

Courage to Change

Enhancing Lifelong Recovery and Personal Growth



Becoming

As we progress on our journey, we will discover and rediscover our deepest beliefs, our values, who we are and who we have been teaching ourselves to become. It is an important, extended process.

If we approach our life as a process, we offer ourselves a new beginning every day. Each day we get to learn about ourselves and to practice what we have learned.

Today, do I know and live by my values?

Thought for the Day

The process of discovery and recovery teaches me who I am.

--From *A Restful Mind*

Quick Links

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News and Notes

How Do I Know If I'm Addicted?

Are you concerned about your drinking or other drug use, or the drinking or drug use of someone you care about?

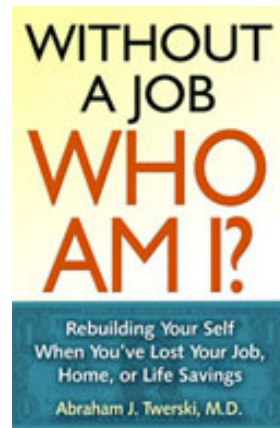
Check out *About My Drinking and Other Drug Use*, a free, confidential online screening tool from Hazelden.

[How do I know if I'm addicted?](#)

[Free Screening Tool](#)

Check out our medallions catalog at hazelden.org/catalogs

Ask the Expert

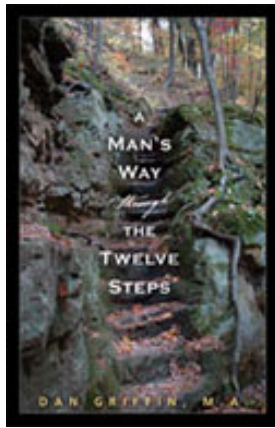


Without a Job, Who Am I?

Author Abraham J. Twerski, M.D., tells us how crisis can create opportunity: "If we can avoid negative thinking, we may find opportunities when we're jobless that we wouldn't have found otherwise. A positive attitude and commitment can bring unexpected results."

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A Story of Hope



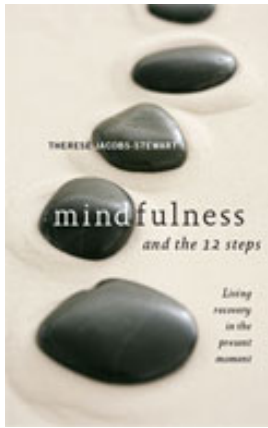
The Beginning of the End of Isolation

Most of us have struggled with relationships because we were not taught how to have relationships, and our addiction didn't help! Step Eight challenges you not only to heal

our current relationships, but to face our past and heal the relationships that have already been scarred by our addiction.

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Spiritual Reflection



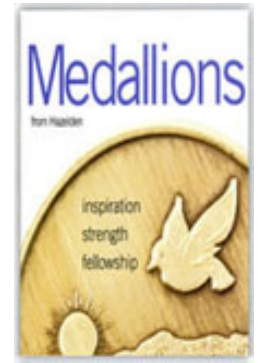
Accessing Our True Nature through a Still Mind

Mindfulness meditation helps us contact the inner essence of beauty and life. It offers a gateway to freedom from our habitual responses, liberation from the

addictive mind.

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Medallions



To purchase these and other products designed to enhance your recovery and personal growth, visit hazelden.org/bookstore or call 800-328-9000.

How Do I Cope with Losing My Job?

Someone said, "When you fall down, look around. You may discover something you couldn't see when you were standing up."

Indeed, crisis can create opportunity. If we can avoid negative thinking, we may find opportunities when we're jobless that we wouldn't have found otherwise. A positive attitude and commitment can bring unexpected results.

What is commitment? David McNally said, "It is the serious promise to press on, to get up, no matter how many times you are knocked down." In *Late Bloomers*, Brendan Gill lists numerous examples of people who started and developed lucrative careers after age sixty-five.

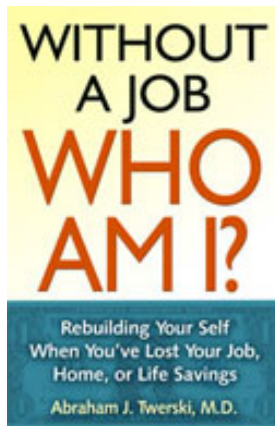
Many people have been successful when the odds were against them. I think of the philanthropist who helped me through medical school. He sweated bullets whenever he had to sign a check, which was a laborious task for him. When this man had emigrated from Russia in 1920, he sought employment and applied for a job as caretaker of a small synagogue. He was turned down because he could not sign his name, and this would be necessary if he were to receive deliveries.

So he found work with a man who collected scrap metal and rags, and eventually was able to get his own horse and wagon. A clever businessman, he was soon able to buy a few properties. He survived the Great Depression and made some very successful investments. When I met him in 1950, he was a very wealthy philanthropist.

This man helped pay my medical school tuition. His secretary would write the check, and with great effort, he would sign it. He smiled and said, "Good thing I don't know how to write. If I could have signed my name, I would have become a caretaker of a synagogue and could not help you with your medical school."

Sometimes we may miss an opportunity because our minds are set on doing things a certain way and we resist change. In fact, there is scientific evidence showing that when a person is forced to change a fundamental belief or opinion, the brain undergoes a series of nervous sensations equivalent to torture. It has been said, 'The toughest thing to change is our approach to change. Expect change; it is inevitable. Your decision is to decide whether it is to be by consent or coercion.' Do you have some valuable ideas, but lack the confidence to try them? Don't be afraid. Remember, a baseball player who has a .300 average makes millions, but he hits safely only three times out of ten!

Excerpted from **Without a Job, Who Am I?** by Abraham J. Twerski, M.D.



[Without a Job, Who Am I?](#)

Rebuilding Your Self When You've Lost Your Job, Home, or Life Savings
Softcover, 156 pp.

Whether you are out of work or money, or are afraid of ending up there, *Without a Job, Who Am I?* offers a system of support to help you stay motivated and persevere, as well as develop and sustain lasting values and a solid sense of identity no matter what your material circumstances happen to be.

List Price: \$14.95

Online Price: \$13.45

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Accessing Our True Nature through a Still Mind

Mindfulness meditation helps us contact the inner essence of beauty and life. It offers a gateway to freedom from our habitual responses, liberation from the addictive mind.

The core practice of mindfulness is breath awareness meditation, called *zazen* in Japanese. We train our mind to stay in the moment, aware of the sensations of breathing, "feeling the body in the body." At the end of our exhale, during the slight pause before the inhale—during the space between our busy thoughts—our true nature can arise.

A quieted, still mind allows access to the true nature within, opening a gateway for joy and gratitude to arise. It trains us to be less reactive to our inner thoughts and other people. Pema Chödrön, a Buddhist priest and one of the foremost teachers of loving kindness practices in the West, says the following four qualities are cultivated when we meditate:

- *Steadfastness.* When we meditate, we practice listening to ourselves, staying with our arising thoughts and emotions. Instead of traveling the same old mental pathways of tuning out, escaping with drugs or alcohol, or running away from our emotions, we are cultivating being intimate and true to ourselves, in body as well as mind.
- *Clear seeing.* A calm mind fosters clear seeing, which is another way of saying that if we practice mindfulness, we will have less self-deception. We learn to be honest, and delusions fall away. When we sit in meditation, we observe our mind, watching the thoughts pass through, all the mental traffic honking, swerving, and cutting in. We practice holding "bare attention" toward the thoughts and feelings that arise, accepting them with kindness and nonjudgment.
- *Experience of our emotional distress.* During meditation, we don't try to make ourselves be anything other than what we are. We are open and curious about whatever arises, neither pushing our thoughts away nor clinging to them in morbid self-reflection. We drop the "story line," all the ways we are interpreting our distress signals, and just experience the pure energy of our fear or other emotions. Thus, "we learn to abide in the experience of our emotional distress."
- *Attention to the present moment.* During meditation, we make the choice, moment by moment, to be here in our life, one breath at a time. We welcome and pay attention to our mind and body, in itself a way of practicing kindness, "being tender toward self, toward other, and toward the world."

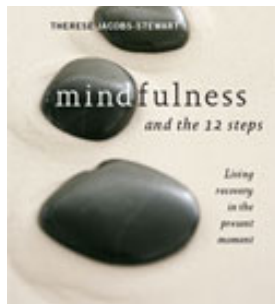
Meditation takes us just as we are, with our joy, confusion, or insanity. We have a direct relationship with our being—not blurred by alcohol or chemicals, without looking to food or sex or drugs or money or anything outside of ourselves for a happiness "fix." Rather, we face the reality of our lives, seeing that change is necessary. Coming to. Waking up.

Excerpted from **Mindfulness and the 12 Steps** by Thérèse Jacobs-Stewart



[Mindfulness and the 12 Steps](#)

Living Recovery in the Present Moment
Softcover, 208 pp.



Through reflections, questions for inquiry, and stories from Buddhist teachers and others who practice mindfulness in recovery, *Mindfulness and the 12 Steps* will help us awaken new thinking and insights into what it means to live fully--body, mind, and spirit--in the here and now.

List Price: \$14.95

Online Price: \$13.45

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The Beginning of the End of Isolation

Most of us have struggled with relationships because we were not taught how to have relationships, and our addiction didn't help! Step Eight challenges you not only to heal your current relationships, but to face your past and heal the relationships that have already been scarred by your addiction. Step Eight reinforces the importance of forming and keeping solid, healthy relationships. It introduces the very real possibility of forgiveness—from others as well as self-forgiveness. Juan was convinced that recovery couldn't last without self-forgiveness:

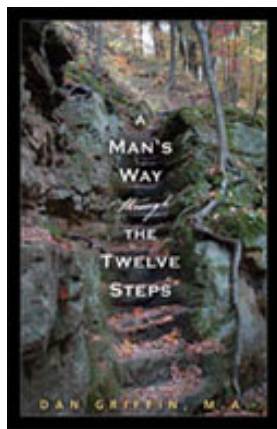
It starts with that unification of self, and that's huge. In time, I found that I really was taking responsibility for my behavior. For me now, the forgiveness of self is very closely linked to the forgiveness and acceptance of others around me.

If we are entitled to anything, it would be the gift of forgiveness. Steps Nine and Ten will offer you the freedom and opportunity to repair those relationships and to experience the reality of forgiveness in a most profound way.

All human beings are social creatures. We value and need relationships. That desire to connect is everywhere, even in the darkest bar or the grittiest part of town. That desire to connect is still alive even on the blackest days of your addiction or on the darkest day of your sobriety. Men want to be with others. We may not have learned how to be in relationships in the healthiest way, but we still want them. We may not be the best at asking for what we need, but we still have needs.

We regain our confidence in our ability to connect when we interact with one another before, during, and after meetings. We express ourselves and our affection for one another in a way that we may not have thought possible. We are reminded that, without meaningful relationships, life is miserable. With our recovery community, we can be "a part of" again. We can give ourselves the chance to feel, perhaps for the first time in our lives, that we're part of a strong link in the human chain of connection. When you commit yourself to thoroughly and honestly working Step Eight, you move further down the path away from isolation and shame toward the healing power of loving relationships with other people and your Higher Power.

Excerpted from *A Man's Way through the Twelve Steps* by Dan Griffin, M.A.



[A Man's Way through the Twelve Steps](#)

Softcover, 200 pp.

In *A Man's Way through the Twelve Steps*, author Dan Griffin uses interviews with men in various stages of recovery, excerpts from relevant Twelve Step literature, and his own experience to offer the first holistic approach to sobriety for men.

List Price: \$14.95

Online Price: \$13.45

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