

# Recovery Resources

## *The following is a Representative List of Addictive Agents and Dependency Behaviors*

**Those things or persons, substances or experiences  
On which we form an excessive dependency –  
anything that can produce a mood-altering  
experience or event**

- **Alcohol or Drugs**
- **Work, achievement, and success**
- **Money-gambling, overspending, hoarding**
- **Control addictions, especially if they surface in personal, sexual, family, and business relationships**
- **Food**
- **Sex**
- **Anger or Rage**
- **Approval dependency {the need to please people}**
- **Rescuing patterns towards other persons**
- **Toxic relationships {those that are damaging or hurtful}**
- **Physical Illness {Hypochondria}**
- **Exercise and Physical conditioning**
- **Cosmetics, clothes, cosmetic surgery {Fixation on external appearances}**
- **Academic pursuits and excessive intellectualizing**
- **Religiosity or religious legalism {preoccupation with the form and the rules and regulations, rather than beneficial spiritual practices}**
- **General perfectionism**
- **Cleaning and avoiding contamination and other obsessive-compulsive symptoms**
- **Organizing, structuring {the rigid need to always have everything in its place}**
- **Materialism**

# The Cycle of Addiction

**Pain**



**Reaching Out to an addictive agent  
Such as work, food, sex, alcohol, or  
Dependent relationships to save our pain**



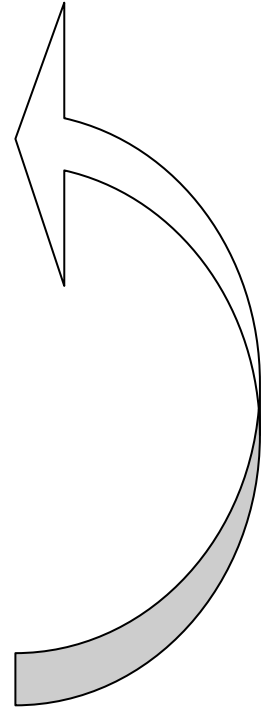
**Temporary anesthesia**



**Negative Consequences**



**Shame and guilt,  
Which result in more pain,  
Returning us to the beginning  
Of the cycle...**



# Recovery Resources

**Online:** The websites listed below will mostly provide the following:

- General Info
- Diagnostic Questionnaires
- Brochures, Daily Devotionals and other Literature
- How to find local support group meetings
- Treatment Programs

Main Alcoholics Anonymous Website (National) <http://www.aa.org/>

Families Anonymous <http://familiesanonymous.org/>

Narcotics Anonymous <http://na.org/>

Gamblers Anonymous <http://gamblersanonymous.org/>

OverEaters Anonymous <http://www.oa.org/>

Sex Addicts Anonymous <http://saa-recovery.org/>

Sex and Love Addicts Anonymous <http://www.slaafws.org/>

Co-Dependents Anonymous <http://www.coda.org>

Main Alateen Website(National) <http://www.al-anon.alateen.org/>

Main Al-anon, Website(for Connecticut) <http://www.ct-al-anon.org/>

**In Print:** Recovery Books, Bibles, Daily Meditations and Workbooks

(Almost all of these resources are at Hazelden Press <http://www.hazelden.org/> )

The Big Book of Alcoholics Anonymous, 4<sup>th</sup> ed. Alcoholics Anonymous World Services, Inc.

The Life Recovery Bible Second Edition, NLT – Tyndale House Publishers, ISBN-13: 9781414309620

Serenity New Testament – A Companion for Twelve Step Recovery, Thomas Nelson Publishers, Nashville, TN, ISBN 0-8407-1542-0

The Twelve Steps- A Spiritual Journey, A working Guide for Healing Damaged Emotions, RPI Publishing, Inc., San Diego CA , ISBN 0-941405-44-3

Twenty Four Hours a Day Hardcover Devotional Guide

Author: Anonymous , Publisher: Hazelden ISBN-10: 0894860127

The Twelve Steps and Twelve Traditions Alcoholics Anonymous World Svcs, Inc

Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members

As Bill Sees It Alcoholics Anonymous World Services, Inc.

Keep It Simple Daily Meditations For Twelve-Step Beginnings And Renewal Hazelden Pub.

Came to Believe Alcoholics Anonymous World Services, Inc

## THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

### Inpatient Rehabs/Detox Centers

ADRH –Htfd 714-3704; Blue Hills 714-3700  
CVH Middletown 262-6334  
Rushford Middletown 877-577-3233  
High Watch Kent – 927-3772  
Gaylord – Wallingford 866-GAYLORD

Living Sober Alcoholics Anonymous World Services, Inc