

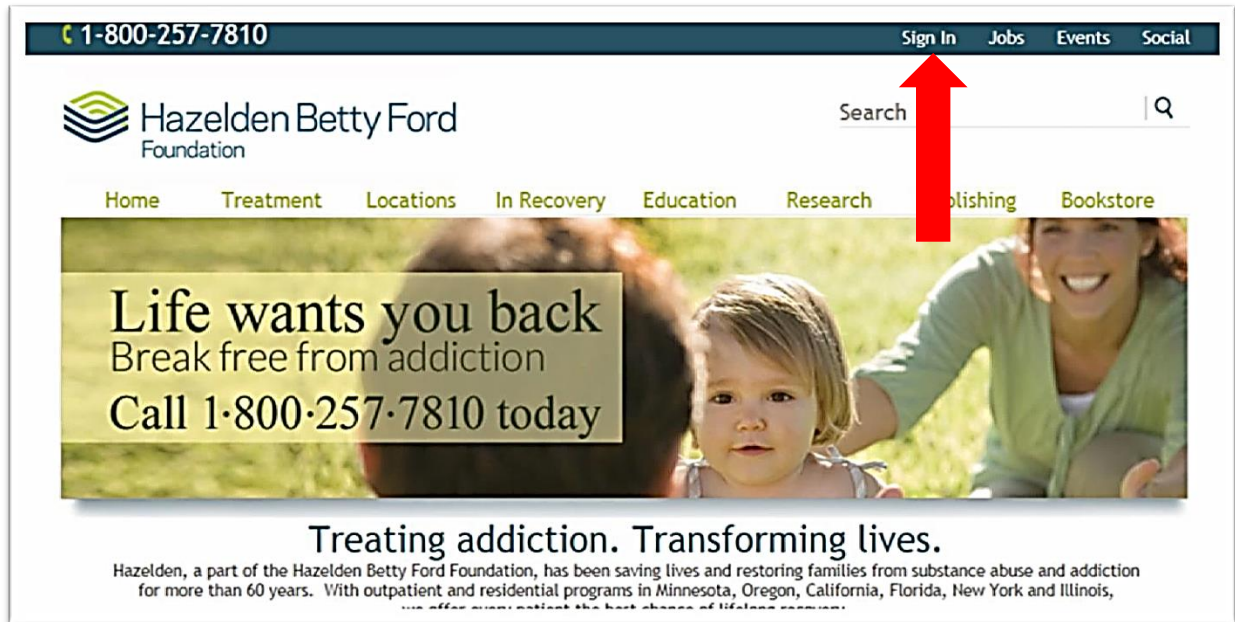


Hazelden Betty Ford
Foundation

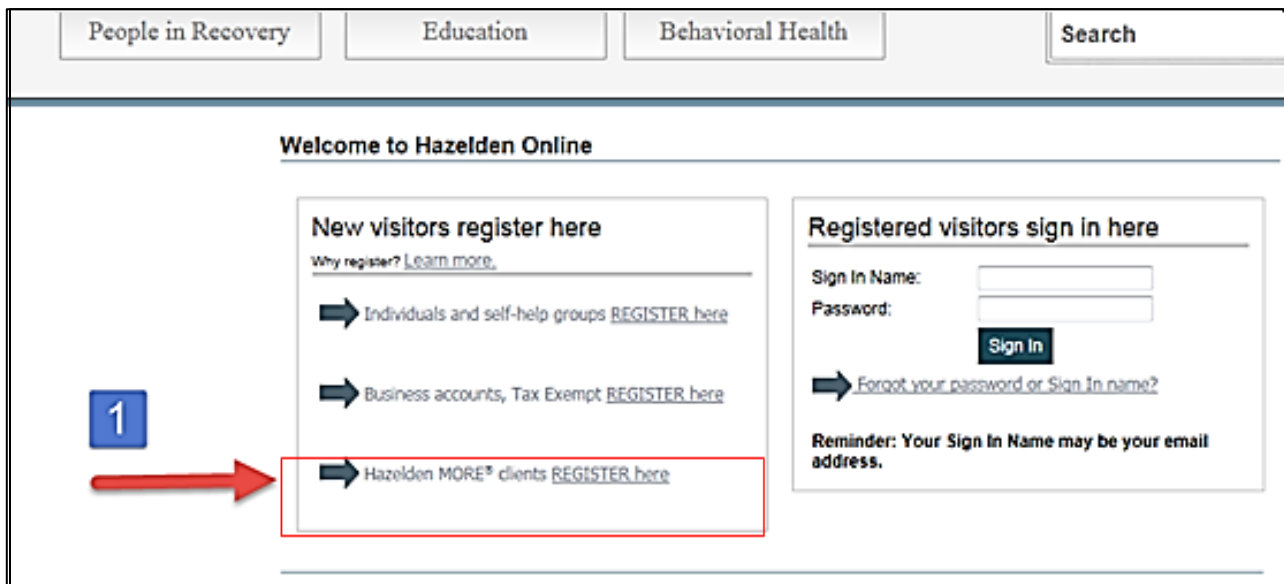
MORE PROGRAM REGISTRATION and NAVIGATION PACKET

HOW TO REGISTER FOR MORE, COMPLETE MODULE ONE ASSESSMENT, AND NAVIGATE THROUGH SOME OF THE FEATURES.

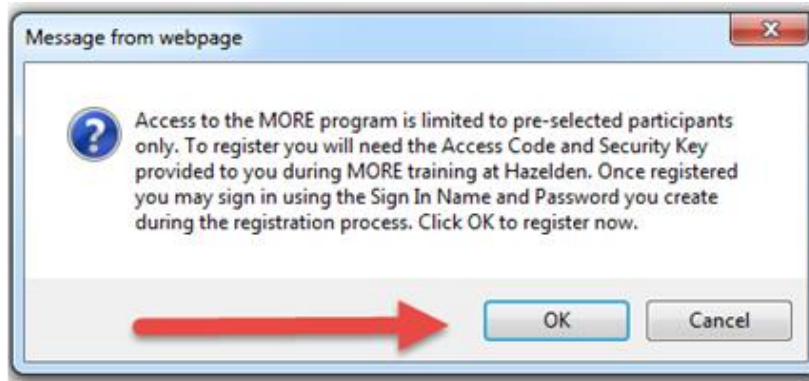
1. Go to www.hazelden.org
2. On the Landing Page, click **Sign in** by the upper right corner.



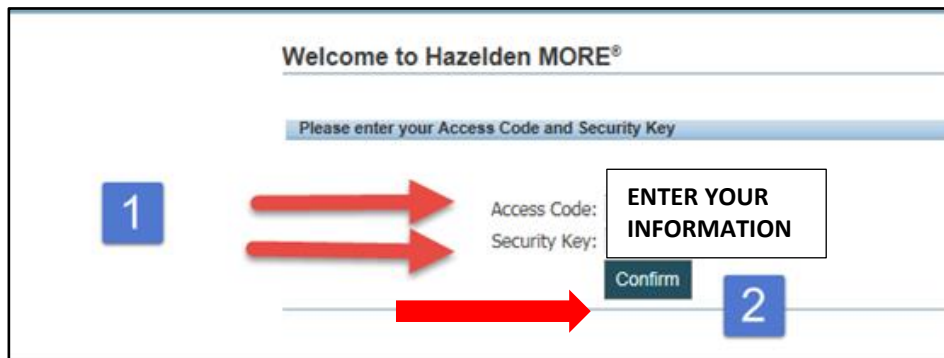
1. On the left side of the page, scroll down to the third arrow and click the link-Hazelden MORE Clients **Register here**.



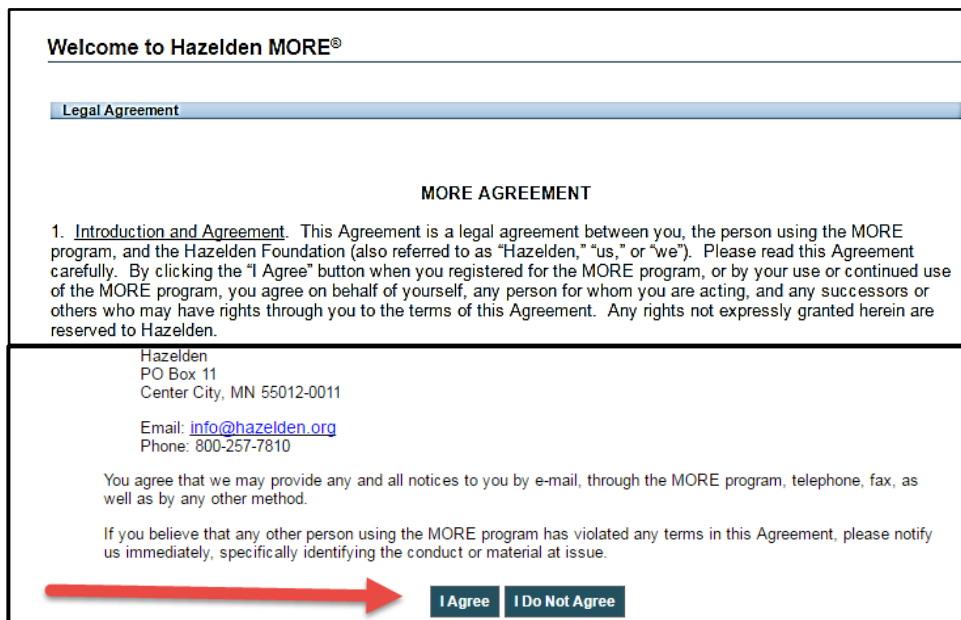
When the Message from webpage comes up, click OK.



1. Enter your **Access Code** (7 digit number) and **Security Key** (2 capital letters and 4 numbers).
2. Click **Confirm**.



Scroll through the MORE Agreement and click **I Agree**.



Create Sign in Name and Password

Enter your Email address and Confirm: This will be your *sign in name*.

Create a Password: This is case sensitive and must contain at least 6 characters. Click **Continue**.

Welcome GUEST Sign In Quick Order Order History My Account View Catalogs 0 item(s) \$0.00

People in Recovery Education Behavioral Health Search

Hazelden MORE® Registration

* Indicates required field

Create Sign In Name and Password

* Email Address:

* Confirm Email Address:

* Password:

* Confirm Password:

Continue

Your E-mail Address will become your sign in name.

Your password is case sensitive and must be at least 6 characters

Click Continue

Confirm or Change Your Personal Information. Click Continue

Welcome 0303165TIR Sign Out Quick Order Order History My Account View Catalogs 0 item(s)

People in Recovery Education Behavioral Health Search

Hazelden MORE® Registration

Confirm Or Change Your Personal Information

* Indicates required field

* First Name:

Middle Name:

* Last Name:

Continue

Confirm or Change Your Address Information. Click Continue

Hazelden Publishing
Welcome 0303165TIR Sign Out Quick Order Order History My Account View Catalogs

People in Recovery Education Behavioral Health Search

Hazelden MORE® Registration

Confirm Or Change Your Address Information

Address 1

65236 FRIED RICE LN
MIDFIELD TX
77458
UNITED STATES

Update

Continue

Choose Your MORE Contact Information. Click Continue.

Hazelden Publishing
Welcome 0303165TIR Sign Out Quick Order Order History My Account View Catalogs

People in Recovery Education Behavioral Health Search

Hazelden MORE® Registration

My Hazelden MORE Contact Information

Email

I want to receive automated email messages

Email Address: DAFFYDUCK@YAHOO.COM

Confirm Email Address: DAFFYDUCK@YAHOO.COM

Telephone

Home Phone: () - Ext.

Work Phone: (888) 222 - 7373 Ext.

Call me at: Home Work

I prefer to be called between: -

Time Zone:

Postal Address

I want to receive additional MORE® information by postal mail

MORE® Mailing Address: 65236 FRIED RICE LN
MIDFIELD, TX 77458
UNITED STATES

Continue

Sign up to receive Today's Gift. Click Finish.

The screenshot shows the Hazelden Publishing website header with the logo and navigation links: Welcome 030316STIR, Sign Out, Quick Order, Order History, and My Account. Below the header are three buttons: People in Recovery, Education, and Behavioral Health, followed by a Search box. The main content area features a section titled "Sign Up to receive Today's Gift". The text explains that Today's Gift is a free email service providing daily uplifting messages. It notes that users will receive emails the next day and provides an important note about spam filters and safe senders. A checkbox is checked, indicating the user wants to receive the emails. A red arrow points to the "Finish" button.

Sign Up to receive Today's Gift

Today's Gift is a free email service of the Hazelden web site through which an uplifting, thought-provoking, self-esteem-building message is sent daily to those who subscribe.

Once subscribed, you will begin receiving our emails the very next day.

IMPORTANT: Spam filters may prevent our emails from reaching you. You can ensure delivery of Hazelden emails by adding the domains of hazelden.info and hazelden.org to your address book or list of safe senders. Today's Gift emails are sent from the specific address of: todaysgift@hazelden.info.

Check the box below to subscribe.

Send me Hazelden's free inspirational e-mail in my inbox every morning.

Finish

PLEASE COMPLETE YOUR MODULE ONE ASSESSMENT NEXT- SO THAT THE MORE CONTENT BECOMES AVAILABLE TO YOU.

The screenshot shows the "MY HOME" dashboard. The top navigation bar includes: My Home, Recovery Modules, Workbook, Commitments, Journal, Library, Serenity, and Fellowship. The main content area displays a welcome message for user 030316stir, stating they are welcome to the MORE Program and providing information about the tools, resources, and information available. A button labeled "Start Module 1 Assessment" is highlighted with a red arrow. Below this is a "MORE Training" section with a list of links: "Take a Tour of the MORE Program", "Commitment Tool: Set a commitment", "Workbook Activity: Relapse Prevention Plan", "Fellowship: Make a support list", and "Journal: Identify your reasons for recovery". To the right is a large image of a group of people with the text "Click here to access the MORE program tour." and a red arrow pointing to the "Start Module 1 Assessment" button.

MY HOME

► My Home Recovery Modules Workbook Commitments Journal Library Serenity Fellowship

Welcome 030316stir,

Welcome to the **MORE** Program! Based on your needs and the latest in recovery research, your **MORE** program will provide you with some great tools, resources, and information to help you as you start on your recovery journey.

[Start Module 1 Assessment](#)

MORE Training

- [Take a Tour of the MORE Program](#)
- **Commitment Tool:** [Set a commitment](#) to make a schedule for your first week after treatment.
- **Workbook Activity:** [Relapse Prevention Plan](#)
- **Fellowship:** [Make a support list](#)
- **Journal:** [Identify your reasons for recovery](#)

Click here to access the MORE program tour.


Start Assessment

RECOVERY MODULES

My Home Recovery Modules Workbook Commitments Journal Library Serenity Fellowship


Welcome to Assessment 1

Welcome to the MORE program. Before we can create your first Recovery Module, called "A New Beginning," we need to ask you a few questions. Your responses will allow us to design "A New Beginning" with your needs in mind to help you stay sober one day at a time. All of the questions in this assessment are required. Please select the answer choices that best represent what is going on in your life right now.

[Start Assessment ▶](#) 

Complete All Sections in the Assessment-This Will Take Approximately 20 Minutes

My Home Recovery Modules Workbook Commitments Journal Library Serenity Fellowship



You have just begun your recovery journey. Part of taking good care of ourselves during early recovery involves thinking and planning for our well-being.

[Assessment Help](#)

SECTIONS

Early Recovery Twelve Step Work Support Network Balanced Lifestyle About You

Complete All Sections from Early Recovery to About You.

Starting Early Recovery

As you start early recovery, it is helpful to think about how you will handle difficult situations that might arise so you can be equipped with the skills and resources when you need them. The following questions will help us provide you with the right resources and information to plan for any difficult situations you may face.

What are your biggest fears about early recovery? Select all that apply.

- Returning to chemical use
- Facing friends and family whom I have hurt
- Seeing people I used to drink and/or use with
- Dealing with situations where I used to drink and/or use
- Going back to work
- Not having support
- Going to AA, NA, or other Twelve Step meetings
- Dealing with the stigma of having this disease
- Dealing with responsibilities that I have been avoiding

In order to support your ongoing recovery, it is helpful to know the types of situations that make it difficult to maintain total abstinence. The next set of statements cover a variety of situations. Choose the response that best describes the feelings of temptation to drink or use in each situation that you may have when you return home.

a. When I am in agony because of stopping or withdrawing from alcohol and/or drug use

Not at all tempted 1 2 3 4 5 Extremely tempted

Submit Assessment

dules Workbook Commitments Journal Library Serenity Fellowship

You are all set for now....


Thank you for completing your first assessment. If you wish to review or change your responses for any of the sections below, please click the section name. Once you submit your assessment, you will not be able to change your responses.

Sections

- [Early Recovery](#)
- [Twelve Step Work](#)
- [Support Network](#)
- [Balanced Lifestyle](#)
- [About You](#)

When you are ready, please submit your assessment so that we can start to develop the first **MORE** Recovery Module called "A New Beginning," around your unique needs. This module will be available to you on the day you told us you will be leaving treatment.

Please click "Submit Assessment" below to begin processing your responses to create your first personalized Recovery Module.



MORE NAVIGATION PACKET

HOW TO ACCESS YOUR MORE ACCOUNT POST REGISTRATION

1. Go to: www.hazelden.org
2. Click **Sign In** on the upper right of the page



3. Under Registered visitors sign in here enter **your email address** in the **Sign in Name** field.
4. **In the Password Field** enter your password (this is case sensitive)
5. Click **Sign In**

Registered visitors sign in here

Sign In Name: **ENTER YOUR E-MAIL ADDRESS AND PASSWORD**

Password: **ENTER YOUR E-MAIL ADDRESS AND PASSWORD**

Sign In

[Forgot your password or Sign In name?](#)

Reminder: Your Sign In Name may be your email address.

When the page refreshes, click **Enter MORE**

You will be on **your MORE** home page.



SUMMARY OF YOUR MORE HOME PAGE

1. **Last Viewed Module-** bookmarks the last page you accessed in your program
2. **Relapse Prevention Plan-** Access your plan by clicking on the green tab
3. **Sobriety Date-** Calculates each day you are sober
4. **Message Center-**a place to send and receive messages from your MORE Recovery Coach
5. **Recovery Modules-** shows when your module content becomes available each week

1. BOOKMARK 2. RELAPSE TAB



3. DAYS SOBER

Mary Jo, you've been sober for:
12 Days!

Your sobriety date is 01/26/2013 [Edit](#)
You have taken the first step by completing your first assessment. We are preparing the first section of your first Recovery Module, "A New Beginning" based on the information you provided. In the meantime, take a few minutes to do the activities below and explore your MORE Web site. And remember, take each day one day at a time.

Recovery Module



Module 1: A New Beginning
In "A New Beginning," you will learn the basic skills to help you during the early stages of recovery like making your environment safe, getting connected in a Twelve Step fellowship, creating healthy routines, and handling cravings to drink or use other drugs.

- [Assessment Summary](#)
- [Grounding Yourself](#) (available: Friday, Feb. 08, 2013)
- [Checking Your Reality](#) (available: Friday, Feb. 15, 2013)
- [Sticking with It](#) (available: Friday, Feb. 22, 2013)
- [Creating Routines](#) (available: Friday, Mar. 01, 2013)
- [Progress Check](#) (available: Friday, Mar. 01, 2013)

5. MODULE CONTENT DATE CONTENT IS AVAILABLE

Continue your recovery journey with these Hazelden resources:

- [Hazelden's Social Community](#)
- [Alumni Events and News](#)
- [Continuing Care Services](#)
- [Family Services](#)
- [Find a Meeting Near You](#)
- [For Family Members](#)
- [For Parents](#)
- [For Your Recovery](#)
- [The Lodge at Hazelden](#)
- [Mental Health Services](#)
- [Thought for the Day](#)
- [Volunteer](#)

My Recovery Coach



Jack Hartman
([About Me](#))

Message Center:

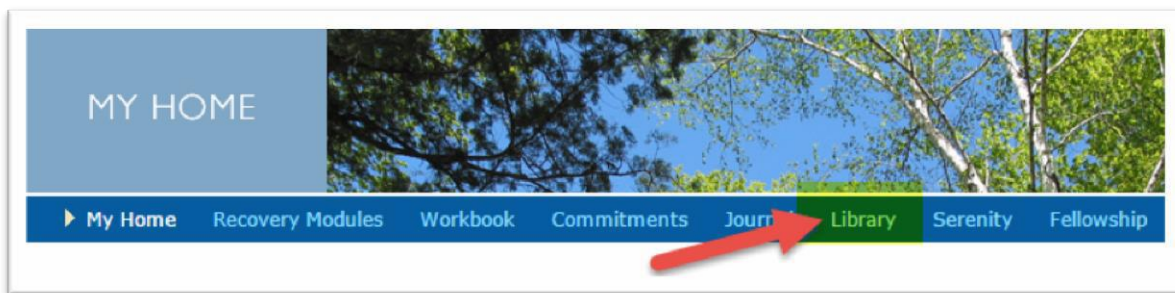
- [View Messages](#)
- [Send Message to Coach](#)

4. CONFIDENTIAL MESSAGE CENTER



If you have relapsed or are thinking of using, don't despair, we can help you.

[Reach Out Now](#)

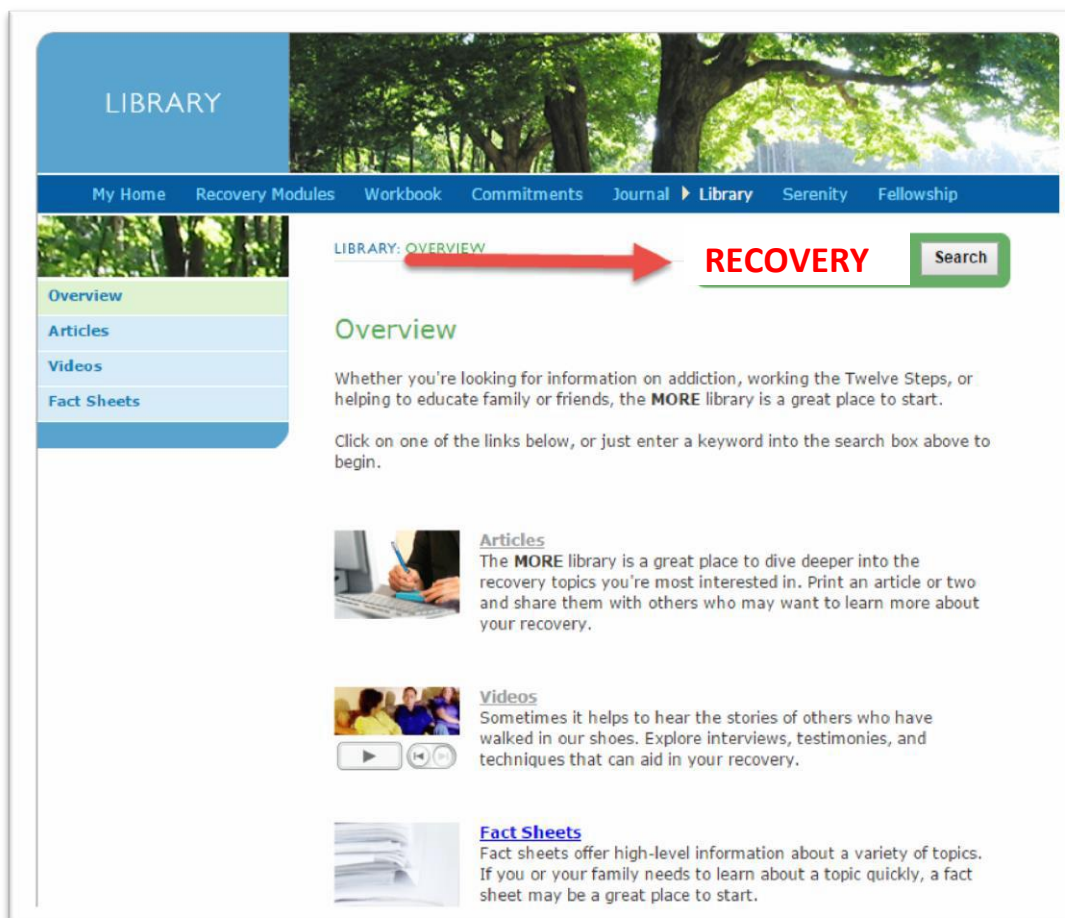


On the MORE blue task bar click on library

LIBRARY

Whether you are looking for information on addiction, working the Twelve Steps, or helping to educate family and friends, the MORE library is a great place to dive deeper into the recovery topics you're most interested in. There are over 160 articles and fact sheets in the library that can help you learn about your recovery.

Activity: To access a listing of the library resources, enter the word **RECOVERY** in the search area.



Search Results

LIBRARY

My Home Recovery Modules Workbook Commitments Journal Library Serenity Fellowship

LIBRARY: SEARCH RESULTS

Search

Search Results

- [Alcoholics Anonymous \(AA\)](#)
- [Abstinence](#)
- [Abuse](#)
- [Addiction](#)
- [Addictive Thinking](#)
- [Attention Deficit-Hyperactivity Disorder \(ADHD\)](#)
- [Affirmations](#)
- [African Americans](#)
- [Agnostics and Atheists and the Twelve Steps](#)
- [AIDS](#)
- [Al-Anon and Alateen](#)
- [Amphetamines](#)
- [Anger](#)
- [Anxiety](#)
- [Acceptance](#)
- [Barriers to Recovery](#)
- [Big Book](#)
- [Biochemistry](#)
- [Bipolar Disorder](#)
- [Blaming](#)
- [Caregiving](#)
- [Celebrations and Holidays](#)
- [Gratitude](#)

ACTIVITY: Click on the article Gratitude to learn more about this topic.

Gratitude is appreciating the benefits you have received. In Twelve Step recovery, gratitude is often referred to as a state of grace. It means being thankful for the good things that come your way. It also implies humility because it doesn't come from an assumption that you deserve those things. Instead, gratitude reflects a humble appreciation simply for the good that has graced your life today.

SERENITY

Whether you are seeking peaceful relaxation, quiet activities, or a place to have a laugh, you have come to the right place. You have many activities to choose from in the Serenity area.

Recovery Slogans

You have probably heard many of the common Recovery Slogans. Have you given much thought as to what they really mean?

ACTIVITY: Click on each slogan to learn more about the wisdom behind its simple message. You can also open and print a PDF of the [Recovery Slogans](#).

SERENITY

My Home Recovery Modules Workbook Commitments Journal Library ▶ Serenity Fellowship

WELCOME

Meditation Room

Prayers

Affirmations

GOD Box

Humor

Inspiring Movies

Recovery Slogans

Sober Fun

Word Search

SERENITY: RECOVERY SLOGANS [Printer-Friendly](#)

Recovery Slogans

You have probably heard many of the common Recovery Slogans. Have you given much thought as to what they really mean? **Click on a slogan below to learn more about the wisdom behind its simple message. You can also open and print a PDF of the [Recovery Slogans](#).**

Fake It Till You Make It

Easy Does It

First Things First

Live and Let Live

Turn It Over

Go With the Flow

People, Places & Things

Principles Before Personalities

This, Too, Shall Pass

Stick with Winners

One Day at a Time

Progress, NOT PERFECTION

ACCEPT LIFE ON LIFE'S TERMS

Keep It Simple

LET GO AND LET GOD

Keep Coming Back

AFFIRMATIONS

One cost of addiction is the loss of faith in our abilities and our self-worth. We can learn to reprogram ourselves with positive, healthy messages.

What are affirmations?

Affirmations are positive statements you make to yourself about yourself. They are written in the present tense, as if you are already accomplishing what you wish.

ACTIVITY: Read the list of affirmations and think about an affirmation that you may want to work on this week.

WELCOME TO SERENITY: AFFIRMATIONS

[Printer-Friendly](#)

Affirmations

What are affirmations?
Affirmations are positive statements you make to yourself about yourself. They are written in the present tense, as if you are already accomplishing what you wish.

What are affirmations for?
Affirmations help retrain your mind, replacing negative messages with positive messages. Eventually, they help change your behavior, as what you do gets closer to how you think about yourself.

How do you do affirmations?
Affirmations are generally short positive statements that have relevance to you. You can write them down and post them around you so you see them often. Or you can record them and listen to them once or twice a day. Below are some examples of affirmations.

Change and Growth

- I have the courage to change.
- I'm not what I could be, I'm not what I should be, but thank God I'm not what I used to be!
- Time is transforming my loneliness into solitude, my suffering into meaning, and relationships into intimacy.
- My whole attitude and outlook upon life is changing.
- I know a new freedom and happiness.
- I embrace my past.
- I take risks that will help me grow in positive, healthy ways.
- I accept that I can make mistakes and still keep trying.
- I can restore my own integrity by being willing to change, to disclose secrets, create new boundaries, be discerning in understanding systems, be willing to finish things, be open to new relationships, and take responsibility.
- I trust my feelings.
- I commit to reality at all costs knowing that is where I will find ultimate serenity.
- I am open to the lessons that I can learn from making amends, and I am grateful for them.
- I am grateful for a sense of humor that helps me know that I am human.
- I accept my strengths and weaknesses, my good and bad choices that help me through the gray of reality.

Higher Power and Spirituality

- I realize that my Higher Power is doing for me what I could not do for myself.
- I ask for guidance in choosing to make an amend. With this guidance, I will