

# **Ask an Addiction Specialist**



**Dr.**  
**Bob**  
**Weathers**



# Plural Recovery:

*Helping*

*Ourselves*

*Help Each Other*



*Last Week:*  
**Self-  
Compassion  
in Recovery**



*Today:*  
**Practicing**  
**Gratitude**



*Why It Is*  
*Essential to:*  
**Successful,**  
**Sustained**  
**Recovery**



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



**My Psychological  
& Spiritual Health**

**My Physical Health**

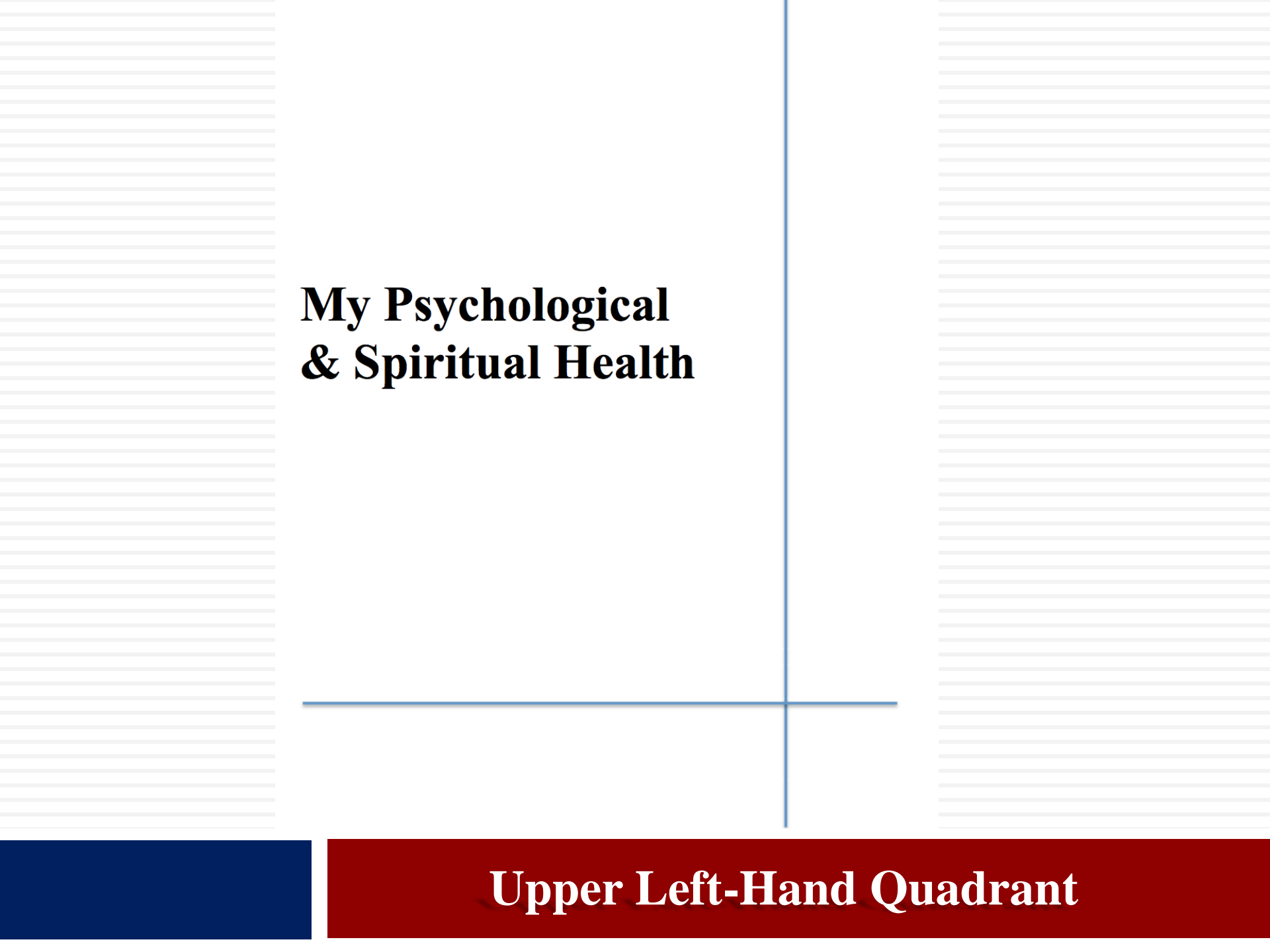
**My Family & Other  
Relationships**

**My Work & Other  
Responsibilities**

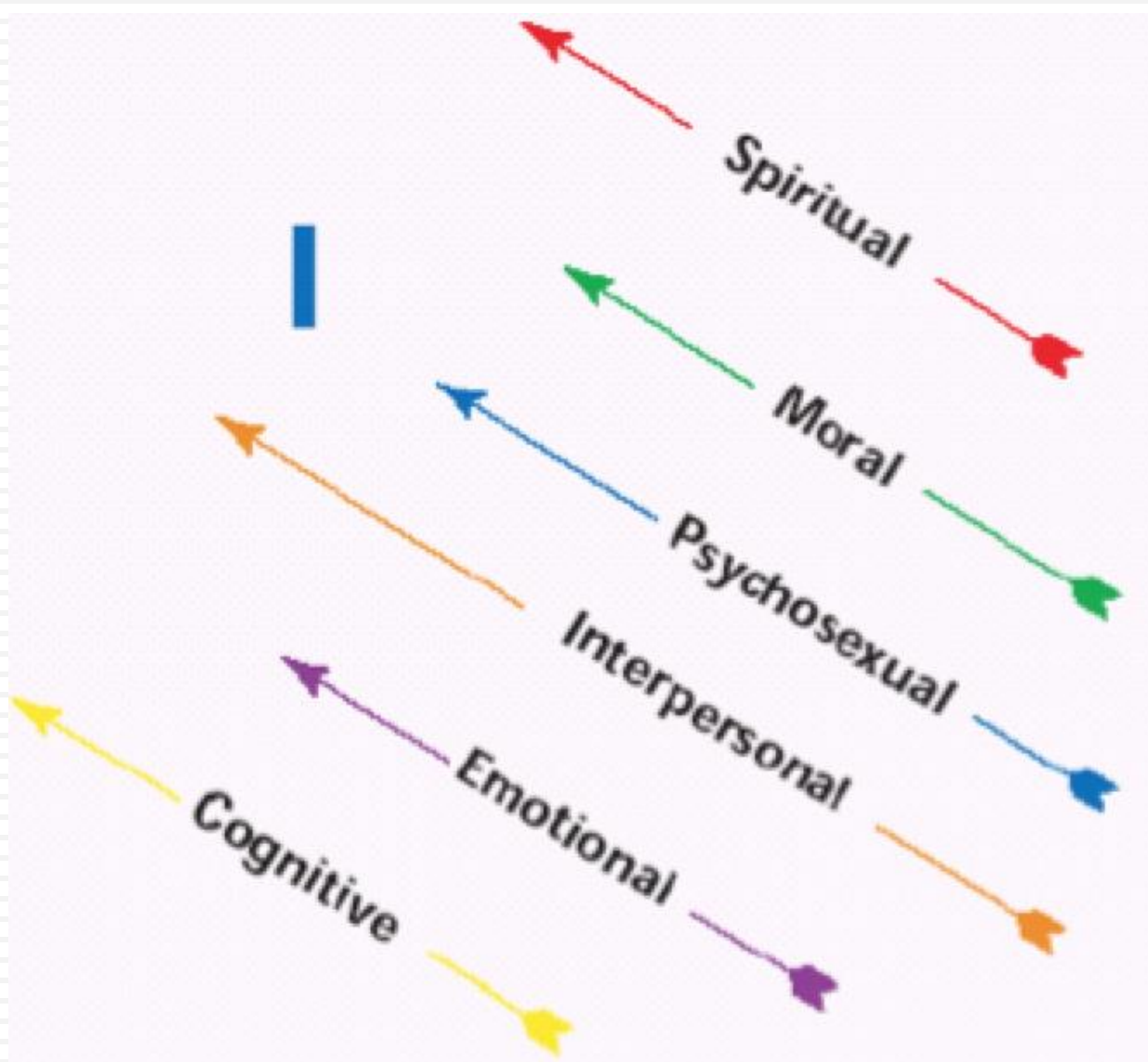
**Holistic Self-Care: All Quadrants**



# **My Psychological & Spiritual Health**



**Upper Left-Hand Quadrant**



**Multiple Intelligences**

**#1 Trigger**  
**for Relapse =**  
***Stress***



**#1 Stressor =**  
*Shame*



**What  
Is  
Shame?**



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



# Practicing Gratitude





**Dr. Robert Emmons**



# Gratitude Stress





**Dr. Joseph Wolpe**

# **Reciprocal Inhibition**



**Gratitude**

**~~Shame~~**



# Practicing Gratitude



*Next Week:*

**Addiction,**

**Relationships,**

**and**

**Recovery**



# Thanks for Joining!

*Further Resources:*

**[www.drbobweathers.com](http://www.drbobweathers.com)**