

RECOVERING COUPLES ANONYMOUS

*A Twelve-Step Program
For Couples*

4th Edition of the Basic Text



Recovering Couples Anonymous

Paul Becker



Recovering Couples Anonymous:

Recovering Couples Anonymous World Service Organization, 2011-06-20 **Recovering Couples Anonymous** Recovering Couples Anonymous, 1996-06-01 **A Couple's Guide to Sexual Addiction** Paldrom Collins, George N. Collins, 2011-11-18 Like other psychiatric disorders sexual addiction is a condition that affects people's relationships with others as much as it affects their own mental state. Individuals suffering from sexual addiction typically pursue sex through any means possible and often engage in risky forms of sexual activity such as exhibitionism, promiscuous sex with multiple partners, online sex, etc. It's easy to see how a couple's relationship may be challenged by the manifestations and reality of a disorder like this one. **A Couple's Guide to Sexual Addiction** discusses common relationship issues within the context of sexual addiction and provides the reader with exercises, information, and advice on the following topics: Trust, Communication, Healthy sexuality, sexual behaviors, Family. By understanding the reality of sexual addiction and what it means for a relationship, couples will be able to better relate to each other and plan for a successful future. **Recover to Live** Christopher Kennedy Lawford, 2014-01-07 **NEW YORK TIMES BESTSELLER** From New York Times bestselling author of *Symptoms of Withdrawal* and *Moments of Clarity*, Christopher Kennedy Lawford comes a book that will save lives. For most of his early life, Christopher Kennedy Lawford battled life-threatening drug and alcohol addictions. Now in recovery for more than 25 years, he works to effect change and raise global awareness of addiction in nonprofit, private, and government circles, serving as the goodwill ambassador for drug dependence treatment and care for the United Nations. For the first time, *Recover to Live* brings together all of the most effective self-care treatments for the seven most toxic compulsions affecting every culture on the planet today: alcohol dependence, drug dependence, eating disorders, gambling, hoarding, smoking, sex, and porn. In *Recover to Live*, more than 100 of the world's top experts, interviewed by Lawford, share their research and wisdom on how to determine if your bad habit is becoming a dependency, what treatments will work best for you, how best to help yourself or a loved one recover from addiction, and how to lead a fulfilling and productive life in recovery. **Joining Forces** Howard Fradkin, Dr., 2012-11-05 This inspirational book was written to empower male survivors of sexual victimization at any age to overcome the effects of trauma and learn to thrive. Male survivors often struggle to feel any sense of hope for the future, so *Joining Forces* is designed to inspire them and their allies with easily mastered skills developed over the course of psychologist Dr. Howard Fradkin's 30-year career and the real-life experiences of other survivors who have learned to thrive. Each chapter invites survivors to dare to dream that they can take another step in their healing process by leaving their isolation behind, challenging their dysfunctional beliefs, and replacing them with healthier, functional messages, practicing healing exercises, reading about the struggles and successes of men just like them, and learning how to build hope through the use of affirmations. This book is unique in that it is based on the experiences of over 800 participants in Male Survivor Weekends of Recovery. The tools taught during those workshops, plus many more developed through Dr. Fradkin's clinical

experiences are presented so that each survivor has an opportunity to use coping skills as he faces the challenges of his recovery. Survivors and their allies will learn that they are not alone in their struggles and that others have walked in their path, become stronger, and found a sense of freedom. They'll read about how to make healthier choices to enhance their relationships, emotional functioning, and job performance, and to thrive in their lives. *The Recovery Cycle* Joi Andreoli, 2022-09-28

This book introduces the Recovery Cycle, the only relatable model for positive change in sobriety and a simple roadmap for sober living. The author, a clinician in recovery herself, demonstrates how to talk to clients or anyone with an interest in sobriety in a pragmatic, like-minded way. The easy conversational style encourages cultivation of solid sober relationships and spiritual connections, all with an achievable, open-minded approach. Concrete methods honor the thinking and feeling parts of the recovering individual, thereby promoting personal empowerment and choice rather than generic prescriptive advice. The book speaks to all addiction disorders and discusses what every addicted person must go through to love their sober life, no matter what program they choose, no matter what addiction. Readers will find the journey toward emotional sobriety and spiritual recovery discussed in a simple, straightforward way with depth and compassion. For clinicians who want to guide clients in recovery or for any motivated individual in recovery desiring to transform their life from one of pain and struggle to a beautiful work of heart, this book will be a welcome spark of inspiration and support without the snore factor of a dry textbook. **Recovery from Sexual Addiction: a Man's Guide** Paul Becker, 2012-05-14

Recovery from Sexual Addiction: A Man's Guide and a companion workbook help men learn how to achieve a high level of commitment to change their behavior and thinking. Men are introduced to insights on how to move out of compulsive behavior, depressed mood, and isolation into a more fulfilling life. Readers will learn about the Addicts Life Scale, a simple yet insightful tool that illustrates how one's mood is directly related to destructive acting out behaviors. Once a man becomes aware of his mood levels, he can begin to take proactive steps to reach and sustain a mood level where he feels confident and motivated to remain free of destructive acting out behaviors. Book chapters are structured to help men examine their most personal issues, including the nature and origin of sexual addiction, the roles of anger, anxiety, isolation, and depression in sexual addiction, how co-dependency fosters sexual addiction, how to cultivate self-awareness and improved attitude, and creating a healthy life style absent sexually acting out. Ultimately, readers will discover the satisfaction that comes from improved relationships with their spouses, children, other men, and God. Paul Becker's unique Recovery From Sexual Addiction series includes a core book, client workbook, and a clinician guide. The three texts use an interactive approach to help therapists and clients thoroughly explore the roots of sexual addiction and effective ways to achieve long-term recovery. The series is especially helpful to therapists who prefer to base recovery on principles proven by Dr. Patrick Carnes. Shades of Hope Tinnie

McCarty, 2012-03-06 The founder of Shades of Hope Treatment Center offers real-life solutions and a step-by-step program that teaches you how to stop the never-ending cycle of diets, binges, negative behaviors, and broken promises that come with

food addiction Includes a Foreword by Ashley Judd There are millions of people who bounce from one diet to another with no understanding of the link between emotional eating compulsive overeating and not being able to keep off the weight Author Tennie McCarty was herself an overeater food addict and bulimic Tennie believes that food addiction is a physical and mental problem with a spiritual solution Tennie confronted her addictions to unhealthy relationships food work and was finally able to find the one thing we all ultimately crave serenity In her work with clients Tennie helps them uncover why they yo yo diet why they compromise their health with a diseased relationship to food why their uncontrollable need for control has left them feeling broken and what it is about their past or present that leads them to seek comfort in the oscillating consumption and restriction of food As Ashley Judd a former patient says Because if there was hope for Tennie McCarty there was hope for me

Why Is My Partner Sexually Addicted? Paul Becker, 2012-02-21 Why is My Partner Sexually Addicted provides critical insight into the nature of sexual addiction A woman rarely need to probe the origin and consequences of sexual addiction until her partner is found out Each chapter reveals aspects of sexual addiction all to help a woman decide how she will live after she discovers her partners aberrant sexual behavior Meet a Reviewer This book is outstanding It s wildly packed with valuable information I learned a lot and feel every woman married to a sex addict should get this book in order to have a very deep understanding about what is likely going on in her husband s mind brain Darcy H Meet the Author For Paul Becker LPC counseling and writing are second careers He was a federal government economist and executive for over 36 years Working with men in prison led him back to school where he earned a Master s degree in counseling education He works in Virginia in private practice

Overcoming Sexual Terrorism Jake Goldenflame, 2006 WHY CASTRATION WON T WORK Many times you will hear people say Why don t we just castrate all the sex offenders That will do the job But in fact it won t for some very simple reasons First long term studies have already shown that in spite of all the media hype most convicted sex offenders up to 75% of them do not re offend Hanson 1999 To castrate them is a waste of time Secondly most children are not molested by them Most children are molested by someone they know and trust like a friendly neighbor down the street or a school teacher volunteer in some youth group or at the church Often unfortunately by a relative in the family be that an older brother cousin an inlaw or step parent Because none of them have been caught we don t call them sex offenders and as a result castrating all the sex offenders won t get them They will still be left just as free as before There is a better answer Records now show that when convicted sex offenders are given exactly the kind of treatment and counseling in that is described in this book re offense rates are cut by 60% Alexander 1999 It is not terribly complicated It isn t just a lot of theories It is just simple blunt honesty making men face the reality of what they are doing and how it is also wrecking their own lives then training them in the steps it takes to stop doing so That is what does it right there Here is the book that tells it all In ten chapters I relate how it happened that I became a child molester and got over it That was almost 20 years ago now and I remain re offense free with no further convictions or arrests The lessons from it that you can use to protect your

children are given at the end of each chapter If you follow them your child will be safer than ever before Steps that sex offenders can take to earn their way back into the community and a prescription for the healing of America conclude the work The readers resources section includes a listing of further books journals websites referral agencies and self recovery organizations that may also be of use to those who want more information Fully indexed the book will be a useful guide in all future child sex abuse trials If you have any questions write me at [jake goldenflame gmail com](mailto:jake.goldenflame@gmail.com)

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