



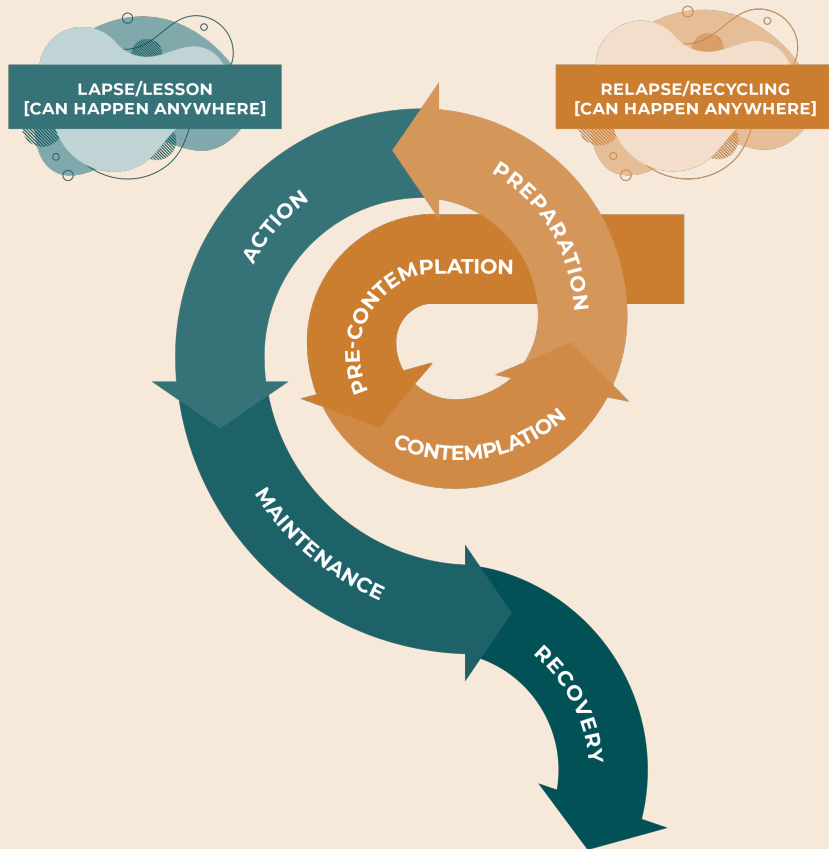
Demystifying Methamphetamine Use *And Finding A Path To Recovery*

Presented By:

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(Therapeutic Addiction Recovery Assistance)

www.thetaraclinic.com





Part 1:

Kickstarting Recovery By Knowing The Stages of Change

Part 2:

How To Choose The Best Recovery Pathway & The Top Tips To Know About The Process





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Why am I here?

1. Disrupting the way society views addiction,
2. Providing a modern solution to addiction recovery,
3. Sharing my story of recovery, and
4. To make addiction treatment sexy!



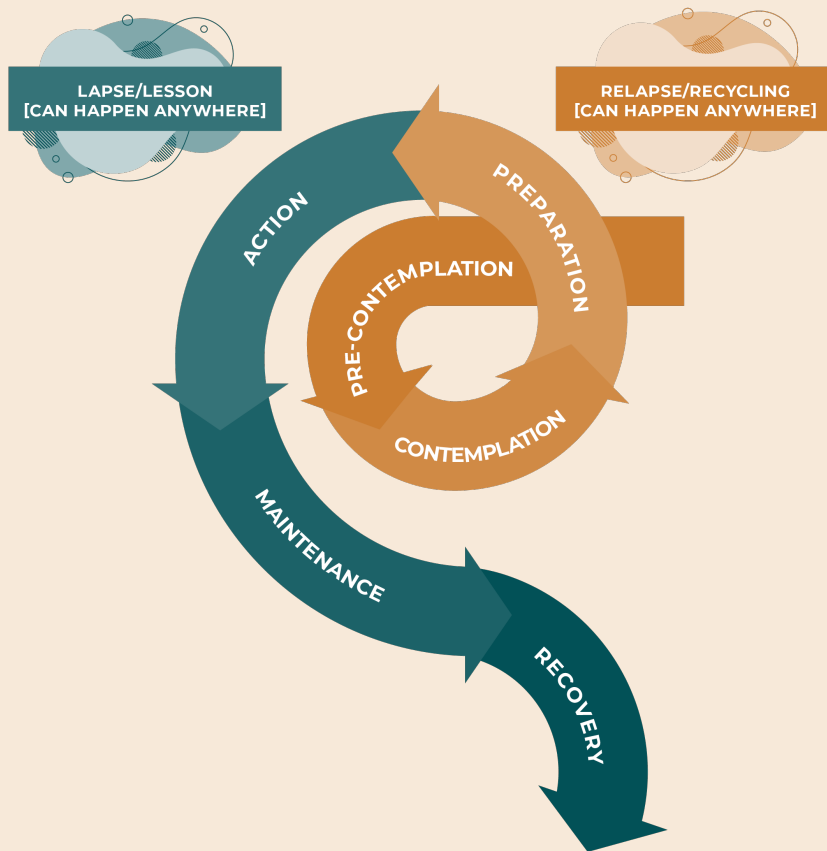


Overcoming Addiction by Overcoming Stigma!

There are few topics as tabu
as addiction.

Shame and guilt bring you back into the
Pre-Contemplation Stage of Change.





The Stages Of Change

We added a final stage: Recovery

Lapses are a fundamental aspect of your foundational learning.

- We call lapses, lessons!

Relapse is often linked to shame and guilt or giving up.

- We call relapse, recycling!





Pre-Contemplation

Sometimes known as Denial

You have no intention to change, or you don't see it being a problem right now.

You feel there is no solution so there is no motivation to try.





Contemplation

Starting to notice the problem

You acknowledge there may be a problem, though you aren't sure you want to change yet.

You acknowledge that there are options to help you change, though you don't want to check them out yet.





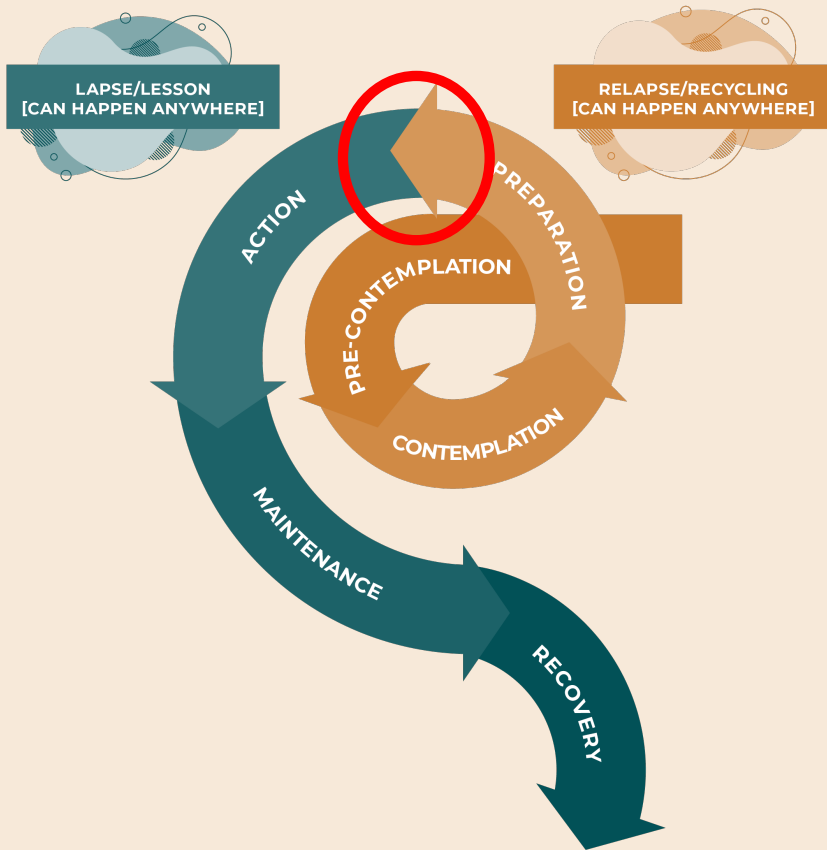
Preparation

Looking into your options

You understand there is a problem, and you are looking into the options available to you.

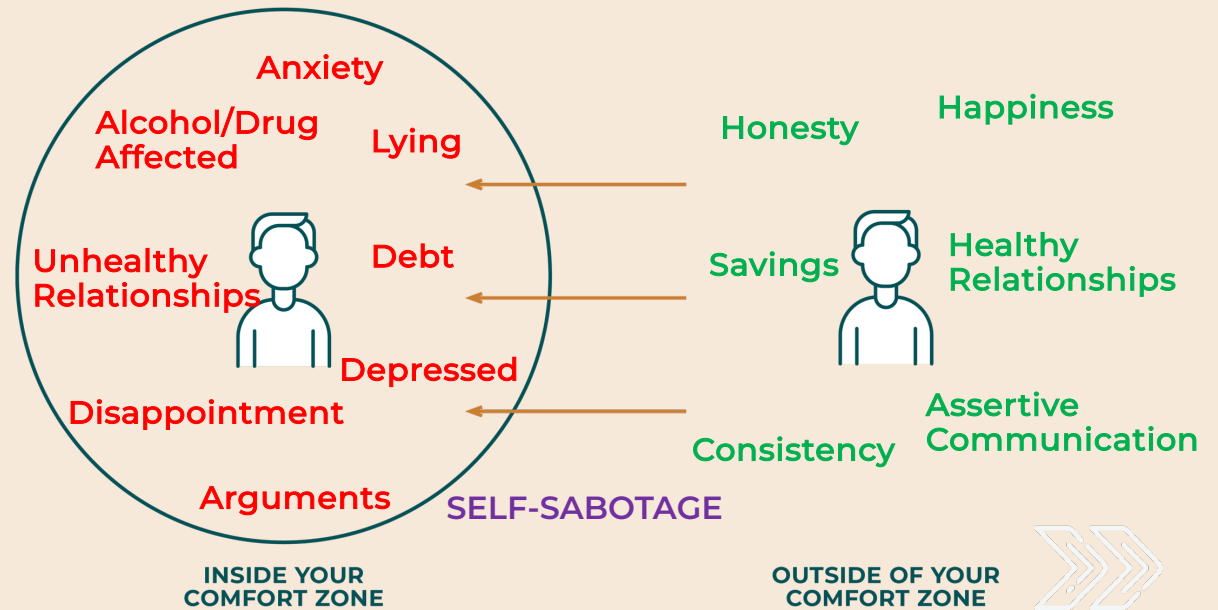
You're learning more about the recovery process though aren't ready to implement the tools yet.





Riskiest Junction:

Between Preparation and Action





Action

Where the rubber hits the road

You're ready to take the steps towards change and start making decisions.

You are actively doing the things that are helpful and seeing the impact that these changes are having on your life.





Maintenance

Building a full, rich & meaningful life

You are continuing to do the helpful things and enjoying the positive changes you have made.

You are enjoying your new lifestyle that is no longer a challenge to maintain.





Recovery

You have redefined your identity

Your life doesn't have the addictive problem anymore. Triggers or cravings no longer phase you.

You're living your full and meaningful life for some time and managing life's ups and downs confidently.



“Great, but what do I do now?”



Know what stage you're in!

Knowing your stage of change really helps you to choose the right recovery pathway for you.

(More on recovery pathways in Part 2 on Tuesday 15th October)



“So, how do words really change things?”



Try this exercise:

Say out loud: “*I have always struggled at this.*”

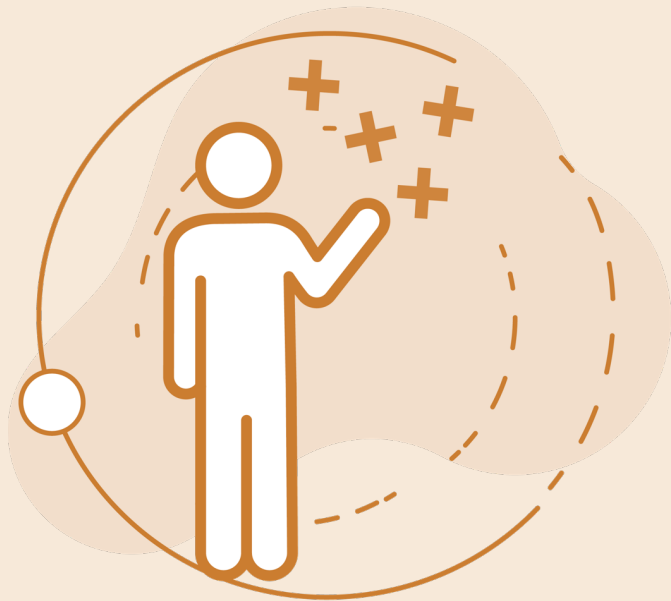
How does that feel in your body?

Now say: “*In the past I have struggled with this.*”

How does that feel?



Using the past tense



Remember:

Now is the past for now.

And...

Now is also the past for now.



“Why is this important?”



The truth is:

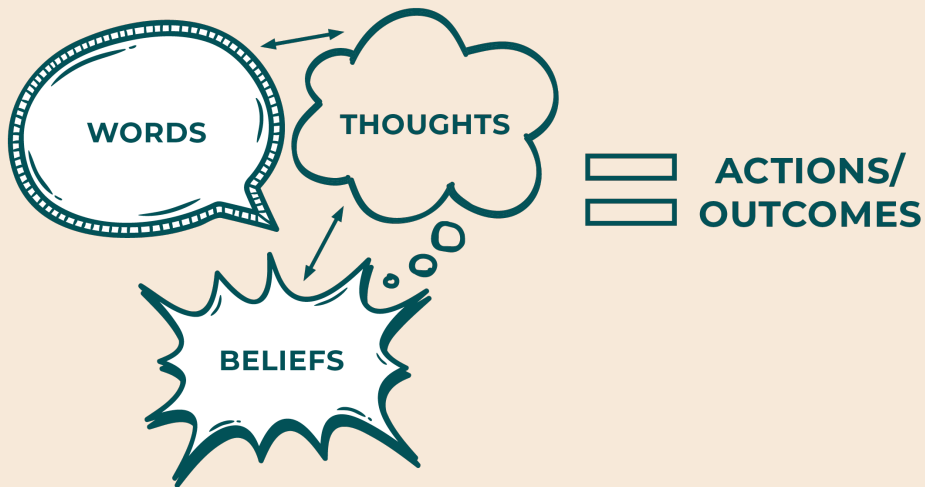
Your words can impact what direction you go. They either take you towards recovery or maintain addictive behaviours.

Let's look at the tree.





Your Words Matter!



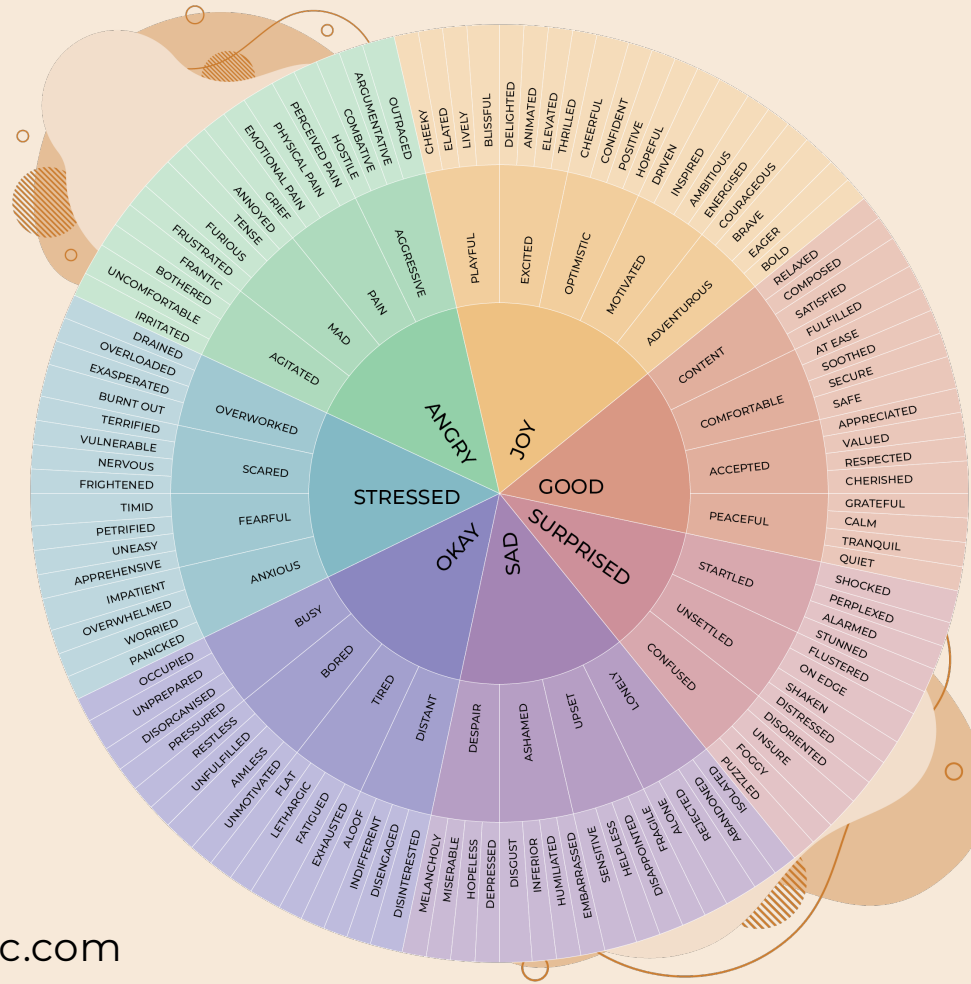
Pro Tip: Slow down

Pay attention to how your life is playing out, can you see the self-fulfilling prophecy?

Take a breath before you speak and actually say what you truly mean.



Get Specific



“Thanks, but how do I use this?”



**Listen to your words to find
your stage of change!**

Remember, Part 2 on 15th October will outline choosing the right treatment program for your stage of change.





Pre-Contemplation

You'll hear language like:

"I'm not as bad as old mate over there"

"It's too hard to stop"

"Nothing works for me"





Contemplation

You'll hear language like:

“Yeah, I know I use too much... but it's not that bad”

“I'm really busy right now so I will deal with it when I have more time”





Preparation

You'll hear language like:

“No, I haven't done what I said... but I get it”

“This is so hard, when will it get easier?”

“It's not fair that I have to do all this work and other people don't”





Action

You'll hear language like:

"I tried that tool, and it helped in this situation. How would it work in a different situation?"

"I've noticed a pattern in my cravings, what can I do differently next time?"

"When I stopped meditating last week, I noticed I had more cravings than before"





Maintenance

You'll hear language like:

“Life is feeling so much easier now!”

“I haven't noticed any cravings in ages”

“I have so much more time, energy, and the money to do what I want!”





Recovery

You'll hear language like:

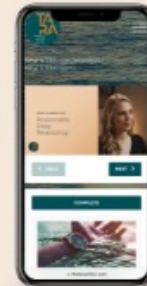
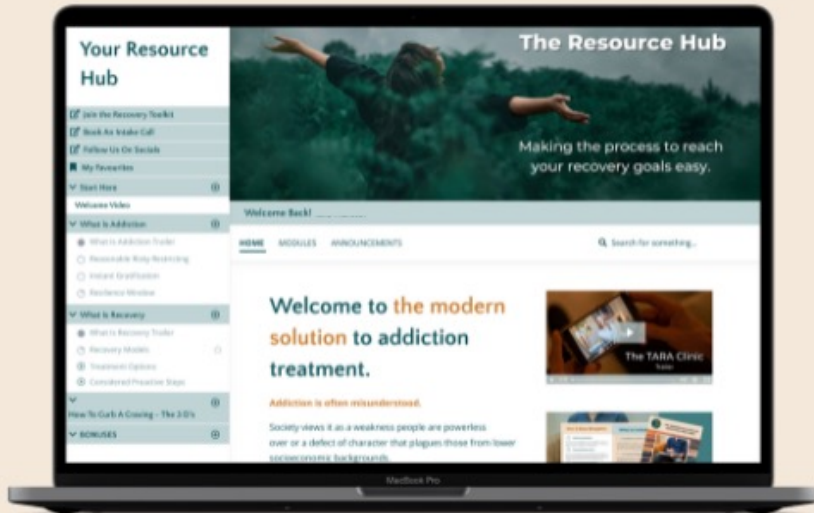
“My day felt stressful, so I am going for a walk and then I'll chat with you about it”

“Actually, I used to use methamphetamine, though it's not a part of my life now”



FREE OFFER

The Resource Hub



The TARA Clinic – www.thetaraclinic.com



Demystifying Methamphetamine Use

Questions?

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