

Together AZ



JUNE 2015

Inspiring Success on the Road to Recovery

The Many Faces of Recovery

By Allen Nohre, Terros

What's it like to stop using alcohol and drugs and live a life of recovery? I have the privilege of interviewing people at various stages of recovery, asking them how they stay clean and sober, and what their recovery life is like. I have come to a conclusion: recovery has common elements, yet each person's recovery is unique.

Typically, I interview people who are relatively early in their recovery. They openly describe their struggle with addiction and the havoc it has caused. I am amazed by their willingness to share their story and I admire their courage. After they share their stories, I wonder how they are doing, if their lives are continuing to get better, if they are growing in their recovery, or if their progress has hit a bump in the road.

I followed up on my curiosity by reaching out to a few people I've interviewed before. Each person described what their recovery looks like today.

Jacque: "I Have a Cool Life!"

"I now have everything I used to dream about: a wonderful relationship with JD, my seven-year-old son, a cooperative joint-custody arrangement with his father, a great job, a rebuilt relationship with my parents, and wonderful new friends. I have a cool life, not glamorous, but beautiful."



Jacque is 33, and after fifteen years of drug use, she is nearly three years into her new life. She is grateful for many things and said, "I even have health insurance, and that makes me feel like a grown-up."

Asked what recovery is like now compared with the first few months, she said, "A big part of my recovery at this stage is cleaning up my past by making relationship and financial amends. I am paying all of my past bills even though it takes nearly 40% of my income. And, I'm sober. In fact, I couldn't be more sober."

Jacque said her spiritual program is the center of her life. She begins each day with prayer, attends support group meetings four times a week, stays in touch with close friends who are on a similar spiritual path, and works with newcomers. Jacquie continues to donate recovery literature to clients at Terros Maverick House where her sobriety and recovery got its start in August 2012.

She said she doesn't have the urge to use or drink. She believes the key is to recognize feelings and behaviors that always come before using like shunning her close friends and avoiding support groups. "Recovery is a lifelong process."

Jacque left our Saturday morning interview at Starbucks and headed to her parents' home where she and her son, JD, will enjoy spending time with family, enjoying her parent's cooking, and swimming in the pool. Life for the entire family has changed for the better.

Stephan: Reasons to Smile

I met Stephan a year ago when he was enjoying his first year of recovery from using drugs and alcohol. His infectious smile told me he was happy with his new life and his accomplishments. A year later, I visited with him again, and his smile was even bigger. He proceeded to describe the good things that happened in his second year of recovery.



Stephan has experienced dark times. He used and sold drugs, was arrested and served time. He was broke and embarrassed that there were times he asked his mother for money. All of that has changed. He has a full-time job as a cook at a drug treatment program, he and his girlfriend are doing really well, he has paid off fines, is off probation, and with a satisfied smile he said, "I haven't had to ask my mother for money."

Stephan said he stays away from drugs because, "I don't want to lose everything again. If I used, I would go down quickly in drugs and breaking the law. I would lose my job and my true friends in recovery who support me, unlike my former drug using, so-called friends."

Stephan knows what keeps him in recovery. He said, "The key for me is my recovering friends in support groups and at work who keep me centered on what is most important. My higher power is important to me and in a surprising way my friends are also my higher power."

For fun, Stephan plays in the Costco Sober Softball League on Sundays and he and his girlfriend have a date night every other Friday. His advice for others as well as himself is: go to meetings that are meaningful for you, have a sponsor, and rely on people who are sober.



Tommy: I'm Becoming Who I Really Am

Tommy has been through a lot in his twenty three years: a childhood of being abused and an adolescence of using and selling heroin, jail, and failing to find recovery after two treatment pro-

grams. When I first met Tommy in May 2014, he was living at Terros Maverick House Sober Living, maintaining his sobriety that began nine months earlier.

I met Tommy again, ten months later. He had just returned from work; and, he looked more mature and spoke with greater confidence than a year earlier. After 15 months of living with 27 other men at Sober Living, and having been promoted to Senior Resident, he felt ready to take the next step. He is now living with two friends who are also committed to a life without drugs. Tommy said, "We support each other in our Twelve Step program, but being sober doesn't mean we don't have fun. We go to movies, bowling, mini-golf, and have alcohol and drug-free parties with other people our age."

I asked him if he worries about using drugs again. He said, "Sometimes I get a little shaky, and that is usually when I am angry about something. But I am able to recognize and manage my feelings. I pray a lot. I don't get the urge to use and my obsession with drugs is gone. It is a power greater than me that keeps me sober. I call that power God."

Reflecting on his recovery journey, Tommy said, "During the first year. I was doing what I needed to do to stay away from drugs and I couldn't have done it without Sober Living. In my second year without drugs, my life started to happen. I became aware of my emotions and I began to feel happy. I call it emotional sobriety. I can feel myself growing up and becoming who I really am. That makes me so happy."

Robert: Recovery is Freedom

Robert is in his late thirties, stands well over six feet tall, and has the powerful physique of a body builder. However, it is his mental, emotional and spiritual strength, not his physical power that is helping him find recovery from addiction.



When I met Robert in May 2014, he had completed a four-week residential treatment program and was continuing his recovery at Terros Maverick House Sober Living. He said, "The most important thing I got out of treatment was talking about the severe abuse I received as a child, letting myself experience those feelings, and even crying in front of others. I had never done that in my life." Robert went directly from treatment to Sober Living because, "I knew I had one shot at this."

At Sober Living, he had the support and feedback of 27 men, all of whom were learning how to walk the challenging path out of addiction and into recovery.

MANY FACES continued page 8

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Best-selling author; guest consultant on 20/20, Good Morning America and CBS Morning News; featured in The New York Times and People Magazine; and Esquire Magazine's "Top 100 Women in the U.S. who are Changing the Nation", Rokelle Lerner is the Clinical Director of InnerPath Retreats at Cottonwood Tucson.

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PUBLISHER'S NOTE

By Barbara Nicholson-Brown



This One is for You, Dad!

By God's Grace, this month marks my 25th year of sobriety. As the day approaches, memories flood through me. It was the very worst and absolute best day of my life, wrapped into one.

Not only was I full of fear, shame, remorse, guilt, and humiliation — inner torture was swirling inside my mind and body. I was shaking, scared and afraid to move. The bottom hit — and it hurt like hell.

Without consciously knowing it, I was forced by powers greater than myself to make a decision. It was the 'now or never moment' — I believe God chose the Now — the Now being sobriety.

How can I ever forget June 17, 1990? It was the first time I admitted out loud I was an alcoholic; asked for help and received it; attended my first 12 step meeting, and, it was Father's Day.

It was no secret I caused my parents plenty of worry and heartache during my years of using. And, growing up I was the rebel who played the role of black sheep to the hilt. Yet deep down, I knew they loved me and wanted the best for my well-being, no matter what our history.

So telling my dad I had taken a step toward a new life added to my fears that day. I had no idea if I could go more than 24 hours without some kind of poison in my system. But I picked up the phone and called him. My mom answered, and I didn't say more than "put Dad on then hang up the other line." This would be a monumental moment.

Our conversation was brief, honest and emotional. I made my commitment to recovery right then and there to him — and have kept it ever since. There are no words to express my gratitude for this incredible life I'm blessed with in recovery. Thank you to everyone who has helped me along the way a day at a time.

And thank you Dad, for your support and loving me through it all.

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Anger and ADHD: Triggers and Solutions

By Dennis M. Ryan MC LPC

Introduction to ADHD

Like many young men across America, it was my job at home to mow and trim the lawn. While many sought to avoid this onerous work, none could equal my talents at avoidance. I'd take one sweep, two sweeps, maybe three and then sneak off to my room to read until my father would interrupt my solitude with his shouting and threats. I'm sure that one of the books was Tom Sawyer. I was never able to talk my friends into doing the whole thing the same way Tom was able to talk his friends into whitewashing the fence but they were always done with their chores before me and for some reason desired my company. So they pitched in. My ADHD was not officially diagnosed until my mid-fifties.

The central attributes of ADHD or Attention Deficit Hyperactivity Disorder include inattentiveness, hyperactivity or impulsivity, or both. There are a number of other symptoms as well. All "official" descriptions of ADHD are helpful but fail to paint the whole picture as ADHD manifests itself in as many ways as there are personalities. .

There are certainly many plusses to ADHD. While the need to multi-task can lead to flooding; there are times when it can be a valuable asset. One author on ADHD points out that ADHD may be a residual component of brain development from when we humans hunted to keep food on the table (the hyper-focus was a great contributor in the stalking process). Hence, many successful business people have the hyper-focus variety of ADHD. Creativity is often an ADHD asset. When the ability exists to minimize the problematic aspects of this disease, room is provided so these assets can evolve.

A Bit about Anger

Anger is a natural healthy emotion. It is there to set boundaries, appropriately defend territory, and protect our lives. The problem is this: the anger emotion is easily distorted. Flooding or high adrenalin set for the ADHD person may create an elevated sense of endangerment. This gets coupled with the fact that the base of our brain stem that has to do with rage responses (sometimes referred to as "the reptilian brain") does not have a quick way to differentiate between physical and non-physical threat. For those with ADHD the ability of the developed brain to override the misread nonphysical threat is greatly reduced. The outcome is similar to an individual with PTSD. The healthy brain's ability to moderate anger is compromised and the individual with ADHD is left with either an over-response or under response (rage or shutdown).

Five Symptoms That Create Anger Triggers

Hot Temper: Paul Wender, a professor of psychiatry at the University of Utah School of Medicine, included "hot temper" as one of the symptoms of ADHD in his "Utah Criteria for Adult ADD".

ANGER continued page 4

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The Jewel in the Lotus

By Alan Cohen

I was coaching a woman who was stuck in the process of getting her website posted. When I asked her what was the hardest piece for her, she answered that it was the "About Me" page.

"I struggle with whether I am truly qualified to offer my services. I feel encumbered by self-doubts and self-judgments."

When I asked her where she had learned these doubts, she explained her father was a critical editor, and as a child she grew hesitant to make any statements about herself, since he might put her down for not being perfect or expressing herself impeccably. During our coaching session she realized that she needed to communicate with her father and heal their relationship. After making significant progress in our session, her last words were, "It wasn't about the website at all, was it?"

It never is.

It's always about your thoughts, fears, and visions about presenting yourself to the world. A website or any new profession, relationship, or step ahead in life is an excellent projective test for where your consciousness lives at the moment. Since life is more about what's going on inside you rather than what's going on outside, the best use of outside is to shine light on the inside, so you can progress in your soul's journey.

A woman phoned in to my radio show (www.hayhouseradio.com) and asked for some tips on how to lose excess pounds. I asked her when the weight had come on, and she answered that it had started when she had gotten divorced a few years earlier. Then I asked her a question based on what the spiritual teacher Bashar calls "the motivational mechanism." "How do you believe the weight serves you? If, on some level, you have chosen the weight for a reason, what would that reason be?" She thought for a moment and answered, "The end of my marriage and my divorce were so painful that I really don't want another man in my life, at least not now. Perhaps I believe that the excess weight makes me less attractive to men, and I won't have to deal with all those messy issues."

I thanked her for her honesty and then asked her if she would consider simply making the choice to not be with a man for now without needing to use the weight as a protective mechanism. She liked that idea and we explored ways she could claim her power and her choices by making clear statements. The conversation ended on a high note. So the weight was not the problem. It was the symptom. More deeply it was a directional signal to look deeper.

JEWEL continued page 10

ANGER from page 3

Flooding is the experience of having too much floating around in your head at the same time coupled with an experience of over-whelm. One form of stimulation can be added to the heap of swirling items in your head and the added item becomes the pin pulled out of the grenade. The person with ADHD feels like the neat little world that they have to struggle so hard to create is under attack. BOOM the anger explosion takes place.

Shame Relative to Recognized Inability to Handle the Basics of Life can trigger both depression and anger and resentment for the ADHD individual. This shame often is increased when the ADHD person seeks to self-medicate through using addictive substances or behaviors. The anger response is heightened when others are critical.

Independent Assessment of Reality is created by frustration with not being able to do things in the established fashion and often developing "better" more creative ways of doing things. This can lead to not "suffering fools well." An ADHD individual may tend to do things their own way in spite of cultural norms or organizational expectations. This can be a set up for conflict and the poor handling of anger.

Adrenalin Craving or High Adrenalin Set keeps those with ADHD more on edge than those in the general population. For some with ADHD adrenalin craving can cause them to seek out tension provoking situations or participate in dangerous behaviors to garner an "adrenalin rush." For others being on edge is a way of life due to a high adrenalin set. Flooding helps maintain adrenalin. Any one of these three situations can be a precursor to poorly handled anger.

Strategic Interventions

Meditation is an excellent maintenance tool for those plagued with this disease. Unfortunately, many meditation disciplines are too involved for the beginning ADHD practitioner and the practice

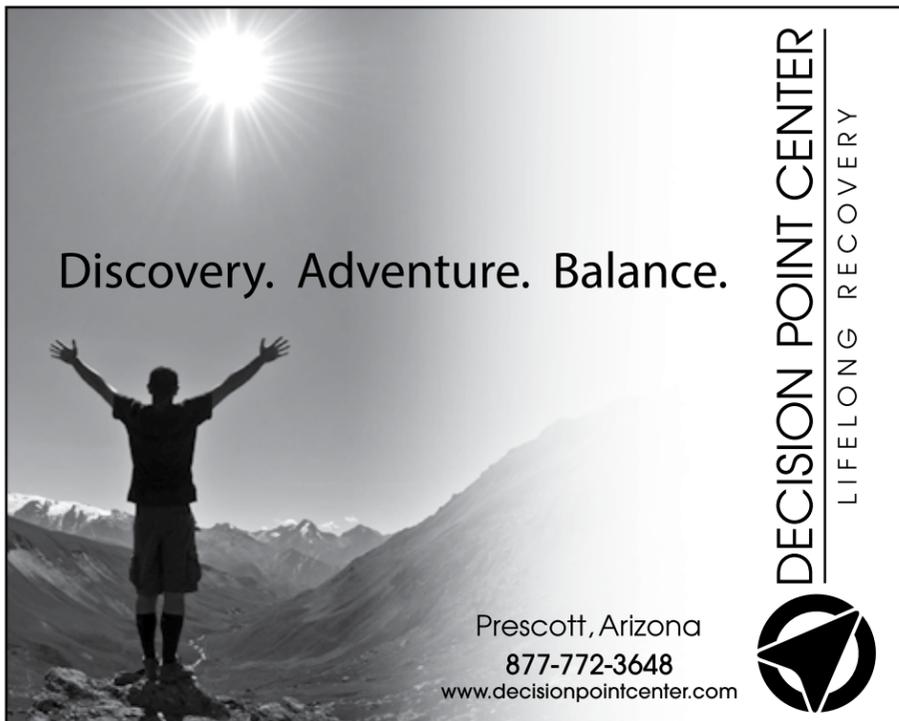
is often given up before it is even started. I recommend an easy three breath re-centering meditation for starters. When triggered or under stress...stop and breathe slowly and deeply with the mind's eye focused on the breath going in and then out. Repeat this two more times. You will likely find yourself, at least momentarily, more centered. After learning this rudimentary breathing strategy one can expand to other meditation techniques keeping in mind not to impose perfection on the process.

Flooding awareness is an imperative strategy for managing anger. It is helpful to develop a way to scale the intensity of flooding. How over-whelming are feelings? Is there need to shut down momentarily in order to re-center? Is there extra difficulty gathering sufficient focus to accomplish things? These are all indicators that you are on the edge of handling your anger poorly.

Certainly the two strategies suggested above are not the complete answer in managing ADHD induced anger. Finding ways to reduce both shame and entitlement is a sound strategic path to follow. The following are important as well; trigger awareness, medication (if needed), appropriate recovery program for whatever addictions may exist, application of sound nutritional strategies and healthy use of exercise (exercise that is cross hemispheric is highly recommended).

I hope the comments I have made regarding anger and ADHD have been helpful to you. They are meant only to be a primer. For a more complete introduction to ADHD and strategies for management I highly recommend ***Driven to Distraction*** by Edward M.Hallowell and John J. Ratey.

Dennis M. Ryan MC LPC is a Licensed Professional Counselor specializing in men's issues, anger management, and ADHD. He can be reached at ryantransform53@aol.com. Anger and ADHD: Triggers and Solutions



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In the NEWS

The Meadows to offer Mind & Heart: A Mindful Path To Wholehearted Living

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Workshops run 8:30 a.m. to 4:30 p.m., unless otherwise noted. The schedule is flexible, accommodating the group process. This workshop is scheduled on the following dates in 2015: September 7-11 and October 26-30.

For more information or to enroll, please contact us at 800-244-4949. www.themeadows.com.

Alcoholism Medication may help treat Meth Addiction

The drug naltrexone, used to treat alcoholism, may also be useful in treating methamphetamine addiction, a small new study suggests.

Researchers at the University of California-Los Angeles found naltrexone decreased the desire for meth and the pleasure derived from using it, *UPI* reports.

The study included 22 men and 8 women who used meth an average of three or four times a week. Half of the participants were given naltrexone on days three and four of a four-day hospital stay, while the other half received a placebo daily. After 10 days, they spent another four days in the hospital. Those who had been given

naltrexone took a placebo for four days, while those who had been given a placebo received naltrexone.

On the last day of each hospital stay, participants were given a dose of meth. After three hours, they were asked how they felt and whether they wanted more of the drug. Those who took naltrexone had less desire for meth, and said they enjoyed it less when they took it.

“The results were about as good as you could hope for,” researcher Lara Ray said in a news release. The study appears in the journal *Neuropsychopharmacology*.

Larger clinical trials of naltrexone as a treatment for meth addiction are now being conducted with funding from the National Institute on Drug Abuse.

Marijuana Edibles being Transported Illegally across State Lines

Law enforcement officials are reporting an increase in marijuana-infused edible products being transported illegally across state lines for resale.

Edibles resemble candy or home-baked products, and often have no smell that indicates they contain marijuana, *The New York Times* reports. Missouri troopers confiscated 400 pounds of commercially made marijuana chocolate in February. New Jersey state police seized 80 pounds of homemade marijuana sweets. Oklahoma officers seized about 40 pounds of commercial marijuana products, including taffy-like “Cheeba Chews” and bottles of marijuana-infused lemonade.

In Colorado, where recreational marijuana is legal for adults 21 and over, edible marijuana products have become a popular alternative to smoking marijuana. Adults 21 and over can legally purchase marijuana edibles at state-licensed stores. Marijuana is now available in products ranging from candy to soda and granola. The amount of marijuana in edible products varies widely. In some cases, products contain levels so high that people experience extreme paranoia and anxiety.

The high produced by edible products comes on more slowly than smoked marijuana. Inexperienced users may consume too much, causing severe impairment. Some experts are concerned that marijuana edibles smuggled into other states may appeal to teens.

Colorado health officials are trying to find a way to prevent people from overdosing on marijuana edibles. The products

NEWS continued page 14

Addiction Takes a Toll on an Unlikely Friendship

It’s hard to imagine a friendship with a less auspicious start than the one between Lance Rice and Nina Rossi. In 2013, Rice, now 25, was arrested for breaking into Rossi’s home while strung out on heroin. He stole her iPod and some prescription pills.

After Rice was released from jail, Rossi, who runs an art and jewelry shop in Turners Falls, Mass., decided to reach out to him.

“I’m so grateful there’s people like Nina out there,” Rice told me in an interview last year, “because the normal person would, you know, automatically hate somebody who did that to their home.”

“Well, I did hate you, Lance,” Nina responded. “We had your picture from the newspaper with ‘F.U.’ written on it on the refrigerator, ‘cause we felt violated.”

And yet Rossi — now 55 and herself a recovering alcoholic — believed Rice had a good soul and just needed support. What first appealed to her about Rice was that he owned up to his actions.

As he went in and out of rehab and jail, she became his character reference with the courts until Rice’s public defender got him into a program that offered treatment instead of jail. The conditions were strict — regular check-ins with a probation officer and a judge, near-daily Alcoholics Anonymous meetings, random drug screenings.

Rossi paid for Rice’s taxis to the courthouse, cooked for him, offered him odd jobs — all in the service of his sobriety. “I think about, my God, what would happen if he started using again,” she said in the interview last year. “That would be devastating.”

“It would suck that I would probably lose her over something like that,” Rice added. “That also probably does help me, you know, stay clean.”

But it wasn’t enough.

Last June, a few months after that interview, Rice had a relapse. He had moved in with friends who were still using heroin. Every day, he watched them get high.

“It triggers something in you,” he says. “Even just seeing people on TV doing it can trigger you and set you off. And for awhile, I was able to hold on, but it did suck me back in.”

He takes an opioid-blocker, so it wasn’t heroin he turned to. Instead, he went on a cocaine binge, which was caught through a urine screening. He went back to jail for a month — and while the judge decided to give him another chance in treatment, some relationships couldn’t be fixed.

Rossi has not spoken to Rice in months. She says a rift started to grow around the time of his relapse — which coincided with changes in her life. She had a surge of personal expenses, including car repairs and her wedding. She had to stop giving him money. “I felt bad that we were in a situation where he was dependent on that very little bit that I could do,” she says.

Their weekly dinners ebbed and then she heard about his cocaine binge — but not from him.

“I felt like he didn’t turn to me when he needed somebody and felt things were going downhill,” she says. “And maybe I’m not being very helpful at all if he relapsed.”

For his part, Rice felt harshly judged after his relapse. *continued page 6*

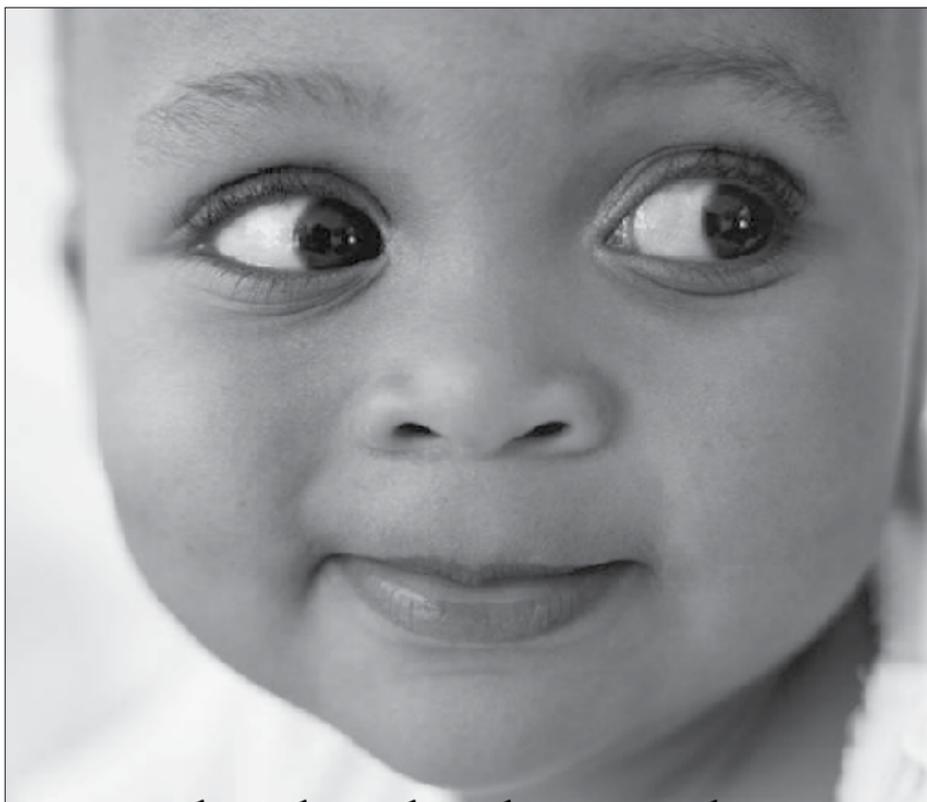


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Friendship from page 5

"I thought that we had a different friendship than I guess we ended up having," he says. "And the friendship kind of fell apart, and I wish her the best, and that's about it."

He still appreciates how much Rossi helped him — and that she forgave him for robbing her. That's something Rossi does not regret.

"It's a selfish thing, in a way, to forgive other people, because it's the best thing for yourself," she says. "And if that's the only thing that comes out of this whole thing, it's fine. And maybe it's made a difference for Lance, having been forgiven."

In April, after 18 months of supervision, Rice graduated from the drug court. On his last day, he faced spectators in a Greenfield, Mass., courtroom and delivered a speech.

"A few years ago, I was knocking on death's door and I didn't know how to get away from that," he said.

Nina Rossi didn't come to his graduation. He expected his grandparents, aunt and cousins to show up, but they didn't. The only witnesses were two of Rice's friends, their toddler son, two other drug court defendants — and me.

"This is very hard," he said, "and I know it's gonna be hard for the rest of my life, but it's been worth every minute."

If Rice can stick with recovery, his will be a rare success. In the past year, he says four of his friends died of heroin overdoses.

This fall, Rice hopes to enroll in community college — a goal he missed last year.

When Nina Rossi hears about this plan, she smiles.

"I just hope he makes it," she says, "and that now and then, he'll send me a note, saying he's doing well."



LIFE 101

By **COACH CARY BAYER** www.carybayer.com

Stealing your Identity and Ignoring your Identity

Much is made about thieves who steal people's identities. Americans victimized by such crimes suffered more than \$24.7 billion in direct and indirect losses in 2012 alone. That's more than \$10 billion more than losses incurred due to burglary, other property theft.

More than 16.6 million Americans were victims of such identity fraud, with two thirds suffering direct financial loss: on average \$9,650 per person from misused personal data, \$1,003 on average from credit card fraud. These statistics were supplied by dailyfinance.com.

However, there are no statistics compiled on direct and indirect losses suffered because people have ignored or misrepresented their identity, but the number is far greater than 16.6 million. Some of you are scratching your head, asking, "Whatever is Cary talking about?" What I'm talking about is very simple—namely, your true identity, and the remembering of it; more specifically, the living from it.

You're the one stealing your identity every time you say that you are a father, mother, husband, wife, employee, entrepreneur, and so on. Every time you cite your religion, political affiliation, or one of your social roles as who you truly are, you misrepresent yourself and ignore your real identity. I'm not suggesting you're not a wife or mother, husband or dad; sure, you are. Clark Kent was a mild-mannered reporter for a great metropolitan newspaper, but he was also Superman.

Who You Truly Are

You might be a mild-mannered reporter, banker, baker, or candlestick maker, but you have a super self, too. It's your higher nature, your higher Self, and it's beyond your perceptions, your thoughts, your feelings, your ego — it's the Transcendent within you.

As the old Coca-Cola television commercials said, "In the back of your mind/what you're hoping to find/It's the real thing." This "real thing" is your true or secret identity. I say "secret" because at the moment, you're not aware of it, so your identity is a secret to you. The experience of your identity, even for a second in meditation, for example, brings deep peace and bliss.

Living out of this higher Self on a 24/7 basis — what we call Enlightenment or Self-Realization — brings a peace that lasts long beyond a second — it's a peace that doesn't go away, **EVER!**

You steal this identity every time you say things like: "I'm ADD." No, you're not. You might have attention deficit disorder but, I assure you, *are not the disease*. The Spanish language has a more intuitive understanding of my point. If you're living in America and your stomach gurgles, you say, "I am hungry." But if you're Hispanic and hungry from Barcelona to Bogota—you say, "Tengo hambre," which translates literally as, "I have hunger." What follows the words "I am" is profound.

When Moses stumbled upon the burning bush and confronted the Higher Power of the Universe, he asked Him/It what Its name was, and the answer came booming back, "I AM." (Exodus 3:14).

In the Vedic wisdom of India, there's a well-known expression, "I am That." That, in this case, refers to the unbounded consciousness that is your true nature at the transcendental level of your mind. Popeye himself seems to have grasped this deep spiritual point. The great hero identifies himself in this memorable way: "I am what I am and that's all that I am, I'm Popeye the Sailor Man!"

It's important to know this but it's more important to experience this, to be this.

That's where spiritual practices like Transcendental Meditation and Higher Self Healing Meditation come in because they bring about such contact. I cite each of these because I know from experience, having taught the former from the '70s through 2010, and the latter since then. And because your true Self is your essential nature, experiencing it, in truth, should be simple to do.

What can be simpler than to simply be who and what you are?

For as Walt Whitman, wrote, "What is common, cheapest, nearest easiest, is Me." Note the capital M for me. The experience of your true identity, your true I, and my true Me, occurs in meditation absolutely effortlessly and absolutely delightfully. Oh, and one other thing: this identity can never be stolen from you.

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When Push Comes to Shove

By Dr. Dina Evan

We live in a world where most of us want other people to give us the answers, make our decisions or tell us what to do.

As someone who grew up in an empty room, I started out that way too. It didn't take long however, for me to realize that the person who made the best decision for me, was me. I was the one I could trust most. So, I started a relationship with my wise mind...and yes, you have one as well.

her mommy to get more joy in her life." He shook his head knowingly, got a bit teary, thanked me and promised he would tell his sister.

The moral is when the Universe pushes; there is probably a reason even if you don't understand. I use intuition as a main part of the work I do, but I almost never walk up to people and talk about it. However, this time the Universe didn't just push...it shoved and I am so glad I listened.



We have simply been taught not to listen to that part of ourselves. Yet, how many times have you said to yourself, I knew that would happen or I knew I should have gone there first, or should have believed what I thought in the first place. That wise mind you have is the intuitive, conscious and connected part of you. It's actually a miracle maker and it can help you fulfill your purpose. Let me share an example.

On Saturday I realized my drivers license was expired and I kept getting this push to go immediately on Monday to get it renewed. I wondered what that urgency was about. Was I worried I'd get a ticket? What? After a while just I gave in.

So, I got up at 6 am Monday morning and went to the DMV. I arrived at 7am and stood in line with about 15 other people. A sweet, round, young Hispanic man about 30 years old was sitting next to me and I kept getting the feeling of a little girl around him.

She was very happy, holding a basket and playing with flowers. I didn't say anything because other people were nearby. After we got in the building, I asked him, "Do you have a little girl in your life." He said no. I said, "Did you ever?" He thought a minute then said his sister had a child who died. I said, "She was a girl about 11 years old right?" He said yes and yesterday would have been her birthday. I said, "Well she wants you and your sister to know that she is incredibly happy. You know she only came to bring joy to your family right? He said yes. I said, "Well she wants you to tell

Most of the time the messages you may intuit, receive, hear in your head or simply feel, are going to be messages of guidance for your decision-making and life. We get information in all of those ways and no one way is better than the other. However you receive the guidance, empower that and don't compare it to how others receive information.

The point is that your wise mind is the best friend you have. It knows so much more than what you are cognitively aware of and it ALWAYS wants what is best for you. Want proof? Just ask yourself when was the last time you took a job, got into a relationship or bought something that your wise mind told you not to, and when you did it anyway, you ended up cleaning up the mess for months...or years?

When you are listening, your wise mind will always be right, even when you don't always understand why or how. How do you know it's your wise mind and not your ego speaking? It speaks without judgment for you or another. It speaks in ways that create greater connection and safety for you and others. And, it always creates more love and peace in your life in the end. The more you listen, the more you will trust every little and mighty shove



Dr. Evan is a life/soul coach in Arizona working with individuals, couples and corporations. She specializes in relationships, personal and professional empowerment, compassion and consciousness. For more information 602-997-1200, email drdbe@

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MANY FACES from page 1

The high point for Robert was a Thanksgiving dinner at Sober Living. That day, his wife told the group that because Robert had changed so much she was moving to a nearby apartment so they could spend more time with each other while Robert continued to work on his recovery at Sober Living.

The next time I met Robert, in March of 2015, he walked over to Sober Living from the nearby apartment where he lives with his wife. He had moved out of Sober Living after 21 months and life is going well for him. He has a full-time job and said, "It's a great feeling to be able to pay my bills every month for the first time in many years." He is especially excited about the coming birth of their son, who will be named Ivan. He and his wife plan to move into a house in a year.

Robert's recovery began two and one-half years ago. I asked him what recovery is like for him today and he said, "I can summarize it in one word: freedom."

Further Stages of Recovery

After touching base with Jacquie, Stephan, Tommy, and Robert, I was also curious about what recovery is like for those who have been in recovery for many years. So, I talked to people with 8, 25, and 28 years of living without drugs and/or alcohol.



Suzanne: It's About Service to Others

Suzanne is certain that the key to her eight-year recovery is helping others who are at various stages in their struggle with addiction. "I have the opportunity to be a positive impact by participating in support groups - especially Celebrate Recovery, volunteering at my church, and

sponsoring women. My life is very good because of my service to others, which is also service to God."

Suzanne, 45, is the mother of her fifteen year-old daughter whom she says is an amazing girl. "We do a lot of things together like talking and going to the movies. We even get pedicures together. When I talk about serving others, of course I also mean my relationship with my daughter." Suzanne's job as a behavioral health referral specialist is also an opportunity to serve others.

After 18 years of drug and alcohol abuse, sobriety and recovery is serious business for Suzanne. "I no longer have urges and triggers that tempt me to use, yet there is no guarantee I'll not use again. I know that if I do, that will be it — the end of me." Suzanne said she struggled with a major crisis when she was two and one-half years clean. Her friends from *Celebrate Recovery*, her sponsor, and her faith in God helped her through that crisis.

"I want to continue to grow and develop as a person, as well as stay clean and sober. I've also learned more about myself by attending growth and development trainings at work. They help me be open and honest with others. It's all a part of recovery, and I'm never going to be done in recovery. It's a good life!"

Suzanne's advice for people in the early stages of recovery is the same advice she gives herself: go to meetings, get a sponsor, work the Twelve Steps, be accountable, be of service, and be open to possibilities.

Glenn: Finding the Right Connections

"Recovery is now a normal part of my life. In fact, I rarely think about it." Those are the words of a man who 28 years ago had a serious drug and alcohol problem. March 1988 was the beginning of Glenn's recovery. "Today I have no desire to use drugs or alcohol and I don't have triggers or urges tempting me to do so."



But Glenn hasn't forgotten his struggle in the early years of his sobriety and recovery. "When I got into outpatient treatment, I was homeless and in bad shape. My first four years of recovery were a mess. I wasn't using, but I was poking the snake with a stick. It was critical for me in the first ten years to follow the guidelines of the recovery program by going to meetings and having a sponsor. I also needed to do things I enjoyed. I was a biker and I found other bikers who were clean and sober."

Today Glenn has purpose and meaning. His marriage and his 17-year old son enrich his life. It is also important to him that his 89 year-old mother lives with them. Glenn is a licensed professional counselor and manager of behavioral health treatment programs.

Glenn found a spiritual connection by participating in Native American sweat lodge ceremonies. "An Apache friend helped me connect with the Spirit, and the sweat lodge ceremony gives me the opportunity to share with others."

For Glenn, recovery is "using your skills and knowledge to your advantage, learning your character defects by interacting with others, and moving forward." His words of wisdom to those in the early stages of recovery is: work the steps, go to meetings, get a sponsor, and especially pay attention to who you are and what you are doing.

Barbara: Still a Miracle

A year ago, Barbara Brown, publisher of *Together AZ*, shared her 24-year journey of recovery with her readers ("Nothing Short of a Miracle" June 2014). She wrote, "I got sober in 1990 from alcohol and drugs, and by the grace of God I was given the opportunity to



continued next page



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start my life again. It is nothing short of a miracle!"

A year later, I met Barbara at a Starbucks and asked her about her 25th year of recovery. She said, "I never thought I could stay sober one day at a time and accomplish sobriety. I didn't think people did this because, at the time, I didn't know anyone who did. Now I know there are thousands of others like me who are living examples that not using alcohol or drugs, one day at a time, can accumulate to 25 or more years of great living."

"Today, it feels so natural. Sobriety and recovery are a part of who I am and the most important thing in my life. Without it I have nothing. Fortunately, I still have a healthy fear of alcohol and drugs because I could lose everything in an instant if I went back to my old life."

I asked her if going to three or four meetings a week gets boring after 25 years. She said, "Sometimes I think that, but I take it as a signal that I need to go to a meeting. My late husband Bill, said there is never a bad meeting if you go there to learn. So I walk in, take my chair and remind myself that I am there to stay sober, not to be entertained."

What does recovery look like in year 25? "For me, it is living a life of integrity and honesty, and doing the

best I can every day to be of service to others." Barbara is of service to more than her friends. She helps people she doesn't even know with the publication of Together AZ.

When I asked Barbara what she will do on June 17, 2015, her 25th anniversary, she said, "The most important thing I will do on that day is wake up sober and go get my 25-year chip. What can be better than that?"



Allen Nobre is a writer for Terros. Terros helps people manage addiction and mental illness, provides primary medical care, restores families, serves veterans with PTSD, and promotes healthy communities. For information and assistance call 602-685-6000 or visit www.terros.org.

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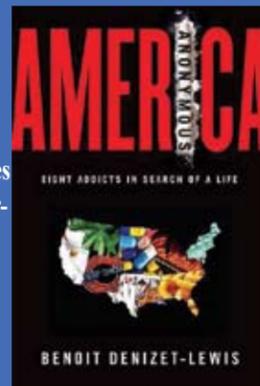
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Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. -Melody Beattie

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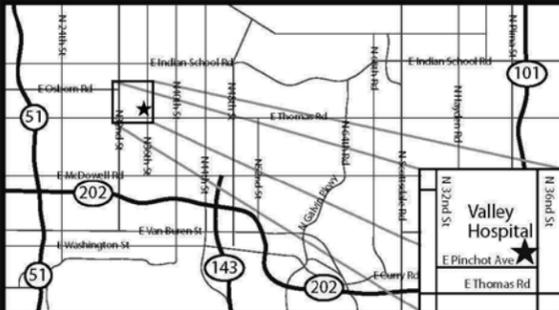


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JEWEL from page 4

In my life coach training program I teach the students to distinguish between presenting issues and core issues. The issue presented is rarely the one that needs to be addressed. If you are having trouble moving chess pieces around the playing board, it's because there are magnets under the table holding the pieces in place or moving them to undesirable places. When you look under the table and see the hand that is holding the magnet—and recognize it to be your own—you are free to move the pieces where you would.

“Every moment in your earthly journey is an expression of your consciousness. We are not here to manipulate events.

We are here to elevate consciousness.”

One of the most famous Buddhist mantras is “Om mane padme hum,” which means, “the jewel in the lotus.” The lotus represents the surface appearance of life, and the jewel represents the spiritual reality underlying the obvious reality. The obvious reality is but relatively real. The spiritual reality is ultimately real. If you truly seek reality, look deeper.

Appearances are Deceptive

Life seems to be one thing, when it is really another. Yet we can use appearances, especially troubling ones, to follow the trail of bread crumbs to the source of causation, which is always mind, belief, attitude, and expectation. Building a website is the new Rorschach projective test. Ink blots have given way to pixels. I sometimes fantasize about developing a coaching practice in which I ask clients to build a website, and then process with them what comes up along the way.

You don't need to build a website to face your fears and limiting beliefs, as well as your courage and your glorious visions. Every day at work, every relationship, every time you look in the mirror, every time you look at your bank balance, you have a golden opportunity to pierce to the jewel in the lotus. Every moment in your earthly journey is an expression of your consciousness. We are not here to manipulate events. We are here to elevate consciousness. When we do so, the events of our lives flow naturally and well. Then all of our daily activities become fuel for spiritual growth, and we are well on our way to mastery.

Alan Cohen is the author of many inspirational books, including I Had it All the Time. Join Alan's Life Coach Training Program, beginning September 1, to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Alan's Hawaii retreat, books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com.

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JUNE 19—Sierra Tucson Grand Rounds — 11:30-12:45 PM. Sierra Tucson, 39580 S. Lago Del Oro Parkway, Tucson, 85739.

“Mind as Medicine”, Presented by Dr. Mark Pirtle, DPT . Workshop defines Mind, and explains how it may act as a causative agent in self-directed healing. Pirtle explores conceptions of self, and presents evidence to support the notion that “attentional fixation” on one’s self-narrative is the mechanism underlying stress-related illness. Pirtle outlines the two functions of consciousness—Attention and Awareness—and how each is used in mind-body medicine. This is an introductory presentation that targets therapists and healthcare professionals interested in self-directed healing. No cost to attend. 1.25 Education Credits available. RSVP by June 12 to Margo Weltmer at mweltmer@sierratucson.com or call (800) 624-9001, Ext. 600450.

Every Week – Tucson – Cottonwood Tucson – InnerPath Developing Healthy Families Workshop. Five-day workshop is for families impacted by addictions, psychiatric disorders, anger & rage, and trauma. Facilitated by Cottonwood staff. Visit www.cottonwoodtucson.com or call Jana at 520-743 2141 or email jmartin@cottonwoodtucson.com for information.

Psychodramatist, Certified Psychodramatist, Practitioner Applicant for Trainer at Arizona Psychodrama Institute.

June 10-14 - Psychodrama Residential - 29.5 hours of training at Scottsdale resort - \$495 Early Bird price includes 3 lunches. **July 12** - Basics of Psychodrama: Periphery to Core - 6 hours in Tempe - \$99. **Aug. 15** - Art & Psychodrama in Tucson - \$109 includes art supplies. **Aug. 16** - Ethically Sound Experiential Interventions for Trauma and Self-Injury - Full-Day Workshop at Southwestern School for Behavioral Health Studies in Tucson. **Aug. 17** - Cultural Competency & Diversity - 3 hours, Southwestern School for Behavioral Health Studies in Tucson. www.azpsychodrama.com.

JULY 30 - AUG. 2. “Journey from Fear to Love” Retreat with Ken and Mary Richardson. A therapeutic retreat involving daily group processing, retreat time and activities. Open to men and women in 12 Step recovery. At the Merritt Center Lodge, Payon. Register by July 10. Shared

and single accommodations available. For details: Ken Richardson at 480-455-7700. Meals included. www.rcaaz.com.

Merritt Center Returning Combat Veterans Retreat Program. Free 4 weekend program for combat Vets. Betty Merritt, betty@merrittcenter.org. 800-414-9880 www.merrittcenter.org

On Going Support

Tuesdays - Phoenix — Dennis Ryan facilitates a Men’s Anger Management Group that addresses rage intervention strategies, healthy expression of anger, emotions education, trigger awareness are the topics covered in the men’s anger management group. Learning and solutions are the focus. A firm commitment of ten sessions required. Schedule an appointment, or make a referral contact: Dennis M. Ryan, M.C., L.P.C. at 602-381-8003. Meets every Tuesday, first session 5 p.m. 6 p.m., and second session 6:00 - 7:00 p.m. Transformation Institute. 4202 N. 32nd Street, Suite J, Phoenix.

Thursdays - Phoenix— Dennis Ryan facilitates **Men’s General Therapy Group** empowering members to work through blockages to living. Solutions, support offered to deal with defensiveness, addictive and co-addictive behavior, difficult life issues, and unresolved trauma. Dennis M. Ryan, M.C., L.P.C. at 602-381-8003. Meets every Thursday, first session 5 p.m. - 6:30 p.m., second session 6:30 p.m. - 8 p.m. The Transformation Institute. 4202 N. 32nd Street, Suite J, Phoenix, AZ 85018.

Renter for office space wanted. Office space available south of Camelback Corridor. The space consists of an office as part of a spacious suite shared with two other therapists. Rent of \$550.00 includes water, electricity, group room privileges, use of kitchen, and upkeep. Social worker, counselor, or psychologist are strongly preferred. Dennis M. Ryan, M.C., L.P.C. at 602-381-8003.

CHRONIC PAIN SUFFERERS — “Harvesting Support for Chronic Pain,” held the third Saturday of the month, from 12 noon - 1 p.m. Harvest of Tempe Classroom, 710 W. Elliot Rd., Suite 103,

Tempe. Contact Carol 480-246-7029.

HOPE, STRENGTH, SUPPORT for Jewish Alcoholics, Addicts, and their Families and Friends (JACS*) 1st and 3rd Wednesday, 7:30 PM. Ina Levine Jewish Community Campus, 2nd floor Conference Room. 12701 N. Scottsdale Road, Scottsdale 85254. 602.971.1234 ext. 280 or at JACSarizona@gmail.com

PSA Behavioral Health introduces “**The Guild**” weekly on Monday evenings from 5:30 -7:30 pm. A fun-filled, educational, supportive get-together. The Guild is open to the community and brings the community together in raising awareness of mental illness and recovery. The guild meets at PSA North, 2255 W. Northern Ave. in B109. Call Barbara for more information 602-995-1967 x 207.

COSA (12-step recovery program for men and women whose lives have been affected by another person’s compulsive sexual behavior)— **Being in Balance.** Thursday 11:00 am-Noon. 2210 W. Southern Ave. Mesa, 85202. Information 602-793-4120.

WOMEN FOR SOBRIETY — www.womenforsobriety.org meeting every Saturday morning, from 10am-11:30am at All Saints of the Desert Episcopal Church- 9502 W. Hutton Drive. Sun City, AZ 85351. Contact Christy (602) 316-5136

CO-ANON FAMILY SUPPORT GROUP - Carrying the message of hope and personal recovery to family members and friends of someone who is addicted to cocaine or other mind altering substances. **“Off the RollerCoaster”** Meeting, Thursdays, 6:30 - 7:45pm, 2121 S. Rural Road, Tempe, Our Lady of Mount Carmel Church. Donna 602-697-9550 or Maggie 480-567-8002

GAMBLERS ANONYMOUS — ACT Counseling & Education. 11:00 am to 12:30 pm. 602-569-4328 for details. 5010 E. Shea Blvd. D202, Phoenix.

INCEST SURVIVORS ANONY-

MOUS—North Scottsdale Fellowship Club, Saturdays, 1:30-2:30pm. Gloria, 602-819-0401.

Alumni Meeting—COTTONWOOD TUCSON. Ongoing: First Wednesday of month 6:00-7:30 p.m. **Cottonwood campus in Tucson.** 4110 W. Sweetwater Drive. 5:00 p.m. dinner. Contact Jana Martin 520-743-2141 or email jmartin@cottonwoodtucson.com

ACOA (Adult Children of Alcoholics) Thursdays, 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. 602-403-7799.

ACA meeting. Tucson. Wed. 5:30-7:00 p.m. *Streams In the Desert Church* 5360 E. Pima Street. West of Craycroft. Classroom A (Follow the signs). Michael 520-419-6723.

Overeaters Anonymous - 12 Step program that deals with addictions to food and food behaviors. 18 meetings scheduled per week. For information 520-733-0880 or www.oasouthernaz.org.

Families Anonymous—12-step program for family members of addicted individuals. Phoenix/Scottsdale. 800-736-9805.

Pills Anonymous—Glendale Tues. 7:00-8:00 pm. HealthSouth Stroke Rehab 13460 N 67th Ave. (S. of Thunderbird) Education Room. Rosalie 602 540-2540. **Mesa** Tues. 7-8:00 pm, St. Matthew United Methodist Church. 2540 W. Baseline. B-14. Jim, 480-813-3406. Meggan 480-603-8892. **Scottsdale,** Wed. 5:30-6:30 pm, N. Scottsdale Fellowship Club, 10427 N. Scottsdale Rd., Room 3. Tom N. 602-290-0998. **Phoenix,** Thurs. 7-8:00 pm. First Mennonite Church 1612 W. Northern. Marc 623-217-9495, Pam 602-944-0834. Contact Janice 602-909-8937.

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Friday meetings 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other **Hurts, Hang-**

continued page 13

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Costs Rise for Treating Babies Born to Mothers Addicted to Painkillers

As more babies are born to mothers who are addicted to prescription painkillers, the costs related to diagnosis and treatment of these infants are rising, according to a new report.

The study looked at newborns born at a Florida hospital over three years. The researchers found about 50 to 60 percent of babies born to mothers addicted to painkillers developed symptoms and complications related to withdrawal from opioid pain medication, known as neonatal abstinence syndrome (NAS).

In the first year of the study, 40 babies were born exposed to painkillers. That number rose to 57 in the second year and 63 in the third year, *HealthDay* reports. Babies who developed NAS stayed in the hospital an average of 23 days, compared with five days for painkiller-exposed babies who did not develop NAS.

The cost of treating newborns with NAS rose from \$1.1 million in the first year to \$1.5 million in the second year and \$1.8 million in the third year. Costs for treating babies with NAS were 15 to 16 times higher than costs for caring for healthy newborns, the study found.

In the *Journal of Addiction Medicine*, the researchers encourage doctors "to be proactive in screening for drug use, urging women who use chronic opioids to actively engage in family planning and contraception, and encouraging pregnant women who use opioids to seek substance treatment."

The researchers say that although some major medical groups have recommended universal screening for drug use during pregnancy, it is not yet standard practice.

The Science Behind Gratitude: *How It Can Change Your Life*

By Derrick Carpenter, MAPP

The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. And gratitude doesn't need to be reserved only for momentous occasions: Sure, you might express gratitude after receiving a promotion at work, but you can also be thankful for something as simple as a delicious piece of pie? Research by UC Davis psychologist Robert Emmons, author of *Thanks! How the New Science of Gratitude Can Make You Happier*, shows that simply keeping a gratitude journal — regularly writing brief reflections on moments for which we're thankful — can significantly increase well-being and life satisfaction.

You'd think that just one of these findings is compelling enough to motivate an ingrate into action. But if you're anything like me, this motivation lasts about three days until writing in my gratitude journal every evening loses out to watching stand-up comics on Netflix.

Here are a few keys I've discovered — and research supports — that help not only to start a gratitude practice, but to maintain it for the long haul.

Freshen Up Your Thanks

The best way to reap the benefits of gratitude is to notice new things you're grateful for every day. Gratitude journaling works because it slowly changes the way we perceive situations by adjusting what we focus on. While you might always be thankful for your great family, just writing "I'm grateful for my family" week after week doesn't keep your brain on alert for fresh grateful moments. Get specific by writing "Today my husband gave me a shoulder rub when he knew I was really stressed" or "My sister invited me over for dinner so I didn't have to cook after a long day." And be sure to stretch yourself beyond the great stuff right in front of you. Opening your eyes to more of the world around you can deeply enhance your gratitude practice. Make a game out of noticing new things each day.

Get Real About Your Gratitude Practice

Being excited about the benefits of gratitude can be a great thing because it gives us the kick we need to start mak-

ing changes. But if our excitement about sleeping better because of our newfound gratitude keeps us from anticipating how tired we'll be tomorrow night when we attempt to journal, we're likely to fumble and lose momentum. When we want to achieve a goal, using the technique of mental contrasting—being optimistic about the benefits of a new habit while also being realistic about how difficult building the habit may be — leads us to exert more effort. Recognize and plan for the obstacles that may get in the way. For instance, if you tend to be exhausted at night, accept that it might not be the best time to focus for a few extra minutes and schedule your gratitude in the morning instead.

Make Thankfulness Fun by Mixing it Up

University of Rochester partners in crime Edward Deci and Richard Ryan study intrinsic motivation, which is the deep desire from within to persist on a task. One of the biggest determinants is autonomy, the ability to do things the way we want. So don't limit yourself — if journaling is feeling stale, try out new and creative ways to track your grateful moments. My fiancée Michaela decided to create a gratitude jar this year. Any time she experiences a poignant moment of gratitude, she writes it on a piece of paper and puts it in a jar. On New Year's Eve, she'll empty the jar and review everything she wrote. When a good thing happens, she now exclaims, "That's one for the gratitude jar!" It immediately makes the moment more meaningful and keeps us on the lookout for more.

Be Social about Your Gratitude Practice

Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude. Robert Emmons suggests focusing our gratitude on people for whom we're thankful rather than circumstances or material items will enhance the benefits we experience.

Incorporating gratitude into your life is easy—and fun!

Derrick Carpenter, MAPP, coaches individuals on living engaged and inspired lives, runs experiential corporate leadership programs, and trains US Army personnel on resilience. He's researched what makes people great in psychology labs at Harvard, Yale, and UPenn, where he received his Master of Applied Positive Psychology.



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- **Healthy Connections for Moms-to-Be**—Case Management and service referrals for pregnant women with addictions

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5 Questions to Help You Find Your Purpose in Life

By Samantha Boardman, M.D.

Study after study shows the importance of having a sense of purpose. Having a direction and an overarching meaning in life helps you live longer, helps buffer against setbacks, and is linked with wellbeing.

In theory this is great, but in reality most people aren't born knowing what they want to do with their lives. A recent article by author Mark Manson highlights the problem:

Chances are you have no clue what you want to do. It's a struggle almost every adult goes through. "What do I want to do with my life?" "What am I passionate about?" "What do I not suck at?"

Part of the problem is the concept of "life purpose" itself. The idea that we were each born for some higher purpose and it's now our cosmic mission to find it.

Manson recommends re-framing the question and thinking about purpose in a more manageable way:

So when people say, "What should I do with my life?" or "What is my life purpose?" what they're actually asking is: "What can I do with my time that is important?"

He put together a series of questions to help you figure out for yourself what matters most to you and how to add more meaning to your life:

What Are You Willing to Struggle for?

Fulfillment involves effort, trial-and-error, failure and learning.

What Did Your 8-Year-Old Self Love Doing?

Remember the joy of doing things for the fun of it? No rewards, no impressing anyone, just for yourself.

5

What Makes You Forget to Eat?

When are you are so immersed in an activity that time passes without you realizing? Psychologist call this flow.

How Are You Going to Save the World?

You may not end world hunger, but you can make a difference. Instead of focusing too much on finding yourself, lose yourself in something larger.

If You Knew You Were Going to Die One Year from Today, What Would You Do and How Would You Want to be Remembered?

How do you really want to spend your time? What do you want your legacy to be?

Discovering one's "purpose" in life essentially boils down to finding those one or two things that are bigger than yourself, and bigger than those around you. And to find them you must get off your couch and act, and take the time to think beyond yourself, to think greater than yourself, and paradoxically, to imagine a world without yourself.

Purpose is not something we are born with. It's cultivated.

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." —*Ralph Waldo Emerson*

Samantha Boardman, M.D., a clinical Instructor in Psychiatry, Public Health and Assistant Attending Psychiatrist at Weill-Cornell Medical College, is the founder of PositivePre-cription.com, a website that shares insights and explores the way that psychiatry, psychology, culture and science intersect.

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Events from page 11

ups and Habits. 1825 S. Alma School Rd. Chandler. **480-963-3997.** Pastor Larry Daily, email: larrydaily@chandlercc.org.

GA Meetings—ACT Counseling & Education in Phoenix and Glendale. **Tuesday, Spanish** (men) 7:00 -9:00 pm. 4480 W. Peoria Ave., Ste. 203, Glendale. **Thursday, Spanish** 7:00 - 9:00 pm 4480 W. Peoria Ave., Ste. 203, Glendale. **Sunday, Spanish** 6:00 - 8:00 pm 4480 W. Peoria Ave. Ste. 203, Glendale. **Sunday, English** 6:30 - 8:00 pm 5010 E. Shea Blvd., Ste. D-202, Phoenix. Contact Sue F. **602-349-0372**

Sex Addicts Anonymous www.saa-phoenix.org **602-735-1681** or **520-745-0775.**

Tempe Valley Hope Alumni Support Groups, Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tues. 8-9:00 p.m., 3233 W. Peoria Ave. Ste. 203, Open to anyone in recovery.

Special Needs AA Meetings. Contact Cynthia SN/AC Coordinator 480-946-1384, email Mike at mphaes@mac.com

Survivors of Incest Anonymous. 12-step recovery group for survivors. Tucson Survivors Meeting, Sundays 6:00 to 7:15pm. St. Francis in the Foothills, 4625 E. River Road (west of Swan). Carlos 520-881-3400

OA—Teen Meeting, Saturdays 4:00 p.m. 1219 E. Glendale Ave. #23 Phoenix. www.oaphoenix.org/ **602-234-1195.**

SLAA—Sex and Love Addict Anonymous **602-337-7117.** saa-arizona.org

FOOD ADDICTS Anonymous—www.foodaddictsanonymous.org

GAM-ANON: Sun. 7:30 p.m. Desert Cross Lutheran Church, 8600 S. McClintock, Tempe. Mon. 7:30 p.m., Cross in the Desert Church, 12835 N. 32nd St., Phoenix, Tues. 7:00 p.m., First Christian Church, 6750 N. 7th Ave., Phoenix, Tues. 7:15 p.m. Desert Cross Lutheran Church, Education Building, 8600 S. McClintock, Tempe, Thurs. 7:30 p.m.

DEBTORS Anonymous—Mon., 7-8:00 p.m., St. Phillip's Church, 4440 N. Campbell Ave., Palo Verde Room. Thurs. 6-7:00 p.m., University Medical Center, 1501 N. Campbell. **520-570-7990,** www.arizonada.org.

Crystal Meth Anonymous www.cmaaz.org or CMA Hotline 602-235-0955. Tues. and Thurs. at Stepping Stone Place in Central Phoenix, 1311 N 14th St. cmaaz.org/god-zombies-the-awakening/

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 - Carla Vista** 480-612-0296
 - Calvary Addiction Recovery Center** 602-279-1468
 - Carleton Recovery** 928-642-5399
 - Celebrate Recovery with Chandler**
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 - Chandler Valley Hope** 480-899-3335
 - Chapter 5** 928-379-1315
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 - Cottonwood de Tucson** 800-877-4520
 - Crisis Response Network** 602-222-9444
 - The Crossroads** 602-279-2585
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 - Dr. Janice Blair** 602-460-5464
 - Dr. Dina Evan** 602-997-1200
 - Dr. Dan Glick** 480-614-5622
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 - Gifts Anon** 480-483-6006
 - Intervention ASAP** 602-606-2995
 - Geffen Liberman, LISAC** 480-388-1495
 - The Meadows** 800-632-3697
 - Millennium Labs** 623-340-1506
 - NCADD** 602-264-6214
 - North Ridge Counseling** 877-711-1329
 - Pathway Programs** 480-921-4050
 - Phoenix Metro SAA** 602-735-1681
 - Promises** 866-390-2340
 - Psychological Counseling Services (PCS)** 480-947-5739
 - Remuda Ranch** 800-445-1900
 - River Source-12 Step Holistic** 480-827-0322
 - Sex/Love Addicts Anonymous** 520-792-6450
 - Sierra Tucson** 800-842-4487
 - Springboard Recovery** 928-710-3016
 - Sundance Center** 844-878-4925
 - Start Fresh** 855-393-4673
 - St. Luke's Behavioral** 602-251-8535
 - Teen Challenge of AZ** 800-346-7859
 - Turn Your Life Around** 520-887-2643
 - TERROS** 602-685-6000
 - Valley Hospital** 602-952-3939
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NEWS from page 5

have been implicated in two suicides and one murder in the past 13 months. Almost five million edibles were sold in Colorado stores last year.

Marijuana edibles are also legal in Washington state, and will soon be legal in Oregon and Alaska. Edible products are also available to medical marijuana users in at least six of the 23 states with medical marijuana programs, the article notes.

Decline in cigarette smoking

A new report by the Substance Abuse and Mental Health Services Administration (SAMHSA) shows from 2003 to 2013 levels of past month (current) underage cigarette smoking among those aged 12 to 17 have dropped significantly in 49 out of 50 states.

The only state that did not experience a statistically significant decline was Utah which has traditionally has one of the lowest levels of underage cigarette smoking in the nation.

Overall the national level of current underage cigarette smoking dropped sharply from about 12.6 percent in 2003 to less than 6.1 percent in 2013.

“The decline in underage cigarette smoking during this period is encouraging and shows that spreading the word to young people about the risks from smoking can make an enormous positive difference,” said Fran Harding the director of SAMHSA’s Center for Substance Abuse Prevention.

“Unfortunately, far too many young people still use tobacco products. According to the Surgeon General if current trends continue, 5.6 million American youth currently under age 18 will die prematurely during adulthood because of their smoking. This is why every segment of the community must reach out to young people about the importance of not smoking, or quitting smoking if they have started.”

Studies have shown that adolescents’ perception of risk regarding smoking can influence their behavior toward it. The more likely an adolescent is to associate cigarette smoking with a great health risk, the less likely the adolescent is to smoke cigarettes.

However, increases in e-cigarette and hookah use are offsetting declines in use of more traditional products such as cigarettes. A recent study published by the Centers for Disease Control and Prevention shows that current e-cigarette use (use on at least 1 day in the past 30 days) among high school students increased from 4.5 percent in 2013 to 13.4 percent in 2014, rising from approximately 660,000 to 2 million students.

Among middle school students, current e-cigarette use more than tripled from 1.1 percent in 2013 to 3.9 percent in 2014—an increase from approximately 120,000 to 450,000 students. The report concludes that because the use of e-cigarettes and hookahs is on the rise among high and middle school students, it is critical that comprehensive tobacco control and prevention strategies for youth focus on all tobacco products, and not just cigarettes.

SAMHSA manages several grant programs that states can use to prevent underage tobacco use, including the Substance Abuse Prevention and Treatment Block Grant (SABG) and the Partnerships for Success grant program.

SAMHSA also administers the Synar program, a federal and state effort which helps states enforce their laws prohibiting the sale or distribution of tobacco products to individuals under the age of 18. States also must conduct annual, random, unannounced inspections of over-the-counter tobacco outlets and vending machines to ensure compliance with the law. States must comply with the Synar Amendment in order to receive their full SABG funds. The most recent Synar report shows that 9.6 percent of inspected retail outlets illegally sold tobacco products to youth at any time in 2013. That number is significantly below the 20 percent target rate set by the program, and far lower than the highest reported state retailer violation rate of 72.7 percent when the Synar program was established 16 years ago.



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