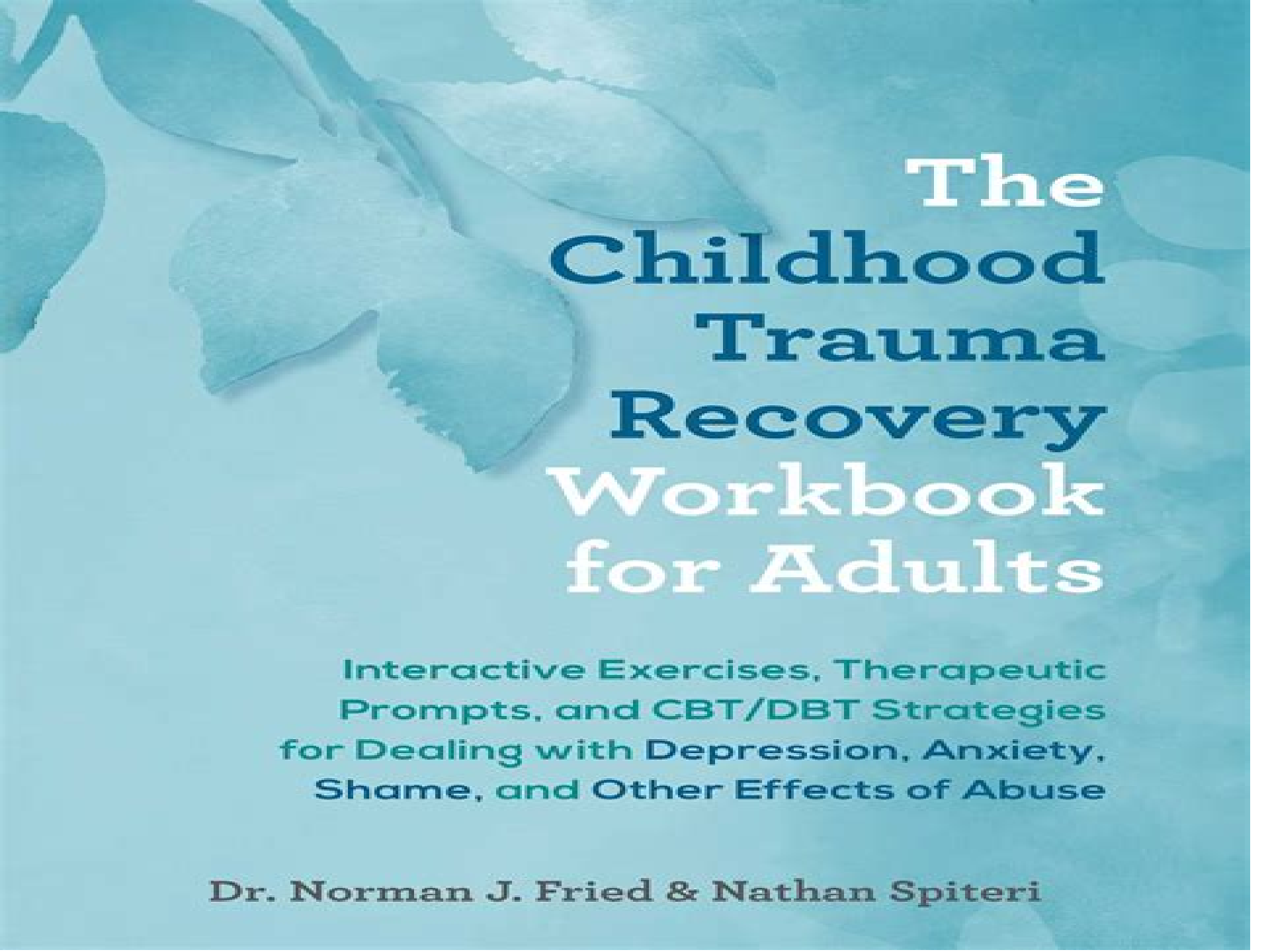




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Prompts, and CBT/DBT Strategies
for Dealing with Depression, Anxiety,
Shame, and Other Effects of Abuse

Dr. Norman J. Fried & Nathan Spiteri

Recovery Of Man In Childhood

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Recovery from Sexual Addiction: a Man's Workbook Paul Becker,2012-05-25 This companion workbook to *Recovery from Sexual Addiction a Mans Guide* helps men learn how to achieve a high level commitment to change their behavior and thinking The exercises are structured for use in either independent counseling or group therapy Men are introduced to insights on how to move out of isolation into a more fulfilling life Readers will learn about the Addicts Life Scale a simple yet insightful tool that illustrates how ones 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 Exercises are geared at helping 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 and how to cultivate self awareness and improved attitude Ultimately readers will discover the satisfaction that comes from improved relationships with their spouses children other men and God Paul Beckers 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

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