

WORKBOOK

HELPING MEN RECOVER

A PROGRAM FOR TREATING ADDICTION

SECOND EDITION

STEPHANIE S. COVINGTON | DAN GRIFFIN | RICK DAUER

JB JOSSEY-BASS™
A Wiley Brand

A Man's Workbook

Other Publications by Stephanie S. Covington

Awakening Your Sexuality: A Guide for Recovering Women

Becoming Trauma Informed: A Training Program for Staff Development (facilitator guide, participant booklet, and PowerPoint slide deck)

Beyond Anger and Violence: A Program for Women (facilitator guide, participant workbook, and DVD)

Beyond Trauma: A Healing Journey for Women (facilitator guide, participant workbook, and DVDs)

Beyond Violence: A Prevention Program for Criminal Justice–Involved Women (facilitator guide, participant workbook, and DVD)

Exploring Trauma+: A Brief Intervention for Men and Gender-Diverse People, with Shane Pugh and Roberto A. Rodriguez (flash drive with facilitator guide and participant workbooks)

Healing Trauma+: A Brief Intervention for Women and Gender-Diverse People, with Eileen Russo (flash drive with facilitator guide and participant workbooks)

Helping Men Recover: A Program for Treating Addiction (criminal justice version), with Dan Griffin and Rick Dauer (facilitator guide and *A Man's Workbook*)

Helping Women Recover: A Program for Treating Addiction (facilitator guide and *A Woman's Journal*)

Helping Women Recover: A Program for Treating Addiction, special edition for use in the criminal justice system (facilitator guide and *A Woman's Journal*)

Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy, with Liana Beckett

Moving from Trauma Informed to Trauma Responsive: A Training Program for Organizational Change, with Sandra Bloom (facilitator guide, handouts, and DVD)

Voices: A Program of Self-Discovery and Empowerment for Girls, with Kimberley Covington and Madeline Covington (facilitator guide and *Interactive Journal*)

A Woman's Way through the Twelve Steps

A Woman's Way through the Twelve Steps: Program DVD

A Woman's Way through the Twelve Steps Facilitator Guide

A Woman's Way through the Twelve Steps Workbook

Women and Addiction: A Gender-Responsive Approach (manual, DVD, and CE test)

Women in Recovery: Understanding Addiction

A Young Man's Guide to Self-Mastery, with Roberto Rodriguez (facilitator guide and workbook)

Spanish Books

La mujer y su práctica de los Doce Pasos (A Woman's Way through the Twelve Steps)

La mujer y su práctica de los Doce Pasos: Libro de ejercicios (A Woman's Way through the Twelve Steps Workbook)

Mujeres en recuperación: Entendiendo la adicción (Women in Recovery: Understanding Addiction)

Voces: Un programa de autodescubrimiento y empoderamiento para chicas guía del facilitador (Voices: A Program of Self-Discovery and Empowerment for Girls facilitator guide)

Voces: Un programa de autodescubrimiento y empoderamiento para chicas diario (Voices: A Program of Self-Discovery and Empowerment for Girls journal)

Other Publications by Dan Griffin

A Man's Way Through the Twelve Steps

A Man's Way through Relationships: Learning to Love and Be Loved

Amazing Dads!

Amazing Dads! (curriculum), with Harrison Crawford

Healing Men's Pain, with Jonathan DeCarlo

Second Edition

HELPING MEN RECOVER

A Man's Workbook

A PROGRAM FOR TREATING ADDICTION

Stephanie S. Covington, Dan Griffin,
and Rick Dauer

J JOSSEY-BASS™
A Wiley Brand

This second edition first published 2022
© 2022 Stephanie S. Covington, Dan Griffin, and Rick Dauer

Edition History: Stephanie S. Covington, Dan Griffin, and Rick Dauer (1e, 2011)

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, except as permitted by law. Advice on how to obtain permission to reuse material from this title is available at <http://www.wiley.com/go/permissions>.

The right of Stephanie S. Covington, Dan Griffin, and Rick Dauer to be identified as the authors of this work has been asserted in accordance with law.

Registered Office

John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, USA

Editorial Office

111 River Street, Hoboken, NJ 07030, USA

For details of our global editorial offices, customer services, and more information about Wiley products visit us at www.wiley.com.

Wiley also publishes its books in a variety of electronic formats and by print-on-demand. Some content that appears in standard print versions of this book may not be available in other formats.

Limit of Liability/Disclaimer of Warranty

While the publisher and authors have used their best efforts in preparing this work, they make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives, written sales materials or promotional statements for this work. The fact that an organization, website, or product is referred to in this work as a citation and/or potential source of further information does not mean that the publisher and authors endorse the information or services the organization, website, or product may provide or recommendations it may make. This work is sold with the understanding that the publisher is not engaged in rendering professional services. The advice and strategies contained herein may not be suitable for your situation. You should consult with a specialist where appropriate. Further, readers should be aware that websites listed in this work may have changed or disappeared between when this work was written and when it is read. Neither the publisher nor authors shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

Library of Congress Cataloging-in-Publication Data

Names: Covington, Stephanie, author. | Griffin, Dan, 1972- author. | Dauer, Rick, author.

Title: Helping men recover : a program for treating addiction, a man's workbook/Stephanie S. Covington, Dan Griffin, and Rick Dauer.

Description: Second edition. | San Francisco : Jossey-Bass, 2022.

Identifiers: LCCN 2022025049 (print) | LCCN 2022025050 (ebook) | ISBN 9781119886556 (set) | ISBN 9781119886532 (paperback) | ISBN 9781119886563 (adobe pdf) | ISBN 9781119886495 (epub)

Subjects: LCSH: Male prisoners—Substance use. | Compulsive behavior—Treatment. | Substance abuse—Treatment. | Addicts—Rehabilitation.

Classification: LCC HV8836.5 .C674 2022 (print) | LCC HV8836.5 (ebook) | DDC 365/.667290811—dc23/eng/20220609

LC record available at <https://lcn.loc.gov/2022025049>

LC ebook record available at <https://lcn.loc.gov/2022025050>

Cover Design: Wiley

Cover Image: © Jasmin Merdan/Getty Images

Set in 11/16 pt Palatino LT Std by Straive, Chennai, India

CONTENTS

About the Authors ix

Introduction to Helping Men Recover xi

Introduction to A Man's Workbook xiii

Opening Session: Introduction to the Program 1

Module A: Self 17

Session 2. Defining Self 19

Session 3. Men in Recovery 29

Session 4. A Sense of Self 35

Session 5. Men: Inside and Out 43

Session 6. Men and Feelings 51

Module B: Relationships 59

Session 7. Family of Origin 61

Session 8. Barriers to Healthy Relationships 71

Session 9. Fathers 83

Session 10. Mothers 93

Session 11. Creating Healthy Relationships and Support Systems 103

Session 12. Effective Communication 115

Session 13. Creating and Maintaining Intimacy 125

Module C: Sexuality 131

Session 14. Sexuality and Addiction 133

Session 15. Sexual Identity 145

Session 16. Barriers to Sexual Health 159

Session 17. Healthy Sexuality 171

Module D: Spirituality 181

Session 18. What Is Spirituality? 183

Session 19. Power and Privilege 199

Session 20. Building Resilience 217

Session 21. Creating a Vision 231

Additional Recovery Resources 243

Appendix 1. The Twelve Steps of Alcoholics Anonymous 244

Appendix 2. Recovery Programs 246

Appendix 3. Online Recovery Meetings 249

Appendix 4. Redefining Gender 250

Appendix 5. Emotional Sobriety 254

Feedback Form 257

ABOUT THE AUTHORS

Stephanie S. Covington, PhD, LCSW, is an internationally recognized clinician, organizational consultant, and lecturer. For more than thirty years, her work has focused on the creation of gender-responsive and trauma-informed services. Her extensive experience includes designing women's services at the Betty Ford Center, developing programs for criminal justice settings, and being the featured therapist on the Oprah Winfrey Network TV show *Breaking Down the Bars*. She also has served as a consultant to the United Nations Office on Drugs and Crime in Vienna and was selected for the U.S. Advisory Committee for Women's Services. Educated at Columbia University and the Union Institute, Dr. Covington has conducted seminars for behavioral health professionals, community organizations, criminal justice professionals, and recovery groups in the United States, Canada, Mexico, Europe, Africa, Iceland, Brazil, the United Kingdom, and New Zealand. She has served on the faculties of the University of Southern California, San Diego State University, and the California School of Professional Psychology. She also has published extensively, including ten gender-responsive, trauma-informed treatment curricula. Dr. Covington is based in La Jolla, California, where she is co-director of the Institute for Relational Development and the Center for Gender and Justice.

Dan Griffin, MA, has worked in the addictions and mental health fields for more than twenty-five years, in research, case management, public advocacy, teaching, counseling, and drug courts. He is the author of *A Man's Way through the Twelve Steps* (2009), the first gender-responsive book for recovery for men; *A Man's Way through Relationships* (2014), the first trauma-informed and gender-responsive book to help men navigate the challenges of relationships and male socialization; and *Amazing Dads* (2022), the first trauma-informed book and curriculum (with Harrison Crawford) for fathers. Dan's graduate work focused on the transformation of masculinity in the Twelve Step culture. He is an international speaker and consultant who lives in LA with his wife and daughter. He has been in recovery since 1994.

Rick Dauer, LADC, is a behavioral health consultant and trainer. He has been a professional in the field of addiction since 1984 and has experience in residential, out-patient, and corrections-based treatment programs, including over twenty-five years as a clinical director. He has served on numerous state and national boards, panels, and task forces dedicated to improving access to high-quality substance use disorder services. He has long been an advocate for and practitioner of gender-responsive and trauma-informed care and he supervised the first pilot programs for both the *Helping Women Recover* and *Helping Men Recover* curricula. Rick lives in Saint Paul, Minnesota, and has been in recovery for over forty years.

INTRODUCTION TO *HELPING MEN RECOVER*

About This Program

Helping Men Recover addresses issues that many men struggle with, especially if they are experiencing problems with alcohol or other drugs. In most cases, you will be using this workbook as part of a program in which you meet regularly with a group of other recovering individuals. You will attend twenty-one sessions with them; together, you will develop new skills and new ways of thinking about yourselves. Your group will be led by a facilitator who has experience with addiction services and the process of recovery. He will offer you insights about the thoughts and feelings that you may experience as you do the work suggested in the sessions and in this workbook.

Although this workbook is designed for use in the *Helping Men Recover* program, you may use it by yourself or perhaps with the help of an addictions counselor or other helping professional. There are guidelines included for doing this.

The program is organized into four sections, or modules: Self, Relationships, Sexuality, and Spirituality. These are four areas that men consistently identify as the triggers for relapse and the areas of greatest change in their recoveries. Each person's process of recovery is unique, but most of us find that it involves discovering our true selves, connecting in healthy relationships with others, understanding our sexuality, and gaining some spiritual connection.

Within the four modules, specific topics are covered, including

- Self-awareness and identity
- How men are socialized in our society
- The impact of the family of origin
- Grounding and relaxation techniques
- Communication
- Power, violence, and abuse

- Relationships
- Trauma and addiction
- Sexual identity
- Healthy sexuality
- What spirituality is

Awareness is the first step toward change. When you become aware of your addiction, you can decide to begin a process of recovery. When you become more aware of yourself and your relationships, you can make changes in your life. So the journey is about discovery as well as recovery. As you begin to think, feel, and act differently, you begin to heal and to connect with and value all parts of yourself—inner as well as outer.

Program Goals

The goals of the *Helping Men Recover* program are

- To provide a safe place to reflect and learn more about yourself
- To learn about men, addiction, and trauma
- To develop the skills necessary for developing healthy and growth-fostering relationships
- To learn skills for maintaining recovery
- To identify the life you want to live

This Revised Edition

Helping Men Recover originally was designed as a gender-based, trauma-informed treatment program for men with substance-use disorders. Over the years, our understanding of gender has shifted from the binary male-female model to a more inclusive and expansive model. We now know that sexual identity and gender identity can be more fluid; each exists across a continuum. Therefore, one of the revisions to this program is to make it suitable for men, trans men, and nonbinary people who have a masculine experience of the world. Other revisions include the updating of research, theories, practices, and contents of the sessions.

INTRODUCTION TO A MAN'S WORKBOOK

This workbook is a tool to help you with your growth and recovery. You will be using it alone or as part of a *Helping Men Recover* program. It is a place to record your experiences, thoughts, feelings, and what you learn during the group sessions and for activities that you will be doing on your own between the sessions. This workbook contains

- A brief summary of the material covered during each session
- Questions that may be used during the subgroup discussions
- Space in which to complete activities during the group sessions
- Copies of charts and illustrations discussed in the group sessions
- Additional information, references, and resources related to the topics of the sessions
- Questions and activities to encourage further reflection outside the group
- Specific assignments to be completed by the next session
- Space to reflect on how the session material relates to your recovery

The activities that are to be completed between the group sessions are designed to help you to reflect on what you have learned, to practice some new skills and behaviors, and to consider the benefits of what you are practicing. Some of them involve writing or drawing, but your skills in these areas are not being tested. You do not need to worry about your handwriting or spelling. There are no right or wrong answers, and your work will not be checked or graded. Your workbook is for your use only. No one will judge what you say. No one else will read any of it without your permission. What matters is what you put into the activities and, consequently, what you get out of them.

If there is any writing to be done, there are spaces provided for that. If you have a hard time writing what you want to say, it's okay to draw pictures or use abbreviations instead. It's also okay to work on these activities with another group member and to help each other. Asking for help can be tough for some people.

Your recovery will depend, in part, on your willingness to ask for help, so this would be a good place to begin.

When you begin to use this workbook after a group session or on your own, take a minute or two to unwind, relax, and focus on where you are now. Just get settled in the way that feels best for you. Allow yourself to notice how you're breathing and then inhale gently and exhale fully. Repeat the breathing exercise two more times.

You may be concerned about keeping your workbook private. If you live with others and are not sure that they will respect your privacy, you should hide your workbook or lock it up. Or you can ask the facilitator or another counselor to help you find ways to keep your workbook safe between group sessions. The facilitator(s) are prepared for such requests. If the facilitator will be holding your workbook between the sessions, he will respect your privacy and will arrange for you to complete the extra activities after each session or at some other time.

It is important that you bring your workbooks to each group session, so please try to remember that each time.

Opening Session: Introduction to the Program

Your facilitator's name is _____.

Your co-facilitator's name (if there is one) is _____.

Your group will meet _____.

Becoming Grounded

Being “grounded” means being able to remain present in the “here and now,” even when experiencing powerful feelings. This session contains a couple of simple techniques that you can use by yourself when you are feeling uncomfortable or anxious or stressed. It is common and normal to occasionally feel uncomfortable, particularly when in a new group or when doing something unfamiliar.

Turn your attention inward and check out what is going on in your body. You may close your eyes or just lower your eyelids or focus by staring at something. Turn your attention to what you notice about yourself. Just curiously notice what you are feeling in your emotions and your body. Notice any areas of pain or tension or other sensations. Make any adjustments you need to help yourself feel more comfortable. See if anything changes as a result of your paying kind attention to it. You might notice your breath. Just allow yourself to explore your “felt” self for a bit.

A Man's Workbook: Helping Men Recover, A Program for Treating Addiction, Second Edition.
Stephanie S. Covington, Dan Griffin, and Rick Dauer.

© 2022 Stephanie S. Covington, Dan Griffin, and Rick Dauer. Published 2022 by John Wiley & Sons, Inc.

This is a settling and grounding activity. It helps you to be a bit more comfortable with where you are and what is going on inside you. For people who have struggled with addiction and for those who have experienced trauma, this is a very important skill to learn.

Group Introductions

This group is a place for you to present yourself as you really are and to explore who you hope to become. It is a place to be your genuine self while supporting others who are doing the same thing. This program is created for men, trans men, and nonbinary people who have a masculine experience of the world. So, in order to be as inclusive as possible, we invite you to share your pronouns when you introduce yourselves.

If you are using this workbook on your own, read the questions and think about how you would introduce yourself to others.

1. My name:

2. When and where I was born:

3. How I identify myself (including culture, ethnicity, race, and pronouns):

4. The people in my family (can include a wife/husband or live-in partner, children, mother, father, brothers, sisters, or whomever you consider your immediate family):

5. One thing I like about myself or a special gift that I have:

Goals of This Session

The goals of this session are

- To learn about the goals and structure of the program
- To begin to get to know one another and develop trust
- To create a list of group agreements
- To learn about men, addiction, and trauma
- To learn some relaxation and grounding activities

Typical Session Contents

- Each session will begin with a time to settle in and prepare to do what you need to do during the group session. Group members will then check in with one another.
- Next, your group will discuss the Between-Sessions Activities from the previous session and talk briefly about the goals of the current session.
- In each session, there will be information presented on specific topics, followed by activities and discussions based on the information. There will be questions to help guide the group discussions.
- In each module, you will practice some relaxation and grounding activities.
- Because some of the content in these sessions may be difficult for you to think about and talk about, the facilitator will strive to make the group a safe and supportive place where you can experience your feelings and learn from them and also practice supporting the other members of the group. These techniques also may help you as you go through the process of learning to cope without using alcohol and other drugs.
- Toward the end of each session, you will hear about new Between-Sessions Activities that will provide the opportunity to put into practice the new concepts and skills you are learning.
- There also is a grounding activity at the end of each session.
- At the beginning and end of each module, there is a Recovery Scale. The purpose of this scale is for you to evaluate your own progress as you move through the program. No one else will see this.

Program Sessions

Opening Session 1: Introduction to the Program

Module A: Self

Session 2. Defining Self

Session 3. Men in Recovery

Session 4. A Sense of Self

Session 5. Men, Inside and Out

Session 6. Men and Feelings

Module B: Relationships

Session 7. Family of Origin

Session 8. Barriers to Healthy Relationships

Session 9. Fathers

Session 10. Mothers

Session 11. Creating Healthy Relationships and Support Systems

Session 12. Effective Communication

Session 13. Creating and Maintaining Intimacy

Module C: Sexuality

Session 14. Sexuality and Addiction

Session 15. Sexual Identity

Session 16. Barriers to Sexual Health

Session 17. Healthy Sexuality

Module D: Spirituality

Session 18. What Is Spirituality?

Session 19. Power and Privilege

Session 20. Building Resilience

Session 21. Creating a Vision

Examples of Group Agreements

If you are using this workbook individually, you may want to have some agreements with yourself (amount of time each day or week, etc.) while working through this program (see pages 6 and 7).

If you are using this workbook in a group, you may want to place a check mark next to the agreements that your group adopts.

1. *Attendance.* We're all committing to show up at all the sessions. Your commitment to attend regularly helps to stabilize the group and creates an environment of mutual support. If you must miss a group session, please let a facilitator know in advance of that session. If you end up missing too many sessions, it may affect your ability to stay in the group. We also ask that you make a commitment to being on time for each session. A good way to do that is to try to be here five minutes before the session is supposed to start. If you are running late, please be sure to contact your facilitator.
2. *Confidentiality.* No personal information revealed in the group is to be repeated outside the room. There can be no trust if information about a group member is given to outsiders or if group members gossip about one another. There are two exceptions to this rule of confidentiality: (1) The facilitators have to communicate with other members of your treatment teams as part of your ongoing care; and (2) We are required by law to report to appropriate authorities when a member's personal safety or the safety of another person is at stake. You, as group members, will be responsible for maintaining confidentiality among yourselves.
3. *Safety.* It is important that each participant feels safe in the group. Safety includes feeling emotionally safe—feeling grounded and comfortable when sharing your thoughts and your problems with others. Our commitment is to make sure this is a safe group. In order for this to happen, we all need to agree that there will be no verbal, emotional, or physical abuse here.
4. *Engagement.* Everyone is invited to join in the discussions. We would all like to hear what you have to say. However, you always have the option to "pass." Please share all your remarks with the whole group. Your comments, questions, and opinions are of interest to all of us, and side remarks from one individual to another tend to distract and divide the group. Also, please keep the focus on the process of recovery. If you think that the group is getting off the topic, please feel free to mention this.
5. *Self-disclosure.* This is a program that invites you to share about yourself and your experiences. We want you to share only that with which you are comfortable. But we also want to encourage you to take risks and share information and parts of yourself that may feel vulnerable. Your vulnerability is your strength. It will be more helpful if you talk about your personal experiences, rather than about people in general, so speak with "I" statements rather than saying "they" or "you" or "we."
6. *Feedback.* The group members learn from one another. One of the ways this is done is by giving and getting feedback. If you do not want feedback, simply let

us know. If you are going to give feedback, please ask for permission first. Sometimes someone just wants to be heard. Always think about your motives for sharing feedback and make sure it is always for the benefit of the other person.

7. *Honesty.* We're here to tell the truth. Nobody will pressure you to tell anything about yourself that you don't want to talk about, but when you do talk, tell the truth about where you've been and how you feel.
8. *Respect.* When you tell the truth about what you think, please do so in a way that respects others in the group. That means no criticizing, judging, or talking down to anyone. If you think that someone is showing disrespect to someone else, please say so respectfully. If someone is dominating the conversation, the facilitator will referee so that everyone gets a chance to talk. If you feel uncomfortable or angry at some point and do not want to participate, do not disrupt the group. You can choose to be quiet until you feel more comfortable and are ready to participate again.
9. *Questions.* There are no bad questions or wrong answers, as long as you speak about what is true for you. Ask whatever is on your mind. Please respect one another's honest questions and opinions.
10. *Commitment to recovery.* It is important to be abstinent (or sober) when you come to each session. If you come while under the influence of alcohol or another drug, you will be asked to leave that day, and your status in the program will be evaluated. If you use mood-altering chemicals between treatment sessions, it is essential that you inform your facilitator or another staff person as soon as possible.

My Group's Agreements

Are there any additional agreements that your group adopted that are not on the list above?

Are there any additional agreements that you would like to add to the list?

Addiction

A person can be addicted to a substance, such as alcohol, heroin, opiates or opioids, caffeine, tobacco, and sugar. A person also can be addicted to a behavior, such as shopping, exercising, gambling, having sex, viewing pornography, and using social media.

One of the authors of this program, Dr. Stephanie Covington, defines addiction as: “The chronic neglect of self in favor of something or someone else.” In other words, the focus of our addiction consumes our attention, our time, and our energy to the point where we begin neglecting all other aspects of our lives. You will find that this program focuses a lot on issues of the self, because so many people have lost themselves in their addictive disorders. Here are some of the key things to remember about addiction, also known as the ABCDEs, from the American Society of Addiction Medicine:

- A. The person is not able to *abstain*
- B. The person has reduced *behavioral* control
- C. The person has a *craving* or increased “hunger” for drugs or addictive experiences
- D. The person has *diminished* recognition of significant problems with personal behaviors and interpersonal relationships
- E. The person has a dysfunctional *emotional* response

The American Society of Addiction Medicine defines addiction as a chronic disease involving the circuits of the brain that deal with reward, motivation, and memory. When there is a problem with these circuits, there are biological,

psychological, social, and spiritual difficulties. A person with an addiction pursues reward and/or relief by substance use and other behaviors. Like other chronic diseases, addiction often involves cycles of relapse and remission. The Society says, “Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.”

Trauma

According to the U.S. Substance Abuse and Mental Health Services Administration, “trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional, or spiritual well-being.” In Greek, trauma means “wound.”

Every human being experiences difficult, painful, and even devastating events. Some of these events leave emotional wounds. We all heal from those wounds differently. If their wounds don’t heal properly, some people turn to alcohol or other drugs or other addictive behaviors as a way of managing painful memories and feelings. Those behaviors frequently lead to even more trauma and pain. Trauma and addiction often go hand in hand. In trying to deal with our wounds by ourselves, we sometimes make the situation worse.

There are many types of violence and other experiences that can create trauma, including:

- Abandonment or neglect (especially for small children)
- Emotional, sexual, or physical abuse during childhood
- Witnessing violence between parents or household members
- Domestic violence
- Kidnapping
- Getting kicked out of the house and/or living on the streets
- Being rejected by family members, friends, or a religious community because of your sexuality, gender expression, or gender identity
- Loss of a loved one (family member, friend, mentor, colleague, or pet)
- Rape or sexual assault
- Being outed (having your sexuality or gender identity shared) without your consent
- Being deadnamed (for trans and nonbinary people, having people use your birth name instead of your chosen name)
- Witnessing murder

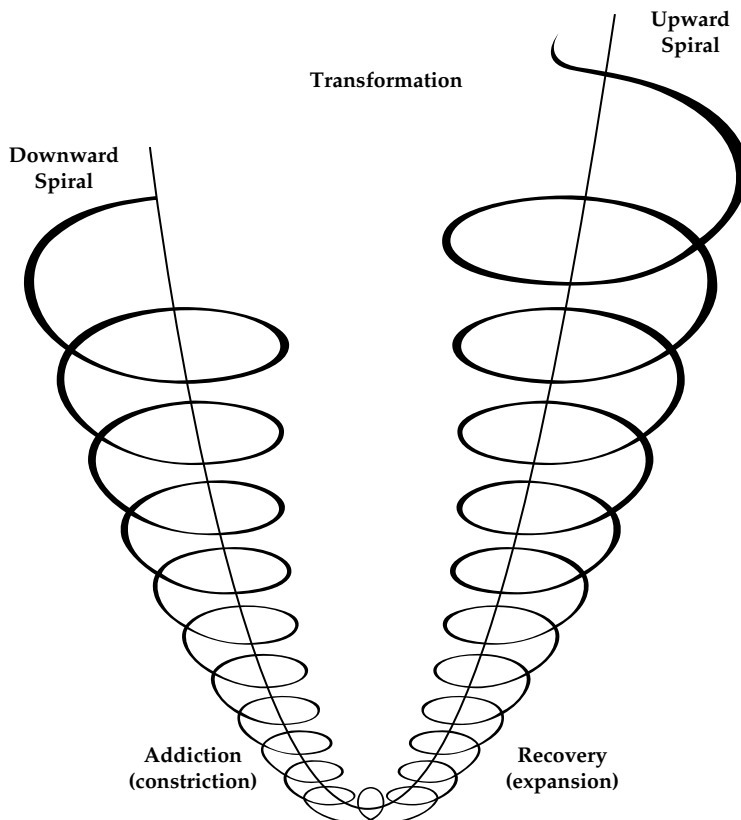
- Gang activity
- Mugging, robbery
- Being arrested and/or experiencing violence at the hands of law enforcement
- Accidents (automobile, bicycle, falls, work-related)
- Medical abuse (not receiving medications or procedures you need, conversion therapy)
- Serious injuries and illnesses (sports-related, gunshot wounds, cancer, cardiac/heart conditions)
- Extremely painful and/or frightening medical procedures
- War and combat
- Immigration-related stresses, such as ICE raids, refugee journeys, or living as an undocumented person
- Intergenerational (cultural or historical) trauma
- Climate trauma and natural disasters (earthquakes, hurricanes, tornadoes, fires, floods)

In the case of a natural disaster, people often gather around the victims, there is acknowledgment of what happened, and sympathy and comfort may be offered. Other forms of trauma, like war and terrorism, elicit clear reactions and are identified immediately as trauma. That is very different from what often happens after traumas such as assault, incest, rape, and domestic violence. These experiences often are hidden, and the victims rarely get to publicly acknowledge what took place and receive the support they deserve and need to move on in their lives. Too often, the victim of a secret trauma ends up with a deep sense of shame and invisibility, along with silent rage associated with not being acknowledged or protected. Many incidents of childhood abuse are perpetrated by adults who were supposed to love and protect. Therefore, the pain of the abuse is magnified by the betrayal of trust.

Helping Men Recover is for people who have addictive disorders and for those who also may have experienced threatening events—including suffering inflicted by others—that have overwhelmed their psychological and/or physiological coping mechanisms. We ask that you keep an open mind about how trauma may have affected your life. Whatever pain you may be living with, you deserve to heal.

The downward spiral represents the limitations and constrictions that addiction can create in a person's life. The line through the middle represents the object of the

The Spiral of Addiction and Recovery



Source: *Helping Women Recover: A Program for Treating Addiction* (rev. ed.), by Stephanie S. Covington, 2019. San Francisco, CA: Jossey-Bass. Copyright 2008 by Stephanie S. Covington. Reprinted with permission.

person's addiction. It can be alcohol, heroin, gambling, or any other behavior that the person has become dependent on. It becomes the organizing principle in the person's life. Everything else becomes secondary to the substance or the behavior, and the person's life becomes smaller and smaller.

This program represents a turning point, perhaps at the bottom of the downward spiral. The person steps onto a new path, the upward spiral. It represents the process of recovery, in which the person's life begins to expand. The addiction is still the line through the middle, but it has less influence; it has loosened its grip. There is space now for new activities and new relationships. The experience of addiction becomes just one thread in the tapestry of life; it is no longer the core. It becomes just one of many life experiences. The image of the spiral helps us to see that recovery is a transformative process. As people sustain their recovery, they are able to say, "Who I am today is not who I was."

If you are working this program alone, it may help to ask a friend or counselor to read the instructions to you the first time or two you do any of the grounding activities, to help you become familiar with them.

Breathing

1. Stand with your feet a little distance apart so that you feel stable. Take a few deep breaths.
2. Relax your shoulders and drop your hands to your sides. Let your arms and hands just dangle, relaxed. Relax your shoulders and arms.
3. Take in a long deep breath through your nose and blow it out through your mouth like a big gust of wind or like blowing out a candle.
4. Now inhale again as if you are smelling a rose and then let the air out by blowing it out of your mouth.
5. Remember to relax your shoulders and arms.
6. Do the inhaling and exhaling three more times.

Focusing on the Here and Now

1. Relax. Take a deep breath.
2. Look at the room around you. Focus on the size of the room.
3. Focus on:
 - the color and texture of the walls
 - the height of the ceilings
 - the lights
 - the windows *[if there are any]*
 - the doors
 - the furniture
 - the decorations
4. Now focus on yourself.
 - Think of your name.
 - Think of your age.
 - Think of today's date and what time it is.
 - Think of what city and state you are in.
 - Think of the program you are in with this group.