

# Faith Based Healing and Recovery

## What Steps to Victory Offers?

### PARTNERS INTRODUCTION

**UNDERSTANDING THE GENETICS OF ADDICTION: REWARD DEFICIENCY SYNDROME**

**PROCESS ADDICTIONS: FOOD, SEX, GAMBLING AND INTERNET; HISTORY OF SUBSTANCES OF ABUSE**

**COMPREHENSIVE MECHANISMS AND DYNAMICS OF ADDICTIONS AND COMPULSIVE DISORDERS**

**TOXICOLOGY: TARGET ORGANS, PHARMACEUTICALS, NEUTRACEUTICALS, WITHDRAWAL AND RELAPSE**

**HEALING TRAUMA: PTSD WITH RECOVERY SUPPORT SYSTEMS**

**NUTRITIONAL STRATEGIES: FOR ADDICTIONS AND THE NERVOUS SYSTEM**

You'll learn life lessons here at Lift Steps to Victory program through the following:

- Our team of volunteer specialists identify your problematic behaviors
- Working through psychological problems that hold you back from mastering skills
- Attending skills classes that help teach life lessons
- Interacting with other people in recovery
- Mastering relapse avoidance techniques
- Learning new communication methods in a real world environment

***Independent living skills*** – Drug addiction often robs people of the ability to take care of themselves. Thankfully, rehab will help teach you a variety of independent living skills, like:

- Maintaining a daily schedule
- Eating a healthy diet
- Taking care of personal hygiene
- Mastering financial independence

***Controlling your emotions*** – If you use drugs or alcohol, you may be self-medicating your emotional difficulties. This is a major mistake: you're not curing your emotional

problems, just soothing the symptoms. In rehab, you will learn to live an emotionally-stable life free from addiction.

**Mastering social interactions** – Interacting with people when you're addicted to drugs is difficult. Not only will your mind be impaired, but you'll feel a great deal of guilt and fear. In rehab, you will learn how to break through those negative emotions, but master how to interact with people in positive and constructive ways.

By boosting your abilities in life, you are creating a better support system for the entire rehab process. It won't be easy, but if you maintain your dedication and focus on these skills, there's nothing you can't do in life.

### How to Cope with Challenges and Triggers

You cannot always avoid challenging situations or situations that trigger cravings; internal triggers can be difficult to avoid. Counseling and group therapy sessions can help you ask key questions to help you through challenging situations. Those questions typically include:

- How do I feel right now, not using drugs or alcohol?
- How do I want substances to make me feel?
- How do I actually feel after using substances?

Identifying these feelings and having a plan in place to cope with them can get you through difficult situations where you might be tempted to use. Signs that you are having difficulty coping include bottling up emotions, isolating yourself, avoiding Lift Steps to Victory meetings, or adopting unhealthy eating and sleeping patterns. This knowledge can let you know it is time to reach out.

### Lift Steps to Victory Smart ABC's

#### **A:** Activating Experience

Every trigger starts with a specific situation that has occurred. The first step is to define the event that urged you to drink or fall back on bad habits.

#### **B:** Beliefs

When you think about the particular event that has occurred, how do you see it? Take into consideration what you're thinking and how you're feeling. Beliefs can come in many forms: rational, reality-based, logical, irrational, wishful-based thinking, illogical and self-defeating.

#### **C:** Consequences

Every thought and action has a consequence. The consequence is a result of "A" (the activating event) and "B" (your beliefs).

#### **D:** Disputes

Take any negative beliefs that you may have, and turn them into a series of questions and answers. This will help you take a deeper look at why the event made you feel a certain way.

**E: Effects**

Effects are the result of replacing irrational thoughts with logical and rational beliefs.

With practice, you will begin to see new behavior patterns form and your urges decrease.

## Lift Steps to Victory Recovery Meetings

### **Steps to Victory meetings take place in person and online:**

- In person meetings are open to anyone along with participants' families and supporters for two days out of the month on Thursdays at 7pm
- We provide two [private meetings](#) for **registered participants** on 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month "in person"; 2<sup>nd</sup> and 4<sup>th</sup> Thursdays via Webinar accessed via a special link for participants to connect on their cell phones, I-pads and computers which requires all partners to be registered. You must be registered with commitment form filled out in order to receive that link.

The program is extremely beneficial to not only an individual in recovery, but also their [family members and friends](#). While there is no cost to attend Lift Steps to Victory meetings, we do accept donations for the cost of materials and offer volunteer opportunities.

Facilitators recommend going to at least three meetings before deciding whether or not Lift Steps to Victory is right for you. This will give you enough time to learn more about the organization in order to see how it fits within your recovery plan.

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