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## **12 Stupid Things That Mess**

/ 12 Stupid Things ourselves and our relationships, and dealing with the wreckage of our past. Few of us will relate to all of these issues, but the general themes

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should be familiar. So without further ado, here are my top twelve nominations for stupid things we do to mess up our recovery: 1. Believing addiction to one substance is the only ...

## **12 Stupid Things That Mess Up Recovery - Hazelden**

Allen Berger, PhD, a popular public speaker and nationally recognized expert on

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the science of recovery, is the author of 12 Stupid Things That Mess Up Recovery, 12 Smart Things to Do When the Booze and Drugs Are Gone, and 12 Hidden Rewards of Making Amends. His pamphlet, "How to Get the Most Out of Group Therapy," helps clients in treatment, continuing care, or Twelve Step groups, understand ...

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## **12 Stupid Things That Mess Up Recovery: Avoiding Relapse ...**

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confusing self-concern  
with selfishness not  
making amends using  
the program to try to  
become perfect not  
getting help for  
relationship troubles  
believing that life  
should be easy

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**Stupid Things That  
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I later published 3 more books in this series - 12 More Stupid Things That Mess Up Recovery, 12 Hidden Rewards of Making Amends, and 12 Smart Things to Do When The Booze and Drugs are Gone - because Emotional Sobriety is a lifelong pursuit in tandem with sustained recovery. I will be co-hosting a workshop, 12



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Core Concepts of  
Emotional Sobriety, on  
September 22, 2018 at  
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## **12 Stupid Things That Mess Up Recovery - abphd**

The author of the  
recovery mainstay 12  
Stupid Things That  
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offers a fresh list of  
"smart" things to do to  
attain and sustain

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emotional sobriety.

Whether it's called "dry drunk" or "white knuckle sobriety," it's that stage in recovery when we realize that "putting the plug in the jug" isn't enough.

## **12 Stupid Things That Mess Up Recovery - PDF Download**

I recently finished re-reading 12 Stupid Things that Mess Up Recovery by Allen

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Berger, a recovery classic for people in early recovery. I almost forgot what a great book it was. Allen Berger condenses twelve common pitfalls that can mess up recovery and teaches us how to avoid them with the clarity and wisdom of a man with decades of both personal and professional experience.

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## **12 Timeless Quotes from the book 12 Stupid Things that**

...

So without further ado, here are my top twelve nominations for stupid things we do to mess up our recovery: 1.

Believing addiction to one substance is the only problem 2.

Believing sobriety will fix everything 3.

Pursuing recovery with less energy than pursuing addiction 4.

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Being selectively  
honest...

## **12 More Stupid Things That Mess Up Recovery - abphd**

With his popular book 12 Stupid Things that Mess Up Recovery, Dr. Berger has shown many people how to confront self-defeating thoughts and behavior. With this sequel, you'll gain the tools to work through twelve more hazards on the path to

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lifelong pursuit in tandem with sustained recovery. I will be co-hosting a workshop, 12 Core Concepts of Emotional Sobriety, on September 22, 2018 at Northbound Treatment Center in Newport Beach. 12 Stupid Things That Mess Up Recovery - abphd 12 Stupid Things ...

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12 More Stupid Things That Mess Up Recovery. 48 likes. This book gives you the tools you need to work through twelve pitfalls that you are likely to encounter on your path to long-term recovery....

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"smart" things to do to attain and sustain emotional sobriety. Whether it's called "dry drunk" or "white knuckle sobriety," it's that stage in recovery when we realize that "putting the plug in the jug" isn't enough.

**[PDF] 12 smart things to do when the booze and drugs are ...**

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With his popular book, 12 Stupid Things That Mess Up Recovery, Allen Berger has shown many people how to confront self-defeating thoughts and behaviors that can sabotage their sobriety. In this sequel, Allen gives you the tools you need to work through twelve more pitfalls that you are likely to encounter on

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