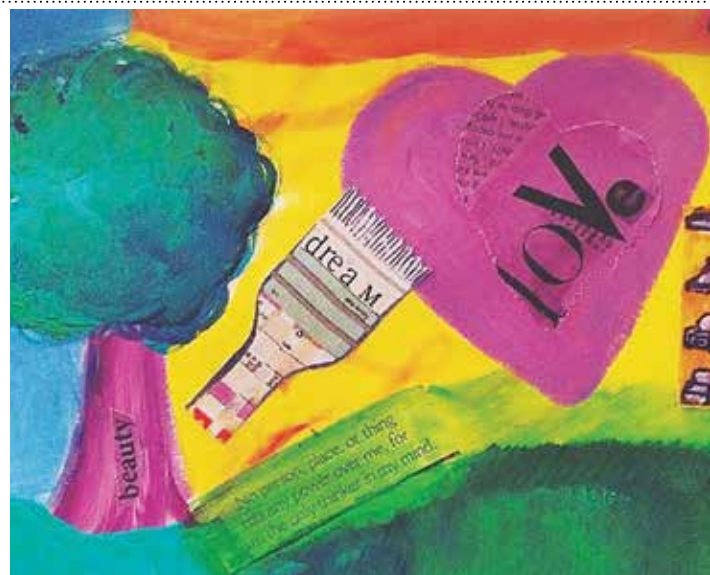
What is self-care exactly? Good question right? This is a question many people struggle to answer. I have heard clients say anything from... "It's selfish to take care of myself"...OR.... "I have to help other people then I will create time for me"... "I'll get to it, I promise"... so herein lies the problem...we never really get to it unless we are forced too.

Perhaps a traumatic experience requires us to look at things in a new way or forces us to slow down and say wait a minute, I have got to change something in order to feel better. Self-care really encompasses much more than just taking yourself to a good movie (although it is a great first start). Self-care consists of a few different components... physical self-care, emotional self-care, workplace and professional self-care, psychological self-care, relationship self-care and spiritual self-care.

There is a lot more to self-care than people realize and here's the deal— it doesn't have to be hard, or a pain in the butt, it can be exciting, rewarding, fun

and delightful. We could spend our days telling ourselves, maybe next week I will take up that hobby I've been dying to try, maybe in 6 months I will take a day off for me, maybe next year I will save enough to take a trip somewhere... and again my question is why not start right now? I know, I know, you'll want to make up excuses or reasons as to why it cannot happen right now and I know, because I have been there too. I am here to remind you that you deserve to take care of yourself. When we take care of ourselves we open the door to things like...joy, gratitude, rest, play, peace, comfort, fun, and enjoyment and when

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Publisher's Note

By Barbara Nicholson-Brown



Art of Recovery Expo 2012

It is only appropriate to dedicate the front page this month to the memory of John Bradshaw.

In 2012, the Art of Recovery Expo was honored to have his presence at our annual event. After reading many of his books, I was thrilled to meet him. He was a gentle man, with a magical sparkle in eyes and a wonderful sense of humor.

From *Healing the Shame that Binds Us*, he wrote, "I used to drink, to solve the problems caused by drinking. The more I drank to relieve my shame-based loneliness and hurt, the more I felt ashamed."

What addict/alcoholic can't relate to that statement? It was a big reason for my addiction. Bless you John — for all the hope you gave countless people and thank you for sharing your wisdom with us.

Barbara

*"Recovery begins
with embracing
our pain and
taking the risk
to share it
with others."*

John Bradshaw

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Hot Topics

An Important Message about Teen Girls and Suicide

By Jan Hamilton, Doorways

The suicide rate for girls aged 10-14 has tripled from 1999 to 2014. In fact, the CDC has reported the suicide rate has increased by 24% since 1999, and has been increasing by 2% per year since 2006. Suicide is now the second-leading cause of death for young people aged 15-24.

Two-thirds of people who commit suicide suffered from depression and most of them had not sought out or received treatment.

The question to ask is —

What can we do to help these kids?

The first thought that comes to mind is that we need to remove the stigma associated with having depression (*or any other mental health issue*). We need to show kids that it's okay to admit they have struggles and help is available to them.

How do we do this?

1. Admitting and seeking treatment for our own mental health concerns.
2. Speaking openly about our own mental illness or mental illness that runs in our family.
3. Learning, understanding, and sharing correct and positive information about mental illnesses.
4. Replacing labels and judgment with inclusion and respect for those who suffer from mental health challenges.

For help addressing the subject with your teen or young adult, give Doorways a call. Consultations are free to any parent seeking help. In addition, we run a DBT Skills Group on Monday nights and a DBT Skills IOP which both can give young people the tools they need to have successful relationships and boundaries.

With school getting out soon, it would be the perfect time for a student aged 13-17 to get involved in either of these fun and life-changing programs.

For more information: 602-997-2880, E: Jan@doorwaysarizona.com or visit www.doorwaysarizona.com.

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The **Rio Retreat Center at The Meadows** offers a variety of unique workshops available to all interested individuals. Many workshops specifically address the needs of those who have just begun a recovery process while others help those who are stable in recovery and ready for the next stage 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 enhance their personal journey of healing, discovery, and emotional growth. Whether you're struggling with the impact of an emotional childhood trauma, grieving a loss, wanting to repair family dynamics, or simply want to develop more self-awareness, our experienced, passionate staff delivers a powerful, life changing intensive.

The center is situated on a historic dude ranch which offers a serene, peaceful, desert setting conducive to healing. In addition to the intensive educational and therapeutic experience that workshop participants experience, we also offer additional complimentary activities, including:

- Art
- Auricular Acupuncture
- Yoga
- Ropes courses
- Tai Chi
- Equine therapy
- 12-step meetings
- Camp fires
- Live music performances

Workshop participants also enjoy three healthy meals a day, prepared in our on-site facility. Meals are included in the registration cost.

OUR WORKSHOPS

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- Survivors I
- Survivors II
- The Betrayal Bond: Breaking Free of Exploitive Relationships
- Healing Intimate Treason: For Partners of Sex Addiction
- Healing Heartache: A Grief and Loss Workshop

RELATIONSHIPS

- Strengthening Coupleship: Working Together
- Love Addiction/Love Avoidance
- Family Workshop
- Journey Of A Woman's Heart: Finding True Intimacy
- Discovery To Recovery: For Couples Healing From Sex Addiction

PERSONAL GROWTH

- Men's Sexual Recovery
- Spirit: A Somatic Equine Workshop
- Mind & Heart: A Mindful Path to Wholehearted Living
- A Man's Way™ Retreat
- Life Beyond Your Eating Disorder: Taking The Next Steps
- Living in Abundance: Balancing Work, Money, and Relationships
- The Daring Way™

Full descriptions of each workshop along with dates and registration information is available on our website at www.rioretreatcenter.com. Or contact us at **800-244-4949** and a representative will be happy to provide you more information.



RioRetreatCenter
AT THE MEADOWS

For more information on these workshops log on to www.rioretreatcenter.com.

Rio Retreat Center at The Meadows, 1245 Jack Burden Road, Wickenburg, Arizona 85390

The Meadows Celebrates 40 Years

On Friday, June 24, The Meadows will celebrate 40 years of excellence in helping patients struggling with addiction and behavioral health disorders. The open house event will take place at the Meadows Outpatient Center in Scottsdale, Arizona from 11 a.m. – 4 p.m. Arizona MST.

The Meadows was one of the first addiction treatment programs in Arizona. When the first patient was admitted on June 18, 1976, the program was focused primarily on alcoholism and was geared toward men.

In the 40 years since, The Meadows has expanded to treat both men and women with a wide variety of addictions, trauma, and disorders.

It has added several specialty programs including Gentle Path at the Meadows for men struggling with sex addiction; The Claudia Black Young Adult Center for people aged 18 – 26 with addiction and behavioral health issues; Remuda Ranch at The Meadows for women and girls with eating disorders; and The Meadows Outpatient Center for those who need treatment in an intensive outpatient setting.

The Meadows recently opened the Rio Retreat Center at the Meadows where they host 5-day intensive workshops exploring a wide range of spiritual and emotional topics.

Throughout the years, The Meadows has also stayed on the cutting edge of treatment modalities. From the beginning, they were one of the first to recognize childhood trauma as a root cause of addiction and behavioral health disorders and pioneered treatment methods for helping patients overcome their trauma and harmful self-beliefs. Still, to this day, they are often among the first to add the latest, scientifically proven methods for helping patients regulate their emotions and overcome their addictions and disorders—methods like EMDR, Somatic Experiencing, and most recently, neurofeedback.

“It is hard to find an area of mental health or addiction recovery that hasn't

been influenced in one way or another by the Meadows,” says Sean Walsh, Chief Executive Officer. “When I think of the thousands upon thousands of patients and families whose lives have been forever changed as a result of the Meadows it is an overwhelming and very humbling experience. The Meadows history and legacy inspires me to strive every day to ensure we are pursuing excellence and that we do all we can to be a source of hope and light to those we are honored to treat.” RSVP for the 40th Anniversary celebration: sspollen@themeadows.org.

Senator McCain wants Hearing on Prescription Drug Abuse and Professional Sports

U.S. Senator John McCain of AZ is calling for a Senate hearing on the link between professional sports and HOT TOPICS > page 12



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Gentle Giant >from page 1

the world and wrote many best-selling books, including *Healing the Shame That Binds You*, *Homecoming: Reclaiming and Championing Your Inner Child* and *Post-Romantic Stress Disorder: What to Do When the Honeymoon is Over*.

His aim through all of his work was to help people improve their lives by learning to love and accept themselves. He helped a great many people overcome the shame, rage, resentment, and despair that fueled their addictions and self-destructive behaviors and encouraged them to live more purposeful, fulfilling lives.

“The number of people John helped over the decades has to be in the six figures.”

Above and beyond his professional accomplishments, his joy, his compassion, and his spirit of kindness were an inspiration and guiding light to us all. “The number of people John helped over the decades has to be in the six figures,” said Shannon Spollen, Director of Community Partnerships at The Meadows. “I couldn’t help but smile whenever I was with him these last couple of years...”

John’s presence will continue to loom large at The Meadows, and our continued commitment to helping people heal from trauma and addiction will be our never-ending tribute to his work and his life. He will be terribly missed.

“John Bradshaw was a corner stone in my building a new life. I’m sad for his passing and grateful for his message.”
— Judy Nagle

I was first introduced to John when I started therapy seeking help to set appropriate boundaries with an acting out teenager. What I discovered along the way was I needed to change things on how I looked at life and heal from childhood traumas and wounds. My therapist recommended I read *Healing the Shame That Binds You*. This book saved my life. I was able to discover the wounds which did not belong to me and what I was passing on to my children, which resulted in acting out

behavior by my oldest daughter and my co-dependence. I worked very hard to change the old messages of shame, not being enough; as well as having to be perfect in order to be loved because of the healing messages in this book. I had the opportunity to participate in Survivors Week at The Meadows, which catapulted my recovery with co-dependence on the fast track. I attended lectures by John at Unity of Phoenix and alumni reunions at The Meadows. I honestly don’t know where I would be today without receiving his messages and guidance from his books, lectures, and tapes. Today, both daughters are wonderful, powerful young women. One celebrated 19 years sober on March 21, 2016. I am now a licensed master level social worker providing substance abuse counseling and I facilitate a parent group weekly. I love passing on the messages and recommend Bradshaw’s works to my clients. I will forever be grateful for receiving the his gifts. He will be missed.

— Linda Williamson, Clinician

His books are awesome. I went to his workshops. RIP John thanks for being an inspiration AND HELPING so many. Prayers to his family.

— Chris Wudarski

A huge loss to the field but his contributions and legacy will carry on!

— Sean Walsh, CEO, The Meadows

John was an innovator in the field of recovery.

— Rick Baney, Dir. of Business Development SOL Recovery



“That’s not the girl I fell in love with.”

“He’s nothing like he used to be.”

“I don’t even know who you are anymore.”

By Dr. Marlo Archer

When I hear spouses say these sorts of things about each other, I bristle and every fiber in my body wants to scream out, “Of course! What did you expect?”

Let’s take this to its most obvious point. Consider a 16-year-old kid named Kelly, just got a drivers’ license and the first job, just learning about how much taxes are going to come out of a paycheck, and enjoying the frantic attention of another 16-year-old kid with the same raging hormones. What is Kelly like? Optimistic? Responsible? Monogamous? Thoughtful? Impulsive? Funny? Annoying? Dangerous?

Now consider an 82-year old named Chris whose spouse of 52 years just died of cancer. Chris has 13 grandchildren and 3 greats and one more on the way. Chris has lived in 12 U.S. States and one foreign country. Chris owns a home, two cars, and is thinking it may be time to get rid of both cars because it’s hard to see to drive. What is Chris like? Depressed? Centered? Well-Rounded? Happy? Angry? Mature? Horny? Spontaneous?

Now consider what if Kelly and Chris are just the same person, Kelly at age 16 and Kelly again at age 82. Is it possible for the 16-year-old who was described to turn into exactly the 82-year-old that was described? Of course it is. Would we say the 82-year-old is anything like the 16-year-old version of him/herself? I should hope not. What if Kelly hadn’t changed in 66 years and still acted like they did when they were 16. Is that reasonable? Is that even advisable? No, of course not.

When we lay it out in the extreme, it seems obvious that people change drastically over time and with major life events. However, that starts happening right from Day 1. It doesn’t happen magically overnight at age 52. It happens each and every day that we walk the planet and have experiences. It happens in leaps and bounds when major things happen like going to col-

lege, graduating, buying a car, getting pregnant, moving to follow a job, losing high school friends, cutting down on social activities, changing the amount of drugs or alcohol we use, when our income goes up, or down, when we change climates, cultures, put a large amount of debt on a credit card....

People who are in relationships need to quit thinking that it’s reasonable for their partner to be the same as they were even 5 or 10 years ago, particularly if they’ve made any life changes, and especially if they’ve made big ones. It doesn’t even matter if the changes are all positive and desired. We wanted to get married, start a family, and buy a house... Yes, and you did, and that changed you both. Forever. Irreversibly.

Change is not inherently bad or good. **Rather, change is inevitable and constant.** To partner with someone and then expect them to be a happy-go-lucky 16-year-old while you’re also expecting them to hold a stressful job and pay a mortgage and raise children is ridiculous and is an absolute recipe for failure and disappointment.

The Takeaway

Do not partner with someone that you worship just the way they are. Partner with someone who looks like they have what it takes to morph and change and adapt to life’s challenges and still be someone you like who likes you.

Dr. Marlo Archer is a licensed psychologist; treating kids, teens and families in Tempe, Arizona. www.DrMarlo.com. A certified psychodramatist, Dr. Archer co-founded the Arizona Psychodrama Institute which unites creative individuals from across Arizona under the common mission of teaching Psychodrama, Sociometry, and Group Psychotherapy to organizations, professionals, and students whose practices would be enhanced by using action methods. www.AzPsychodrama.com. She was also the 2013 winner of the Zerka T. Moreno award from the American Society of Group Psychotherapy and Psychodrama.

Passion & Prayer

By Alan Cohen

The powerful movie *Dangerous Beauty* recounts the story of Veronica Frankl, a 16th century Venetian courtesan (prostitute for noblemen) who wins the hearts of her clients. Veronica is beautiful, witty, and full of passion for life and her profession. Her clients feel her terrific life force, and they are lifted from the grayness of their lives.

The Great Inquisition overtakes Venice, and Veronica is brought to trial on charges of witchcraft. The judge sternly tells her that if she confesses to being a witch, her life will be spared. In a stirring courtroom soliloquy, Veronica declares, "I confess. . . I confess that I find more ecstasy in passion than in prayer. Such passion is prayer."

For those of us who have been taught that prayer or spirituality requires denying our passion, Veronica's statement may come as a shock. But, as Phillip Brooks noted, "Prayer is not the overcoming of God's reluctance, but the taking hold of God's willingness." And what is God's willingness, but the experience of joy and abundance in every area of life?

While giving a talk at a church in a conservative area of the country, I noticed that nearly everyone in the church looked the same. The women had the same hairdos, the men wore the same suits, and most of the conversations fell within the middle of the bell curve of what is socially acceptable. If you saw the movie Pleasantville, you get the picture. Congenial but not exciting.

Then a teenage fellow with orange hair walked into the church. Now I confess that I have had judgments about people who dye their hair weird colors and have metal objects inserted in various bodily orifices. But that day I was really glad to see that guy. He was the only person in that church, as far as I could tell, who was making a statement for individual expression.

At another time I sat through a fairly boring church Christmas service. As soon as the service was over and people were milling out, some upbeat music came over the loudspeaker. I looked up into the balcony and saw two teenagers who came alive and started dancing to this music. Suddenly my heart lifted. It was the first shred of aliveness I felt during the service. I think Jesus would have appreciated it, too.

Then there was the time I spoke at a small church in the Midwest. That day the Sunday school teacher didn't show up, so the church elders took the class, which consisted of a half- dozen boys about the age of 10, and stuck them in the first row of the church, hoping this would keep the kids in line. My talk was on making the most of wherever you are. You can imagine my surprise when I looked over to see all of these boys sitting there with quarters in their

eye sockets! At first I was jarred, then I had to hand it to them. They were the only people in the church who put my lesson into practice immediately!

A fun way to evaluate your activities is by doing "energy scans" on yourself and others in any given situation. Have you ever seen a magazine or television advertisement for home insulation, where they show a thermograph of a home in the wintertime? The photo shows most of the home as blue, indicating the area that is well-insulated. Some of the areas, especially around doors and windows, are glowing red, indicating the places where heat is leaking out.

"God is most present and obvious where people are happy and alive."

Over a long period of time we have been trained to believe that life is about staying insulated, rather than glowing with passion. God, however, is most present and obvious where people are happy and alive. This means that there is more genuine prayer happening at football games than most churches. If churches could work up enthusiasm, presence of attention, and spirit as well as professional football, religion in our country would really rock. But many people walk out of most churches more dead than alive. If next Sunday we made a rule that only those people who would really love to go to church go, I wonder what attendance would look like. But the good news is that the energy in church would be spectacular. I would rather teach to a small group who really want to be there, than to a large group whose mind was on golf. To that group I would say, "Please, go golf. Let the golf course be your church." Such passion is prayer.

Wherever there is passion, there is church. Wherever there is aliveness, there is God. True prayer is not mumbling a set of words, but energetically expressing what makes you feel most alive. When you love what you are doing, you are God in action.



Alan Cohen is the author the new bestseller A Course in Miracles Made Easy: Mastering the Journey from Fear to Love. Become a certi-

fied professional life coach though Alan's transformational Life Coach Training beginning September 1. For more information about this program, his free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

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For individuals at risk of suicide, behavioral health and primary care settings provide unique opportunities to connect with the health care system and access effective treatment. Almost half (45%) of individuals who die by suicide have visited a primary care provider in the month prior to their death, and 20% have had contact with mental health services.

Suicide Safe: A New Suicide Prevention App from SAMHSA

Almost half of individuals who die by suicide have visited a primary care provider in the month prior to their death, and 20% have had contact with mental health services.

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- Make referrals to treatment and community resources.

Suicide Safe is available for Apple® and Android™ mobile devices.

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LIFE 101

By COACH CARY BAYER www.carybayer.com

Wise Guy/Wise Man — JIM CARREY

Among the most enlightening graduation addresses I've heard was Jim Carrey's at Maharishi University of Management. Having received my Masters degree from this bastion of higher learning that awakens your higher Self, I proud share its highlights.

The comedian/mystic says:

"I thought Jim Carrey is all that I was... The great nothing masquerading as something you can name. You didn't think I could be serious did ya? I don't think you understand who you're dealing with! I have no limits! I cannot be contained because I'm the container."

He then fuses spirituality with laughter:

"I believed I ended at the edge of my skin...(in) this little vehicle called a body to experience creation, and though I couldn't have asked for a sportier model, it was after all a loaner and would have to be returned."

Those familiar with affirmations recognize Carrey's seriousness and comedy:

"Many people choose their path out of fear disguised as practicality. What we really want seems impossibly out of reach and ridiculous to expect, so we dare not ask the universe for it...I'm proof you can ask for it!...If it doesn't happen right away, it's because the universe is busy fulfilling my order. It's party size!"

He discourages livelihoods to tolerate for loveliboods to adore.

"My father could have been a great comedian, but he didn't believe that was possible...Instead, he (became) an accountant. (until) he was let go from that safe job...I learned great lessons from him...that you can fail at what you don't want, so take a chance doing what you love. I watched the affect his love and humor had on the world, and I thought, 'That's something...worth my time.'"

Here's a portrait of the comic as a young boy...

"People would come to my house and they'd be greeted by a 7 year-old throwing himself down a flight of stairs. They'd say, 'What happened?' And I'd say, 'I don't know — let's check the replay.' And I'd go back to the top and come back down in slow motion."

...and young man:

"My father bragged that I wasn't a ham — I was the whole pig. He treated

my talent as his second chance...After a decade as a comedian, I realized the purpose of my life had always been to free people from concern...I dubbed my new devotion, The Church of Freedom From Concern—and dedicated myself to that ministry."

Doing his dharma (calling) helped Carrey command eight-figure deals, but then there's spirituality...

"My choosing to free people from concern got me to the top of a mountain. ... (but) the only one I hadn't freed was myself and that's when my search for identity deepened."

He applauds those who've applauded him.

"But you...already know who you are and that peace that we're after, lies beyond personality... Risk being seen in all your glory...You're not the pictures on the film stock, you're the light that shines through it."

He encourages tapping the Source of success.

"If people could realize their dreams of wealth and fame they'd see that it's not completion...I went into the world to do something bigger than myself, until someone smarter than myself made me realize there is nothing bigger than myself!"

The comic/mystic speaks:

"My soul is not contained within the limits of my body. My body is contained within the limitlessness of my soul —one unified field of nothing dancing for no particular reason, except maybe to...entertain itself."

Then addresses your ego which,

"will tell you that you cannot stop until you've left an indelible mark on the earth, until you've achieved immortality. How tricky is the ego that it would tempt us with the promise of something we already possess."

The minister who teaches freedom from concern concludes:

"I just want you to relax—that's my job—and dream up a good life! It's about letting the universe know what you want and working toward it while letting go of how it might come to pass. Your job is not to figure out how it's going to happen, but to open the door in your head and when the doors open in real life, just walk through....You're ready and able to do beautiful things in this world."

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The Face of Your Father

Today we live in world with a potpourri of diverse families.

By Dr. Dina Evan

We have a tapestry of who makes up the family, who plays what role and how we survive with missing pieces. Yep, this is the month to celebrate fathers...but who are they? Most reports today say that between 40% to 68% of women are heads of households depending upon the community and the numbers are on the rise.

In gay families, a woman or two guys can take on the responsibilities of Dad. In the homes where Mom is working several jobs, often the oldest sibling, male or female, is sadly the default father. So here is a big thank you, first to the fathers who gladly embraced the responsibility and provide the presence, teaching and love that sacred position invites. And also, big applause to all the other beloved siblings, sponsors, grandparents, mentors, teachers, partners, extended family members and others who do as well.

No longer is the gift of acting as Dad or Mom confined to gender, birth right or yang energy. Being a Dad is about an open heart, open hand, compassion and commitment. The teachers of old decided God should a male figure because more folks would relate. Today, many realize that special Spirit or Energy is both yin and yang, male and female. Could it be that we are realizing that is true for all of us? Whether you are male or female, to whom could you give the gift of supporting someone like a Dad or role model? If you are still looking for your purpose, consider changing a life.

My fourth grade, four-foot, five-inch, sixty-something plus teacher, Ms. Franklin was the epitome of spinster teachery, in high top shoes, long skirts and tiny glasses. She was strict and meant business. At the time, my mom was home drunk all the time and my Dad was missing in action. Ms. Franklin noticed I had lost confidence in myself and one day in the Phoenix heat, she maneuvered her way out on the playground where I was sitting alone and she sat down beside me. In her soft, reverberating voice she said, "So, how long are you going to pretend you are not smart?"

Thinking I was in trouble I looked at her anticipating her disapproval. She put her little wrinkled hand on mine and said, "You know I have this feeling you are having a hard time at home, but I see something in you that you might be having trouble seeing because of all that mess. So I just wanted to tell you

that you can stop playing dumb because we both know that you are a very smart girl inside and I don't want to see you hiding that no matter how silly your parents are. Do we have a deal here?" I nodded and she simply got up and left me with many future little nods and winks when she passed out my greatly improved grades. She was my Dad, so to speak, and she changed my life.

Then there was the beautiful French opera singer in our church who told me at age ten I had a good voice and should sing on the talent show at school. She gave me soft leather gloves and French combs for my hair when we moved. She took my face in her hands and loving looked into my eyes and said, "Never forget who you are and that you are special." There was a couple next door, Paul and Bobbi Malone, who invited me for dinner on the nights my mom forgot to make one. They had four kids but treated me as one of their own, with so much support and love there were moments of sanity in my life. My favorite spiritual mentor was 80 year old Irene Thorstad. I sat for hours at her feet just soaking in all the wisdom she lovingly shared. I often feel she's an angel on my shoulder today.

After raising four kids alone and working two jobs most of my life, I was shocked when the admissions counselor and V.P of the college stopped me mid-sentence as I was lauding his amazing books. He, said, "Oh no, young lady it is I who am amazed with you! How in the name of heaven did you fast for thirty-seven days on water for the Equal Rights Amendment and raise four kids by yourself?" I welled up in tears at his unexpected comment and in that moment, the fear left and I knew I would succeed at this over-whelming adventure I was about to begin in my early forties. So many mom-dads and dad dads. So many gifts. This whole article could be filled with the names of the people in my life who cared enough to be mother or Dad when I needed them most. Don't miss your chance to be an indelible gift on the character and spirit of someone you love. **Happy father's day from all of us!**



Dr. Evan specializes in relationships, personal and professional empowerment, compassion and consciousness. 602-997-1200, email DrDinaEvan@cox.net and www.DrDinaEvan.com.



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— John Bradshaw, Healing the Shame that Binds You

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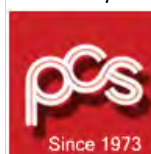
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we close the door on self-care we will get more of the same...fatigue, headaches, interpersonal problems, difficulty in regulating our emotions, perhaps more conflict at work, not wanting to go to work, insomnia, anxiety, depression, physical problems, pain, you get the gist...the list goes on and on and on. I wonder what it would be like if people/ you granted yourself the gift of self-care.

The Challenges

Brené Brown, researcher storyteller, someone I admire and gear a lot work with my clients from, talks about how we must learn to challenge perfectionism, people pleasing and performance. So many of us, whether we are a working professional, an addict in recovery and/or a trauma survivor in recovery, we are working hard, really hard! Recovery is a full-time job, our regular careers are usually full-time jobs, being a parent is a full-time job, etc..etc.. When I work with clients one of the first homework assignments I give them for the week is two self-care related activities, this can look different for each client for one it might be a pedicure and lunch with a friend, another might be to turn the electronics off in the evening/ journal and have playtime with their children. Simple every day things that get lost in the hustle and bustle of life and we lose ourselves to our careers, our relationships, sometimes even recovery, etc and when we lose ourselves we have depleted our emotional capacity to show up for who really matters, OURSELVES.

So why is it that we/so many people feel guilty taking care of ourselves?

Could be cultural, could be old family of origin messages, could be that at heart we like to give rather than to receive, for whatever the reason we/people must challenge the guilt and practice kindness and compassion and treat ourselves how we would want/do treat other people. If you buy flowers for a friend for their birthday, why not buy some flowers for yourself? If you have always wanted to visit another state, country, or town and you would encourage your friend to go, *why wouldn't you?* What I am getting at here is that we must be a friend to ourselves. This can be a foreign concept for some; in fact it was for me personally for a really long-time. Growing up in an Italian family, we did everything for everyone within and outside the family. I learned early to be a self-sacrificer and in the last two years that has changed, it has changed my life so dramatically in fact that it inspired me to open my own practice which I named SelfWorks, "Create Your Best Self".

I am truly passionate about helping people take care of themselves. It's that old airplane analogy that so many of us therapists use...when the flight attendant says to put your oxygen mask on first before you assist others; this is the same concept regarding self-care. It is okay, to want to help people, to go above and beyond, however; you must do it from a place of a full well. If our well is depleted we are again setting ourselves up for pain, anguish, fatigue, and in the worst of cases, relapse. Relapse back to alcohol and drugs, or relapse back into our old patterns of self-negligence.

The Art of Self-Care requires willingness, courage, acceptance, and curiosity, with these components you'll /people will likely feel a lot better about who you/ they are and challenge yourself to try that new hobby, or pick up a paint brush and just see what happens. Some questions I believe people might want to ask themselves are...

Physical Self-Care

- Do I eat regular meals?
- Do I make time to exercise?
- Do I select healthier food options?
- Do I participate in a fun physical activity?

Emotional Self-Care

- Do I spend time with people I enjoy?
- Do I practice SELF affirmations?
- Do I allow myself to cry/feel?
- Do I find things that make me laugh?
- Do I stay connected with important people in my life?
- Psychological Self-Care
- Do I take day trips or mini vacations?
- Do I take time to disconnect from technology?
- Do I say "NO" to extra responsibilities?
- Do I take time to journal/self-reflect?
- Do I engage my intellect in new interests?
- Have I tried a new hobby in which I am not an expert?

Relationship Self-Care

- Do I schedule regular dates with my partner/spouse?
- Do I make time to spend with my children?
- Do I make time to see my friends?
- Have I shared my fear/vulnerabilities with a safe person?
- Do I ask for help when I need it?
- Do I stay in contact with those that live out of the area?

- Do I honor my pets by spending time with them?
- Do I make time to check-in with relatives that are supportive of me?

Spiritual Self-Care

- Do I create time to connect with my higher power?
- Do I spend time in nature?
- Do I have a spiritual connection OR community?
- Do I make time to meditate?
- Do I contribute/volunteer my time to causes that are important to me?

Workplace Self-Care

- Do I take a lunch break?
- Do I take 2 additional 15 minute breaks?
- Do I take time to connect/catch up with coworkers?
- Do I balance my project/caseload?
- Do I have a peer support group?
- Is my workspace comfortable?
- Do I set self boundaries/limits around working hours?
- Do I take time to consult?
- Do I make quiet time for complex tasks?

If you/people can start by picking one or two things from one area and move in the direction to create more time for you, you will find that taking care of yourself doesn't have to be daunting and gives you an idea of what might be lacking and some direction as to where to channel your energy. As a good friend of mine says and teaches to her clients, "You deserve a life of BALANCE, now go Create it"-Shanna Larson-Paola, LMFT Owner/Founder of Creating Balance in Scottsdale, Arizona.

Honoring yourself, taking care of yourself and learning how to meet your own needs is the biggest and most incredible gift you can give yourself. There is no time like the present, my hope is that in reading this article, you have an idea of what areas in your life feel depleted and need watering. Us, our lives, and our experiences cannot grow and blossom without water. "Self-care is not about self-indulgence it is about self-preservation"-Audrey-Lorde



Dr. Fletcher specializes in PTSD/Trauma, anxiety, interpersonal relationships, personal and professional self-care and compassion. 480-448-5547, email Selfworks@drfletch.com and www.drfletch.com




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Greater Phoenix Chamber announces opposition to Regulation & Taxation of Marijuana Act initiative

On May 11, 2016 The Greater Phoenix Chamber of Commerce announced its opposition to the passage of Arizona’s Regulation and Taxation of Marijuana Act. The proposed measure would legalize the possession and consumption of marijuana for recreational purposes by individuals who are 21 years of age or older.

The measure would:

- establish a 15 percent tax to be levied on retail marijuana sales, from which the revenue will be allocated to public health and education;
- allow adults 21 years of age and older to possess, privately consume and grow limited amounts of marijuana;
- create a system in which licensed businesses can produce and sell marijuana;
- establish a Department of Marijuana Licenses and Control to regulate the cultivation, manufacturing, testing, transportation and sale of marijuana; and
- provide local governments with the authority to regulate and limit marijuana businesses.

“This measure would cause significant ambiguity for businesses to regulate a drug-free workplace,” said Greater Phoenix Chamber of Commerce Vice President of Public Affairs Mike Huckins. “In addition to the social-economic downside of marijuana legalization, this is not in the best interest of Valley businesses and Arizona as a whole.”

The prospect of employees under the influence of recreational marijuana use raises concerns for many employers, companies and industry sectors across the state. The passage of Arizona’s Regulation and Taxation of Marijuana Act would create a multitude of workforce issues including productivity, absenteeism, employee and workplace safety, as well as significant liability if an accident occurs on the job.

In addition, the legalization of marijuana for recreational purposes would impact HR policies for all Ari-

zona employers regarding drug use and would be detrimental for companies to maintain drug-free workplace policies.

“The passage of Arizona’s Regulation and Taxation of Marijuana Act would impact the business community negatively,” said Todd Sanders, president and CEO of the Greater Phoenix Chamber of Commerce. “This measure opens the door for employees across all industry sectors to potentially show up for work under the influence of marijuana, which does nothing towards creating a safer workforce, workplace and stronger business community.”

Sanders added, “Not only would this measure limit an employer’s ability to prevent employees from working while impaired by marijuana consumed outside the workplace, but it could expose employers to litigation for trying to impose workplace restrictions other than those specifically outlined in the measure.”



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The legalization of recreational marijuana would create another hurdle to attracting new businesses to Arizona, since all business would now have a newly created conflict between their own drug-free workplace policies and state law.

Huckins concluded, “Although this measure establishes a tax on the sale of retail marijuana, sets licensing fees and earmarks excess monies to school districts, charter schools and public education campaigns, the social and economic costs far outweigh any monetary contributions received.”

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CALENDAR OF EVENTS

FREE Professional Networking Luncheon — Psychological Counseling Services (PCS) invites you to join us for a free networking luncheon experience from 12:15 pm to 1:45pm. Mark your calendar: **JUNE 21**. If you have attended in the past, join us anytime. If you are new, please send your email request for an invitation to pcs@pcsearle.com or call **480-947-5739** to speak to Ellen Hamilton for details.

RIO RETREAT CENTER — A Man's Way™ Intensive. July 4-8. Using the powerful curriculum developed by Dan Griffin, The Meadows Senior Fellow and based on his two groundbreaking books *A Man's Way through the Twelve Steps* and *A Man's Way through Relationships*, we will provide a five day intensive and challenging experience for you to transform your understanding of what it means to be a man in recovery. **A Man's Way™** intensive combines psychoeducation as well as mindfulness and experiential exercises in group process to provide a transformational experience created specifically to speak to men's unique issues and needs. **Register: 800-244-4949. Upcoming October 3-7.**

Clinical Breakfast Series — First Wednesday of the month from 8-9 a.m. **St. Luke's Behavioral Health** Trends and treatments in the behavioral health field, one CEU. St. Luke's Behavioral Health Center Auditorium. 1800 East Van Buren Street.

Every Monday— Scottsdale — FAMILY RECOVERY GROUP at The Meadows Outpatient Center. Facilitated by Brough Stewart, LPC. 5:30 -7:30 p.m. A group designed to help begin and continue family recovery. Stop enabling behaviors and learn how to set healthy boundaries based on Pia Melody's Model. **No reservations needed, no charge.** The Meadows Outpatient Center, 19120 N. Pima Road, Suite 125, Scottsdale. Contact: Jim Corrington LCSW, **602-740-8403.**

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.

SIERRA TUCSON— Alumni Groups. Scottsdale, Tuesdays, 6:00-7:00 p.m. Valley Presbyterian Church 6947 E. McDonald Drive Paradise Valley, AZ. (480-991-4267). Alumni meet in the Counseling Center (Parlor Room). Park in the west parking lot and follow signs to the Counseling Center, which is located in the chapel complex. For information contact: Rob L. at 602-339-4244 or STSCOTTSDALEALUMNI@GMAIL.COM

SIERRA TUCSON— Continuing Care Groups in Phoenix. Wednesdays — for Family Member Alumni (18 years and over). (PCS) Psychological Counseling Services, 7530 E. Angus Drive, Scottsdale. 5:30 – 7:00 p.m. **Thursdays —** for Patient Alumni, PCS, 3302 N. Miller Road, Scottsdale, 5:30 – 7:00 p.m. Facilitated by the clinical staff of Psychological Counseling Services. **No charge for Patient and Family Member Alumni.**

On Going Support Open Hearts Open Minds Counseling Services — Women's Therapeutic Group for Partners of Sex Addicts— find comfort, strength and hope while exploring intimacy issues. Shea and Tatum area. Space available. **Men's Therapeutic Group for Sex Addiction—** work through a task-centered model with a certified sex addiction therapist. Shea and Tatum area. Space available. Contact Cynthia A. Criss, LPC, CSAT **602-677-3557** for details.

FAMILIES ANONYMOUS— 12 step program for family members of addicted individuals. Phoenix -Mon. 7:00 P.M., First Methodist Church, 5510 N. Central Ave. 602-647-5800. Scottsdale Sun. -4:00 p.m., 10427 N. Scottsdale Rd., Scottsdale Fellowship Hall **480-225-1555.**

Thursdays— Men's General Therapy Group empowering work through blockages to living. Dennis Ryan, M.C., L.P.C. Every Thurs., 5-6:30 p.m. and 6:30-8p.m. Transformation Institute. 4202 N. 32nd St., Suite J, Phoenix. **602-381-8003.**

CHRONIC PAIN SUFFERERS "Harvesting Support for Chronic Pain," third Saturday of the month, 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, Families and Friends (JACS*) 1st / 3rd Wednesday, 7:30 p.m. Ina Levine Jewish Community Campus, 2nd floor Conference Room. 12701 N. Scottsdale Rd. **602-971-1234** ext. 280 or at JACSarizona@gmail.com

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Monday 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. PSA North, 2255 W. Northern Ave. in B109. Call Barbara 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 —10am-11:30am. All Saints of the Desert Episcopal Church-9502 W. Hutton Drive. Sun City, AZ 85351. 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 Roller-Coaster"** 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. **602-569-4328** for

details. 5010 E. Shea Blvd. D202, Phoenix.

COTTONWOOD TUCSON. ALUMNI—Ongoing: First Wednesday of month 6:00-7:30 p.m. **Cottonwood campus in Tucson.** 4110 W. Sweetwater Drive. 5:00 p.m. dinner. **800-877-4520 x2141.** cottonwood-tucson.com

ACOA Thursdays, 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. www.aca.arizona.org

ACA. 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 for addictions to food and food behaviors. 18 meetings scheduled per week. **520-733-0880** or www.oa-southernaz.org.

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

Pills Anonymous—Glendale Tues. 7-8:00 pm. HealthSouth Stroke Rehab 13460 N. 67th Ave. 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.**

continued page 13

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Hot Topics from page 3

prescription drug abuse, ABC News reported.

McCain said he wants the Senate Commerce Committee to convene hearings on drug abuse and addiction in professional sports. The hearings should also cover major injuries such as concussions, he said. “As a specific relation to professional sports, frankly, I don’t think they’ve done enough” to address painkiller addiction, McCain said on the ESPN/ABC podcast “Capital Games.”

“I’d like to see more attention on the [sic] Congress on this whole unique aspect and dangers and hazards that are true in professional sports, especially the contact sports,” McCain said. “Why don’t we make people aware of the dangers of these painkillers, of getting hooked on them? Why don’t we do a better job of awareness?”

According to a blog by the National Institute on Drug Abuse (NIDA), some professional football players may abuse prescription drugs to cover up the pain that can result from football-related injuries. The National Football League (NFL) bans players from using, possessing or distributing illegal drugs such as cocaine, marijuana, Ecstasy and PCP, as well as painkillers such as opioids.

“NFL players are tested for drugs at certain points throughout the season, and again at other times if a player fails a drug test, or is arrested in connection with drug use, or shows sign of drug abuse,” NIDA notes.

A player who violates the NFL’s drug policy once receives 90 days of treatment and unannounced testing. A second-time violation results in two years of treatment and testing, in addition to a four-game suspension if the player does not stick with the treatment or tests positive. If a player violates the policy three times and does not stay with treatment or has a positive test for marijuana, he gets a 10-game suspension, or a year-long ban from the League for using other drugs.

Medical Experts Raise Alarms About Marijuana “Dabbing”

Medical experts are concerned about marijuana “dabbing,” a potentially dangerous way of using the drug. Dabbing appears to be increasingly popular among young people in New York City, according to *The New York Times*.

According to the Drug Enforcement Administration (DEA), dabbing is a method used to convert marijuana into a concentrate. It uses butane, which is highly flammable, to extract THC from the cannabis plant. THC is the psychoactive chemical in marijuana. This process has resulted in violent explosions, the DEA noted.



While marijuana in its traditional plant form has a THC concentration of about 20 percent, the wax used for dabbing can have a concentration of up to 80 percent, according to the DEA.

“In this process, shredded or ground up plant material is stuffed into a glass, metal, or plastic pipe, with a filter on one end and then the butane is forced in the open end of the pipe,” the DEA explains in a brochure. “As the butane goes through the pipe, the THC within the plant material is extracted and forced through the filter, usually into a receptacle. The receptacle is then heated to burn off the remaining butane, creating a butane gas.”

Dabbing is popular among teenagers, as well as workers on Wall Street, the article notes. Many people use vaporizers and vape pens, which are similar to e-cigarettes. They squeeze the extract into the chamber inside the pen and inhale.

The marijuana extract, also known as shatter, butter and honey, is on the radar of federal law enforcement officials. “We monitor any type of new twist on drug use in order to warn the public of its danger,” James J. Hunt, special agent in charge of the DEA’s New York division. “Not only is the method of production explosive, but the use has serious physical and psychological side effects.”

Congress Focuses on Treatment, Not Restricting Access

Congress is focusing on expanding treatment for opioid addiction instead of restricting access to painkillers in its efforts to address the opioid epidemic, *The New York Times* reports.

Legislators seem to be willing to allow opioid prescriptions to remain widely accessible, the article notes.

The U.S. House aimed at addressing the nation’s opioid crisis, will work with the Senate to craft compromise legislation. The bills would increase prescription drug monitoring and treatment; fund efforts to dispose of prescription drugs; and assist states that want to expand the availability of the opioid overdose antidote naloxone. The Senate bill would expand the availability of medication-assisted treatment, including in criminal justice settings, and would support treatment as an alternative to incarceration.

Congress passed a measure, signed by President Obama, that limited the powers of the Drug Enforcement Administration (DEA) to go after pharmacies and wholesalers the agency believes have contributed to the opioid epidemic.

Chain pharmacies and drug distributors said DEA investigations hurt their businesses when the agency ordered immediate closures of pharmacies determined to be destinations for people addicted to opioids who were looking for more pills.

“The DEA has employed the same disrupt-and-dismantle tactics to take down international drug cartels and other criminals as it does to combat prescription drug abuse,” said John Gray, the President of the Healthcare Distribution Management Association, a trade organization for drug wholesalers.

Current and former DEA officials said a powerful lobby got the law passed. “Under this law, the bad actors simply have to promise to be good, and we won’t take them to court to punish them for what they’ve already done,” said Joseph T. Rannazzisi, former Director of the DEA’s Office of Diversion Control.

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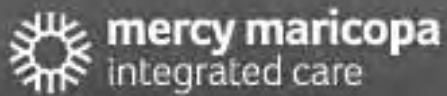
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For more information or to order free copies of this Prescription Drugs poster, visit drugabuse.gov (click on the publications tab) or call 1-877-645-2644 and refer to Order Number: AVD222.



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Events from page 11

Scottsdale Fellowship, 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. Janice **602-909-8937**.

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Fridays 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, E: larrydaily@chandlercc.org.

GA Meetings —ACT Counseling & Education. Phoenix/Glendale. **Tuesday, 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, Contact Sue F. **602-349-0372**

SAA 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 mpaes@mac.com

Survivors of Incest Anonymous. 12-step recovery 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

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.

DEBTORS Anonymous—Mon., 7-8:00 p.m., St. Phillip's Church, 4440 N. Campbell Ave., Palo Verde Room. Thurs. 6-7:00 p.m., University Medical Center, 1501 N. Campbell. **520-570-7990**, www.arizonada.org.

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

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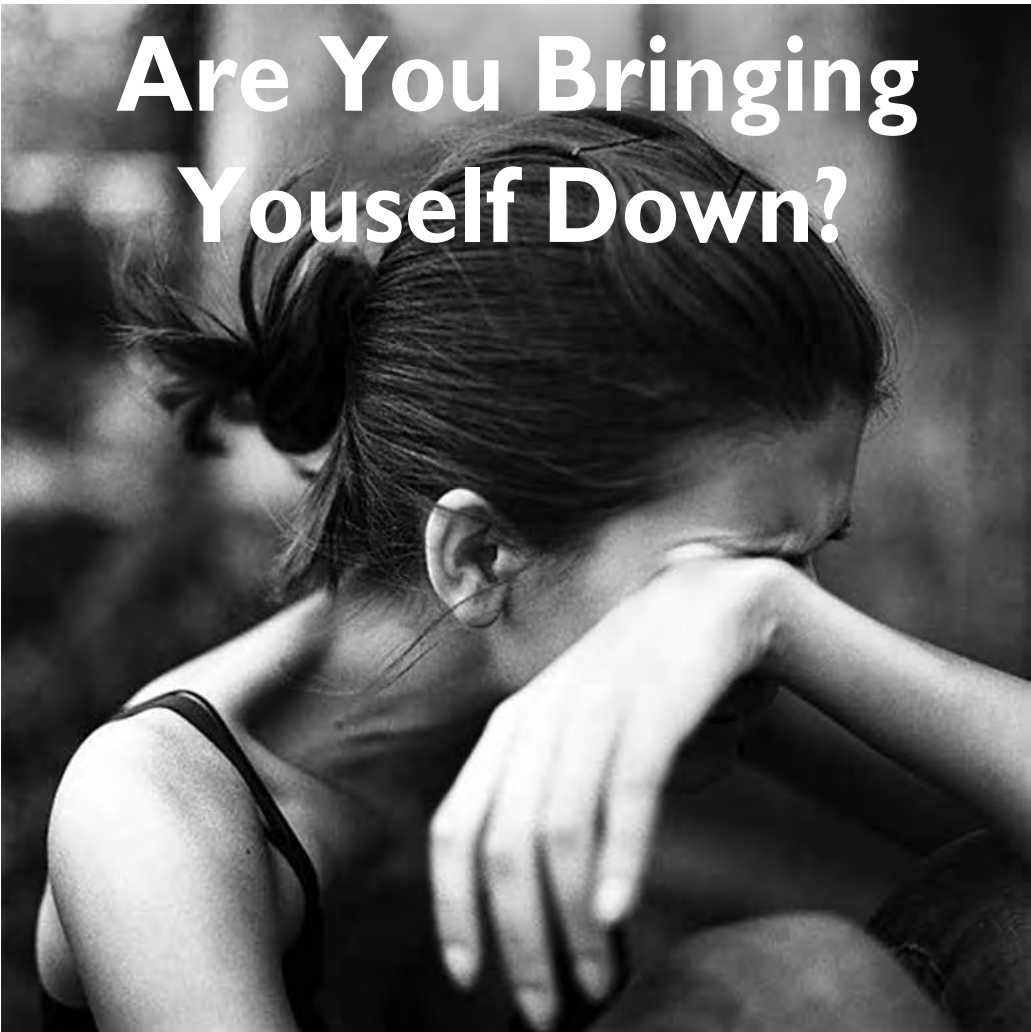
RECOVERY SERVICES		
A Mindfulness Center	480-207-6106	
ACT Counseling	602-569-4328	
Amity Foundation	520-749-5980	
AZ. Dept. of Health	602-364-2086	
Office of Problem Gambling	800-NEXTSTEP	
Aurora Behavioral Health	623-344-4444	
Carla Vista	480-612-0296	
Calvary Addiction Recovery Center	602-279-1468	
Celebrate Recovery with Chandler		
Christian Church	480-963-3997	
Chandler Valley Hope	480-899-3335	
Chapter 5	928-379-1315	
Choices Network	800-631-1314 602-222-9444	
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	
Elements Behavioral Health	844-294-3838	
Franciscan Renewal Center	480-948-7460	
Gifts Anon	480-483-6006	
Governor's Office of Youth, Faith & Family		
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Intervention ASAP	602-606-2995	
Geffen Liberman, LISAC	480-388-1495	
Lafrontera -EMPACT	800-273-8255	
The Meadows	800-632-3697	
Mercy Maricopa Integrated Care	602-222-9444	
	or 1-800-631-1314	
NCADD	602-264-6214	
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	
Rio Retreat Center	800-244-4949	
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	
Sundance Center	844-878-4925	
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	
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by June Silny

Happiness is hard work!

Most of us want to wake up every day, ready to take on the world. But often, other stuff gets in the way. Sometimes these events are obvious, but sometimes it's the hidden ones that are capable of turning a good day into a rather miserable one.

Sneaky Words That Will Ruin Your Day

There are obvious words that bring the onslaught of a negative thought cycle, but it's the little sneaky ones you have to watch out for. Pay attention, notice how often they appear. Track them and see how they affect you. Using your favorite app or notebook, make three columns:

- 1) Notice 2) What's the Effect? and 3) Replace It
Then, watch change happen!

#1 What If?

These two words, when related to fear, are a screenwriter's favorites. You become the author capable of creating scenes for a teenage horror movie.

Replacement:

If you want to imagine scenes, start a blog or write down your fears. Otherwise, give up this phrase. If you can't, convert it into something good. Try saying: What if everything turns out okay?

#2 I Can't.

If you want to stop yourself from being productive, then roll out the welcome mat and let these words in. However, if you want to free yourself from the chains of emotional paralysis, remove this combination from your vocabulary immediately.

Replacement:

It's going to be hard, but I'm going to push through the challenge. It'll be good for me and make me stronger. I need this experience.

#3 How could you ____? (fill in the blank)

Hello Me! These ego-based words will guarantee frequent disappointments. When you expect people to behave a certain way, the situation becomes all about you. What gets left behind? Empathy for the difficulties the other person might be experiencing.

Replacement:

Before reacting from your ego, take a moment to step into the other person's shoes and think about the pain, suffering, or difficult situation they might be facing.

#4 Always, Never, Worst, Ever

These words are the mantra of drama queens (and kings). Everything gets bigger than it really is. "You always do that, you never do what I want, that's the worst thing you could say, when will it ever get better?" are just a few terms of exaggeration that cause desperation.

Replacement:

Try to use words that open up to positive possibility: sometimes, maybe, or occasionally.

#5 Why?

"Why?" Seems like a harmless question, but it can be a dead-end word that shuts out happiness by causing instant frustration, dissatisfaction, disappointment, and frustration. Beware: It is the sneakiest of all words!

"Why" is a counterproductive word when....

- ...it's related to behavior. There is no satisfactory answer. When was the last time you asked someone why they behaved a certain way, and you were pleased with their answer? It puts people on the defensive, causing them to put on their boxing gloves, or bring out the claws. We fight back, become distant, or punitive.

Replacement:

When resolving conflict or questioning people; think before you ask why. If you feel wronged and want the other person to see his faults, sit down and have a chat. Discuss your concerns and express your point of view respectfully.

- ...it's related to events. As before, there is rarely a satisfactory answer. Sometimes bad things just happen that cannot be explained. Searching for answers can cause an abyss of negative thinking that is difficult to escape. Instead of asking why, try focusing on what now. Take a realistic look at what your next move should be.

The warmth of a loving friend, support group, or spiritual leader can comfort you through the challenging times. Dig deep to find your strength, courage, and hope in order to manage the situation.

Remember: Often you're aware of your words when speaking to others, but the most valuable words to pay attention to are the ones you speak to yourself.

June Silny is a teacher, blogger and author of Mus-sar. She lives in hot and sunny Miami, Florida with her husband, children and extended family. Find her on Twitter at @LivingOutLoud.



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