

# The Evolution of Addiction and Recovery

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## What Is Intimacy?

## Childhood Messages Create a Barrier to Intimacy

Fear of rejection leads to disconnection  
Disconnection leads to pain  
Addictive behavior leads to relief of pain  
Addiction is a barrier to intimacy



## Retrain your limbic system for Recovery

Heart Hugs  
Limbic resonance Eye Contact  
Appreciation Exercise  
Exaggerated Hypervigilance  
Eight Types of Intimacy  
Create Daily Rituals

## The Decision

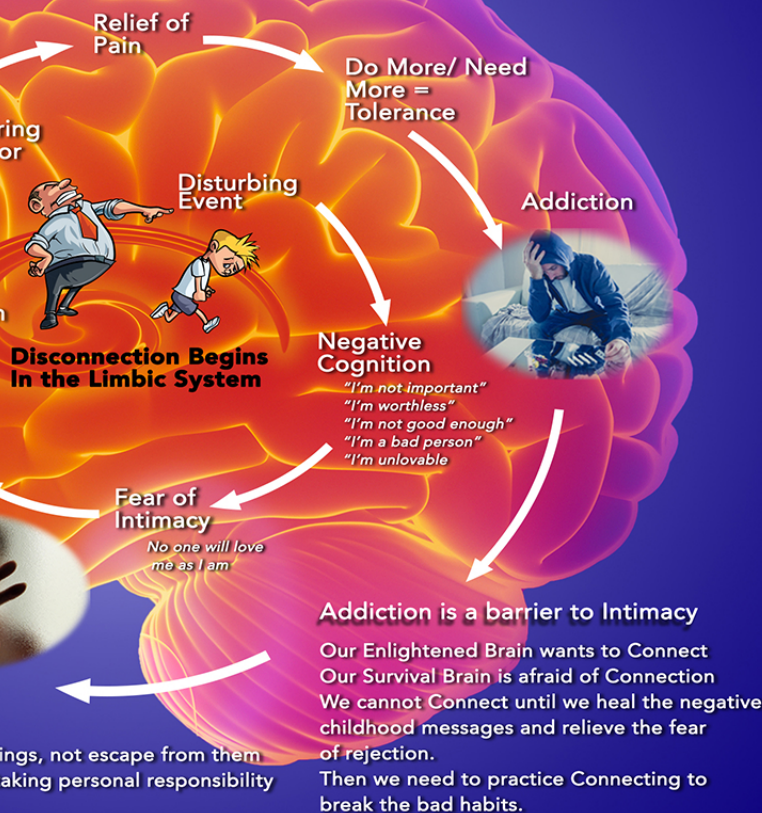
Is this for my addiction or  
is this for my recovery?

Will this cause me to disconnect  
or will this cause me to Connect?

## What is Recovery?

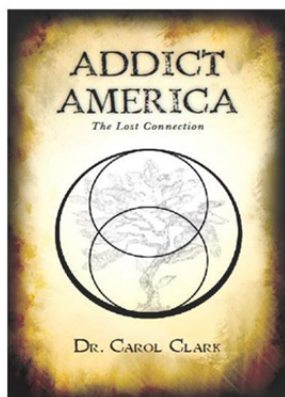
Being present  
Being able to allow feelings, not escape from them  
Accepting oneself and taking personal responsibility  
Connecting

- With self
- With others
- With a higher power



## Addiction is a barrier to Intimacy

Our Enlightened Brain wants to Connect  
Our Survival Brain is afraid of Connection  
We cannot Connect until we heal the negative  
childhood messages and relieve the fear  
of rejection.  
Then we need to practice Connecting to  
break the bad habits.



As Dr. Clark conceptualizes in her book, *Addict America: The Lost Connection*, addiction is an umbrella concept that encompasses not only drugs or alcohol, but our behaviors related to sex, gambling, technology and anger.

Dr. Clark's book describes and defines how addiction affects our brains and illustrates the process of disconnection from our families, friends and coworkers. The addiction counselor offers a blueprint for people to learn to Connect with a capital "C" in order to live a more fulfilling and intimate life.

"Addict America: the Lost Connection" provides the skills that will empower individuals to make great changes. This book is intended for activists, teachers, politicians and parents-and for all of us who desire a stronger Connection to those we love.

Visit [www.DrCarolClark.com](http://www.DrCarolClark.com)  
or find the book on Amazon today!

