

Core Issues to Be Addressed for People in Recovery

Issue in Addiction	Treatment- 1 day to one year	Recovery- over 1 year
Uncontrolled use	Abstinence, urges	Maintaining abstinence
Trauma	Identification of trauma: reduction of repeating trauma	Resolution of trauma to prevent relapse
Troubled relationships	Recognizing relationship dysfunction	Repairing the damage: entering into new healthy relationships
Thinking problems	Recognizing problems in remembering and focusing	Engaging in activities to promote life-long learning
Emotional pain	Recognition as a barrier to recovery	Continuous work at lessening the pain
Risky behaviors	Identification of at risk behaviors	Conscious decisions and practicing new healthy behaviors
Self punishment	Addressing guilt, shame and failure	Continued avoidance of self-defeating behavior; practicing the courage to change
Somatic complaints	Seeking professional medical care	Maintaining a healthy lifestyle appropriate to age, gender and history
Trust	Realizing trust can be helpful	Trusting appropriately
Fear of abandonment	Talking about abandonment	Developing inner strength, serenity
All or nothing thinking and behavior	Identification of rigidity	Daily practice of compromise and making choices
High tolerance for inappropriate behavior	Questioning what is appropriate and what is not	Learning to set limits; setting limits
Self-neglect	Identifying our needs v. wants	Getting our needs met
Grieving unresolved issues	Identifying losses, learning to grieve	Grieving losses
Conflict resolution	Practicing expressing feelings	Working through current conflicts
Difficulty giving and receiving love	Defining love	Loving self, others
Control	Beginning to let go	Taking responsibility while letting go
Shifting dependence	Recognizing dependency substitution	Practicing healthy independence