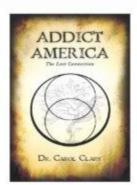
Intimacy & Connection in Recovery Dr. Carol Clark :: Addict America - The Lost Connection :: 305-891-1827 :: Counselor@drcarolclark.com :: AddictAmerica.net Childhood Messages Create a Barrier to Intimacy What Is Intimacy? Fear of rejection leads to disconnection Disconnection leads to pain Addictive behavior leads to relief of pain Addiction is a barrier to intimacy Do More/ Need More -Tolerance Mood Altering Substance or Disturbing Event Retrain your limbic system for Recovery nection Negative Cognition Disconnection Begins in the Limbic System Control e Delly Kituels The Decision Addiction is a barrier to Intimacy is this for my addicti is this for my recovery? nan Brain is afraid of Connection Connect until we heel the neget What is Recovery? or will this cause me to Consect? hen we need to practice Connecting to Accepting oneself and taking personal responsibility Connecting • With self · With others



As Dr. Clark conceptualizes in her book, Addict America: The Lost Connection, addiction is an unbrella 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 addictions 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.AddictAmerica.net or find the book on Amazon today!