

Ask an Addiction Specialist



Dr.
Bob
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Plural Recovery:

Helping

Ourselves

Help Each Other



Last Week:

**Holistic
Self-Care**



Today:
**Self-
Compassion
in Recovery**



Why It Is
Essential to:
Successful,
Sustained
Recovery



**Holistic Self-Care =
Bio-Psycho-
Socio-Cultural**



**My Psychological
& Spiritual Health**

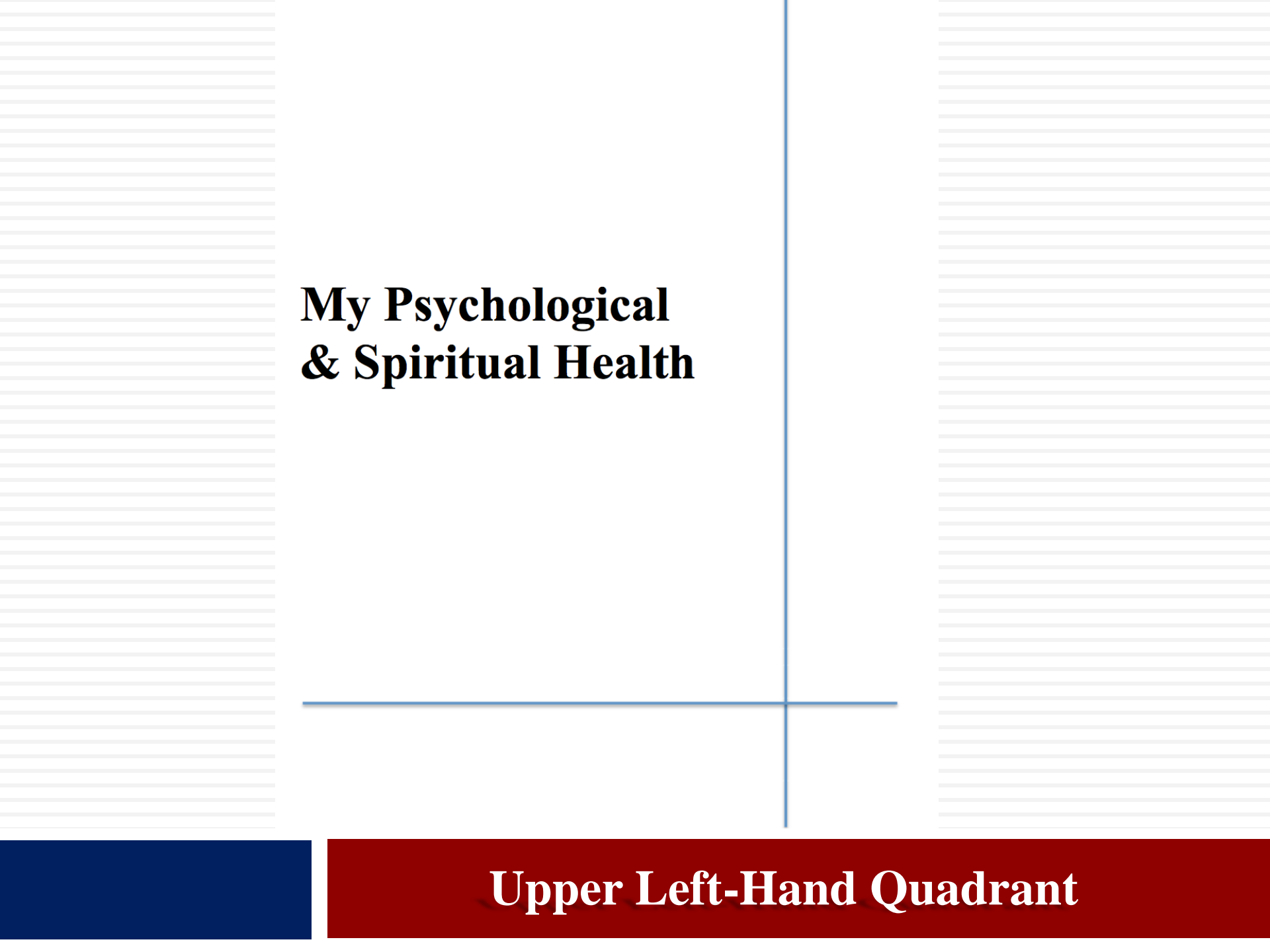
My Physical Health

**My Family & Other
Relationships**

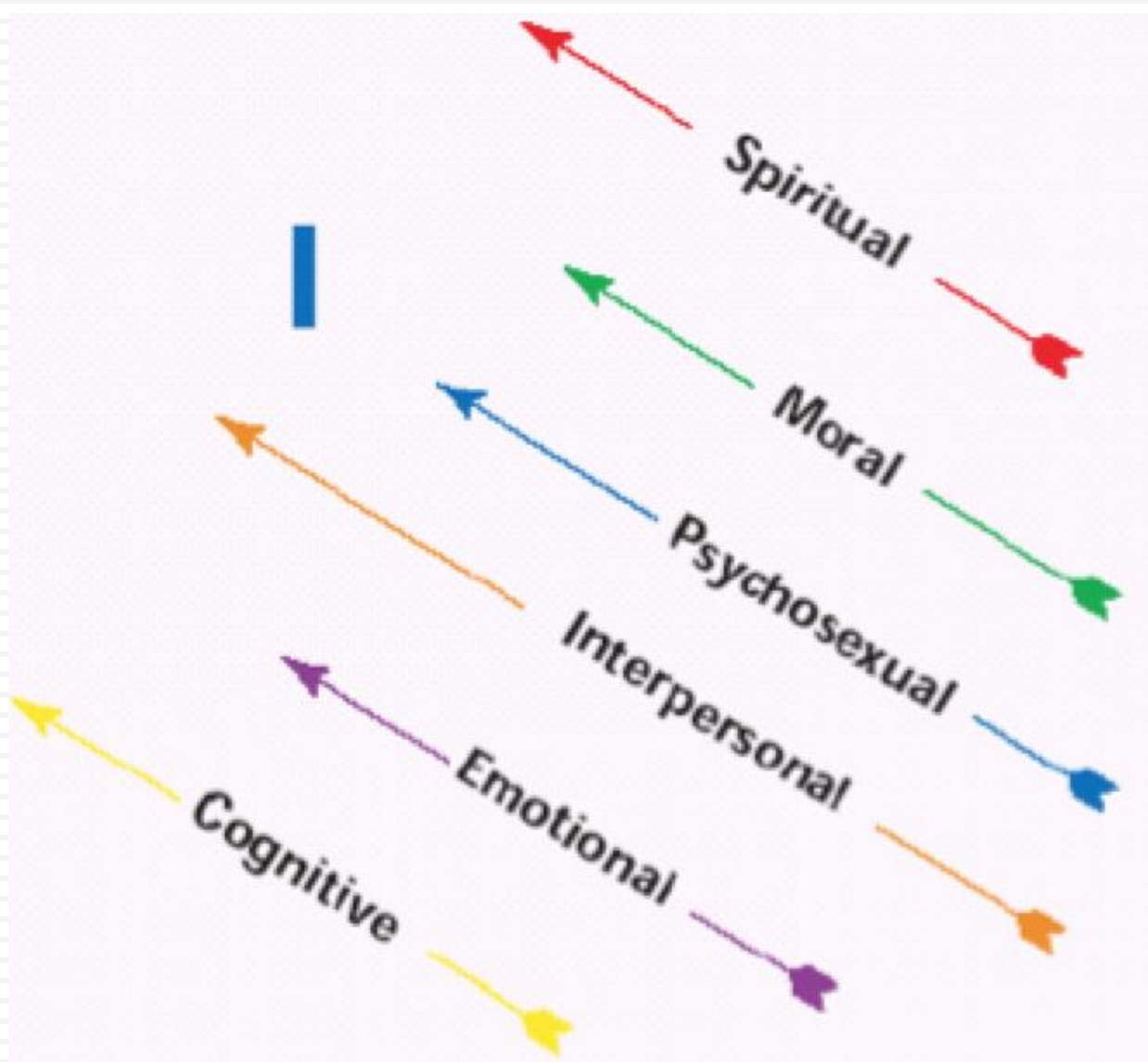
**My Work & Other
Responsibilities**

Holistic Self-Care: All Quadrants

My Psychological & Spiritual Health



Upper Left-Hand Quadrant



Multiple Intelligences

#1 Trigger
for Relapse =
Stress



#1 Stressor =
Relationship



#1 Relationship

Stressor =

Shame

**What
Is
Shame?**



**How Do
We Work with
Our Own
*Shame?***



Forgiveness Practice



Next Week:
Practicing
Gratitude



Thanks for Joining!

Further Resources:

www.drbobweathers.com