

# **Ask an Addiction Specialist**



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



# Plural Recovery:

*Helping*

*Ourselves*

*Help Each Other*



# **Self-Regulation**

# **Co-Regulation**

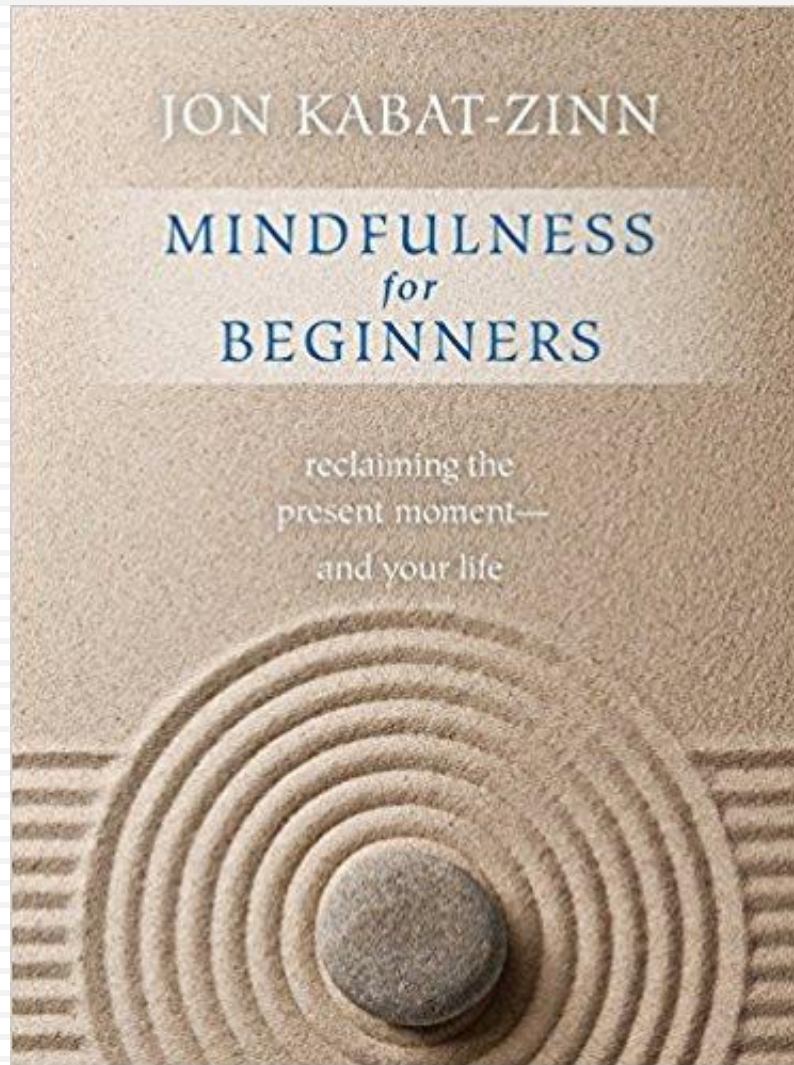


# **Mindfulness in Recovery**



**What  
Is  
Mindfulness?**





**Dr. Jon Kabat-Zinn – Harvard University**

**Mindfulness =  
Awareness**





**\*Pay Attention**

**\*On Purpose**

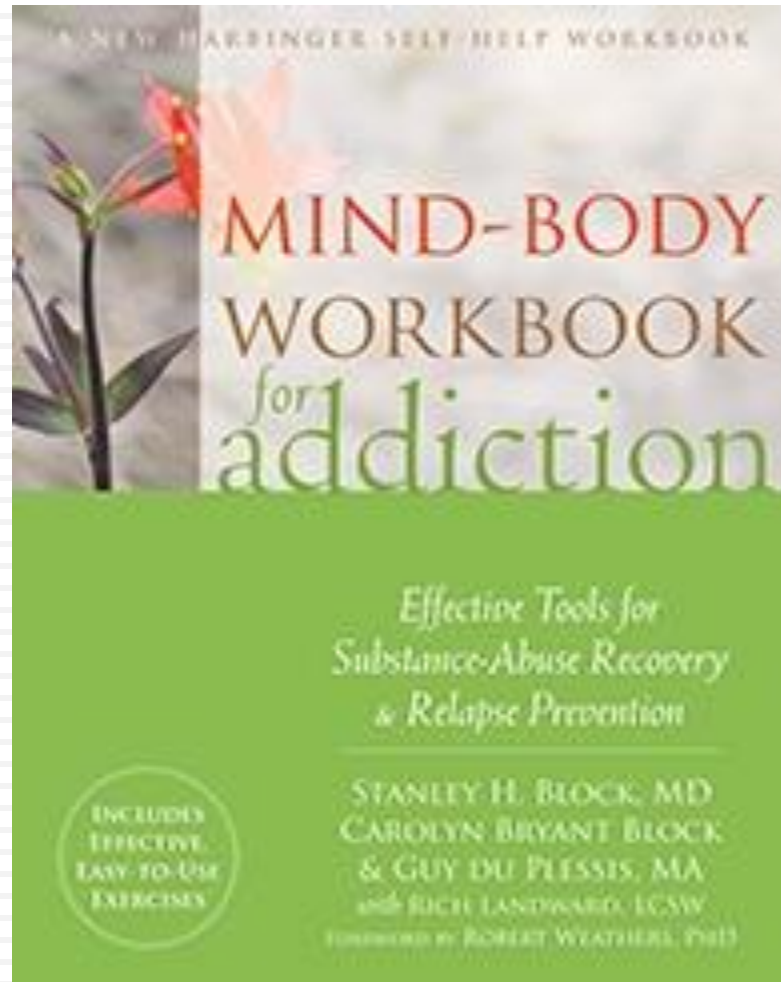
**\*In Present Moment**

**\*Without Judgment**



**Why  
Mindfulness  
In  
Recovery?**





**Dr. Stanley Block – University of Utah**

# **Two Brain Systems**



# **Executive Network**

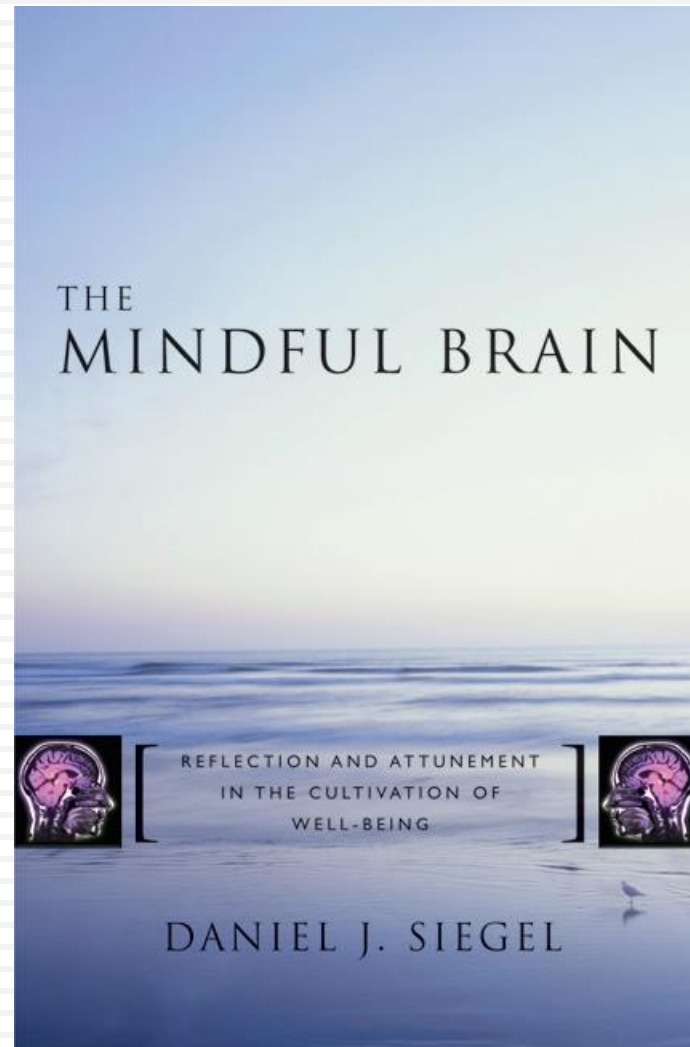


# **Default Mode Network**



# **Negativity Bias in Our Brains**





**Dr. Dan Siegel – MARC @ UCLA**



# Neuroplasticity



**What Fires  
Together  
Wires Together**



# **Build New Neuronal Pathways**



# Thickening of Cerebral Cortex



**If Stress #1  
Trigger for  
Relapse...**



**I Can Now Do  
Something to  
Retrain my  
Brain**



- 1) Numbed Pleasure**
- 2) Increased Craving**
- 3) Decreased Control**



*Key to Early*

*Recovery:*

**Getting Support to**

**Sustain Sobriety**

**Recovery for Everyone**



*In Committed*

*Recovery:*

**The Rich**

**Get Richer**





**Adaptive Spiral**

# **There Is Hope!**

*Further Resources:*

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