Contents

Ack	knowledgments
Intr	Coduction
	Part 1 Getting to Know the Main Concepts and Skills
1	Emotions. The "No Feeling" Contract • 8 Loss and Emotion • 8 Unraveling Your False Beliefs about Emotions • 11 Emotion Dodging • 15 Getting to Know Your Feelings • 19
2	Thoughts

3	Behaviors
	A Ghost Fleeing Bullets • 47 Self-Fulfilling Prophecy • 48 Choosing the Opposite • 51
	Values • 58 Learning More about Choosing the Opposite • 64
4	Mindfulness
	Observing Your Mind without Judgment • 70 Imaginary Lions • 71 Practicing Mindfulness • 72 How to Breathe • 75 Radical Acceptance • 76 The Serenity Prayer • 78 Fight, Flight, or FLOAT • 79
	Part 2
	Looking at Your Losses
5	Loss
	What Is Loss? • 86 Why Look at Old Losses? • 86 Taking a Look at Your Losses • 88 Exploring the Impact of Your Losses • 93 Connecting Your Losses • 98
6	Addiction
	What Is an Addiction? • 104 Uncovering the Time Line of Your Addictive Behavior • 115 Switching to Another Addiction • 119 Journey to Wellness • 119

7	Connecting Addiction and Loss
	Part 3
	Moving Forward
8	Mindful Grieving
9	Relationships
10	Recovery, Relapse Prevention, and Beyond
	Resources for Your Journey
	References

Exercises

1	Emotions
	Exercise 1.1 Journal Questions • 10
	Exercise 1.2 Identifying Your False Beliefs about Emotions • 12
	Exercise 1.3 Emotion-Dodging Methods • 16
	Exercise 1.4 Consequences of Emotion Dodging • 18
	Exercise 1.5 Learning about Your Feelings • 21
	Exercise 1.6 How Would You Feel? • 22
	Exercise 1.7 Connecting Emotions to Life Situations • 23
2	Thoughts
	Exercise 2.1 Identifying Your Repeat-Offender Thoughts • 32
	Exercise 2.2 Where Did Your Repeat-Offender Thoughts Come From? • 34
	Exercise 2.3 Consider the Evidence Worksheet • 39
3	Behaviors
	Exercise 3.1 Reflecting on Your Behaviors • 50
	Exercise 3.2 Practice Choosing the Opposite • 56
	Exercise 3.3 The Birthday Toast • 58
	Exercise 3.4 Uncover Your Values • 59
	Exercise 3.5 Reflecting on Values • 63
	Exercise 3.6 Making Decisions Based on Values • 66

4	Mindfulness	9
	Exercise 4.1 Observe Your Mind • 70 Exercise 4.2 Imagine the Space • 72 Exercise 4.3 Study an Object • 73 Exercise 4.4 Count the Sounds • 73 Exercise 4.5 Be Focused and Fascinated • 74 Exercise 4.6 Be in Your Body • 75 Exercise 4.7 It Is What It Is • 77 Exercise 4.8 FLOAT Worksheet • 80	
5	Loss	5
	Exercise 5.1 Losses Checklist • 89 Exercise 5.2 Identifying Your Losses • 92 Exercise 5.3 How Resolved Is Your Loss? • 94 Exercise 5.4 Loss Impact Worksheet • 97 Exercise 5.5 Your Responses to Loss • 99	
6	Addiction	3
	Exercise 6.1 Identify Addictions Worksheet: Alcohol, Drugs, and Caffeine Exercise 6.2 Checklist of Addiction Signs: Alcohol or Drugs 110 Exercise 6.3 Identify Addictions Worksheet: Other Troubling Behaviors 112 Exercise 6.4 Checklist of Addiction Signs: Troubling Behaviors 114 Exercise 6.5 Time Line of Addictive Behavior 116 Exercise 6.6 Wellness Script 121	
7	Connecting Addiction and Loss	3
	Exercise 7.1 Creating Your Addiction and Loss Time Line • 127 Exercise 7.2 Reflecting on Your Addiction and Loss Time Line • 128 Exercise 7.3 The Loss Anniversary Calendar • 132 Exercise 7.4 Specific Triggers Worksheet • 134	

8	Mindful Grieving	141
	Exercise 8.1 Being an Observer • 144 Exercise 8.2 Ignore vs. Accept • 146 Exercise 8.3 Leaves Down a Stream • 147 Exercise 8.4 The Gift to Yourself • 149 Exercise 8.5 The Personal Resiliency Quiz • 150 Exercise 8.6 Don't Be a "Calm Fighter" • 152 Exercise 8.7 Walking with Words • 152 Exercise 8.8 Your Resiliency in Action • 153	
9	Relationships	155
	Exercise 9.1 List of Common Social Problems • 156 Exercise 9.2 Practicing "I" Statements • 158 Exercise 9.3 Practicing Your Listening Skills • 161 Exercise 9.4 Qualities of Relationships • 164 Exercise 9.5 Identifying Your Healthy and Unhealthy Relationships • 167 Exercise 9.6 Letter of Invitation • 170 Exercise 9.7 Healing Conversation Format • 173 Exercise 9.8 The Commit to Quit Agreement • 177 Exercise 9.9 Keep Track of Your Thoughts • 182	
10	Recovery, Relapse Prevention, and Beyond	185
	Exercise 10.1 Food Journal • 188 Exercise 10.2 Sleep Improvement Worksheet • 191 Exercise 10.3 Sleep Journal • 192 Exercise 10.4 Exercise Journal • 194 Exercise 10.5 Work as a Gift • 197 Exercise 10.6 Pleasant Activities List • 199	