

Recovery Concept Talk

Biggest reason why many addicts/codependents can't break through their destructive patterns is that they don't understand the emotion of shame and its ramifications. Plus they don't learn how from their dysfunctional families how to get their basic needs met. Some severe addicts/codependents are suffering from some form of trauma which they are stuck in stages of grief. When you understand that as humans we operate from three ego states, that you can learn to manage over time by finding and embracing a family of recovery that you can learn to open up to and talk, trust, and feel.

When you learn how to talk with someone you can trust and learn to feel your emotions instead of stuffing them with addictions or focusing on other people, essentially becoming addicted to another person, trying to fix them, then you can move on.

Another problem is they can get stuck in unhealthy roles and unhealthy rules and not live up to their potential.

When someone can't forgive that is a severe block to recovery.

The diseases of addictions and codependency are complicated and the problems can pile up but understanding some key concepts and learning how to implement them in your life allows you to be free and live a life of hope, freedom and recovery!

Recovery Concept Definitions:

understand- Shame toxic versus healthy. Toxic shame says I am a mistake, healthy shame says i will make mistakes. Toxic shame can develop in a person from generational dysfunctional families and society. Sometimes trauma can drive deeper toxic shame and develop into addictions and codependency. Toxic shame basically has a level of self hate. Healthy shame has a level of self love and takes time to develop with healthy people in your life.

Get your Five basic needs met.. Attention, love, security, belonging, personal power..

overcome Denial- denial of any addictions and codependency and accept that you have them. The tricky things with addictions and codependency is that they are self diagnosed most of the time, so you have to figure out where you are on the spectrum. What are addictions and codependency? Addictions can be to alcohol, drugs, lust, sugar, food, money, debt, nicotine, caffeine. Codependency is basically a processes addictions (your thinking and behaviors) to people and having unhealthy relationships, and not getting your basic needs met (blocked from childhood) causes codependency.

Identify Tramas big or little trama- physical or sexual abuse, or constant living with someone else rage and anger, or little trauma - someone blocking you from emtional connections with others or a controlling person over time..

*Process with someone where you are on the **Five stages of grief from trauma** 1) shock numbness denial, 2) anger 3) bargaining if then, 4) depression sadness 5) acceptance*

*Understand your **three Ego states** that you operate from; a wounded child, healthy adult, and critical voice from your family of origin. The goal of recovery is to learn to heal the wounded child ego state, by nurturing from the healthy adult ego state and minimize the critical parent voice.*

***Find family of recovery**, to get your basic needs met and meet the needs of others. Learn to talk trust and feel!*

*Understand your **Family of origin unhealthy patterns**, and **roles** we can get stuck in our whole lives, example saint, jock, hero, super achiever, silent child, lost child, or black sheep and break out of them by setting appropriate boundaries and achieving a balanced life. .*

Overcome your **Family of origin unhealthy rules** like don't talk, don't trust, don't feel, by learning to trust, talk, and feel.

Grandiosity patterns and emotional highs and lows comes from a wounded child ego state that is looking for attention and love that the healthy adult ego state isn't nurturing.

Forgiveness is an important part of an important part of recovery from addictions and codependency. When you can forgive yourself for destructive behaviors and forgive others you can have a profound and immediate positive impact on your recovery.

Are you now ready to forgive all who have injured you including yourself?

So the goal of recovery: is to understand shame toxic or healthy how it can control your life if you don't get a handle on it. Get your five basic needs met on a daily basis and be there for others to help them with their needs. Figure out where you are on the five stages of grief from trauma change to overcome denial..like a master detective identify your traumas and talk about them to someone you can trust overcome the binding strongholds that they are. Understand your three ego states and learn how to manage them, have your adult take care of the wounded child, and minimize the critical parent voice. Find a family of recovery that you can trust talk and feel your emotions. Break through your unhealthy roles and rules and find someone where you can practice forgiveness.

Understand that relationships are fluid and dynamic that in a very healthy relationship, which takes practice, the two people have a give and take and a healthy relationship of 50 percent of the time talking and listening to each other.

So in the recovery process you can free yourself with the help of others, then you can lead a life of service for others.