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12 Stupid Things That Mess Up Recovery: Avoiding Relapse through Self-Awareness and Right Action

By Allen Berger Ph. D.



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Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness.

To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as there are alcoholics and addicts, some general themes exist, which include confusing self-concern with selfishness, not making amends, using the program to try to become perfect, not getting help for relationship troubles, believing that life should be easy. In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how the process of change begins with basic self-awareness and a commitment to working a daily program.



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Editorial Review

About the Author

Allen Berger, PhD, a popular public speaker and nationally recognized expert on the science of recovery, is the author of 12 Stupid Things That Mess Up Recovery, 12 Smart Things to Do When the Booze and Drugs Are Gone, and 12 Hidden Rewards of Making Amends. His pamphlet, How to Get the Most Out of Group Therapy, helps clients in treatment, continuing care, or Twelve Step groups, understand what happens in group meetings and how these meetings help members acquire recovery skills. Dr. Berger lives in Los Angeles, California.

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