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## **12 Stupid Things That Mess**

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general themes 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 ...

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Allen Berger, PhD, a popular public

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speaker and nationally recognized expert on 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

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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



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life should be easy

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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

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Gone - because Emotional Sobriety is a 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.

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The author of the recovery mainstay 12 Stupid Things That Mess Up Recovery offers a fresh list of "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.

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

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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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So without further ado, here are my top twelve nominations for stupid things we

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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. Being selectively honest ...

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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 long-term recovery.

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