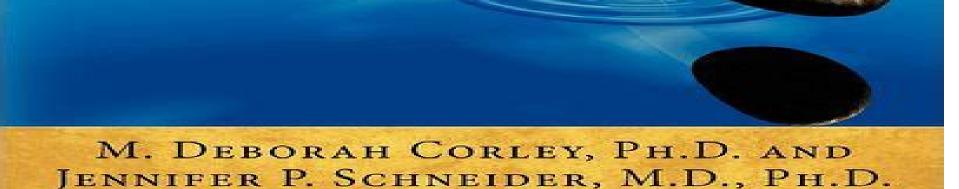
# Disclosing Secrets

An Addict's Guide for When, to Whom, and How Much to Reveal



# <u>Disclosing Secrets When To Whom And How Much To</u> <u>Reveal Paperback</u>

**Lauren Gardner** 

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**Disclosing Secrets** M. Deborah Corley, Jennifer P. Schneider, 2002 Everything one needs to know in coming clean to loved ones after beginning recovery from addiction Recovery from Sexual Addiction: a Man'S Guide Paul Becker, 2012-05-14 Recovery from Sexual Addiction A Mans Guide and a companion workbook help men learn how to achieve a high level commitment to change their behavior and thinking Men are introduced to insights on how to move out of compulsive behavior depressed mood and isolation into a more fulfilling life Readers will learn about the Addicts Life Scale a simple yet insightful tool that illustrates how ones mood is directly related to destructive acting out behaviors Once a man becomes aware of his mood levels he can begin to take proactive steps to reach and sustain a mood level where he feels confident and motivated to remain free of destructive acting out behaviors Book chapters are structured to help men examine their most personal issues including the nature and origin of sexual addiction the roles of anger anxiety isolation and depression in sexual addiction how co dependency fosters sexual addiction how to cultivate self awareness and improved attitude and creating a healthy life style absent sexually acting out Ultimately readers will discover the satisfaction that comes from improved relationships with their spouses children other men and God Paul Beckers unique Recovery From Sexual Addiction series includes a core book client workbook and a clinician guide The three texts use an interactive approach to help therapists and clients thoroughly explore the roots of sexual addiction and effective ways to achieve long term recovery The series is especially helpful to therapists who prefer to base recovery on principles proven by Dr Patrick **Disclosing Secrets** M. Deborah Corley Ph. D., Jennifer P. Schneider M. D., 2012-08-01 Based on the latest Carnes research of the impact of disclosure this updated and rewritten edition of Disclosing Secrets presents the best approach for addressing one of the most difficult challenges any sex addict must face sharing information about his or her sex addiction Drs Corley and Schneider take us step by step through the painful even excruciating process of revealing sensitive secrets related to any addiction especially sex addiction The reader will learn what when and how to tell who to involve what if anything to tell the children and what information to share at work and in the community While serving as a guidebook for this very personal step towards recovery the book also offers advice about rebuilding trust and repairing relationships Clearly there is hope that relationships can be strengthened after disclosure Sexual Addiction: Understanding and Treatment Paul Becker MAEd LPC, 2015-02-23 The book Sexual Addiction Understanding and Treatment introduces graduate level students to the field of sexual addiction Graduate schools seek a textbook that specifically addresses the dynamics of sex addiction to complete their counseling education curriculum Some professors have indicated that there is a dearth of targeted instructional content This book fills that need As a compendium of Dr Carnes research related to the treatment of sexually addicted men and women the book will serve as clinical manual for therapists Therapists are invited to use the recovery program presented as an effective treatment regimen for sex addicts Internet pornography addicts men and women

who have a weakness for sexual stimulation One estimate is that as much as half of the male population and a third of the female population are addicted to pornography The need for a relevant clinical tool is real As such the book contains thirty six therapeutic exercises to help sexually addicted men and women in conjunction with sex addiction therapy to achieve long term sexual sobriety Thirty Days to Hope & Freedom from Sexual Addiction Milton S. Magness, 2010-12 A concise thirty day guide to healing from sexual addiction Secret Keeping John Howard Prin, 2010-10-05 What do author James Frey and former president Bill Clinton have in common They were both secret keepers and their secrets had disastrous effects on their careers Millions of people hide addictions from their closest friends and family often destroying their lives and the lives of others This book explores how to break the secret keeping habit and get the help and support needed to overcome addiction rebuild self esteem and live honestly. The first half of the book explores the human tendency to keep secrets and profiles a variety of secret keepers from all walks of life and with a wide range of addictions The second half helps readers examine and understand their own addictions and secret keeping and offers a clear step by step approach to healing and recovery Based on the twelve step program this book offers a way to change your life for the better one day at a time Practical solutions for countering secretive and destructive behaviors ranging from smoking to gambling to alcoholism Addictions to drugs alcohol smoking gambling eating pornography and sex are considered to be at epidemic levels in the Handbook of Addictive Disorders Robert Holman Coombs, 2004-04-28 The most comprehensive source for United States the latest research and practicetechniques for diagnosing and treating addictive disorders This book brings together an array of international experts onaddictive disorders Robert Coombs s Handbook of Addictive Disorders discusses the contemporary issues surrounding theunderstanding of addiction from diagnosis to treatment of anaddicted client The Handbook of Addictive Disorders is an example of practical and clinical information at its best Lorraine D Grymala Executive Director American Academy of HealthCare Providers in the Addictive Disorders The Handbook of Addictive Disorders A Practical Guide to Diagnosis and Treatment is a comprehensive state of the artresource featuring valuable contributions from a multidisciplinaryteam of leading experts This unique guide deftly defines addictionand examines its comorbidity with other problems Subsequentchapters present an overview of addictive disorders coupled withstrategies for accurately diagnosing them planning effectivetreatment and selecting appropriate interventions Chapters onpublic policy and prevention are of indispensable value in light of this growing health concern The only reference available to cover the full spectrum ofaddictions and addictive behaviors the Handbook of AddictiveDisorders provides the most current research and treatmentstrategies for overcoming Chemical dependency Workaholism Compulsive gambling Eating disorders Sex addiction Compulsive buying This useful guide features case studies figures and diagrams lists of practical interventions for each disorder andself assessment exercises for clients Psychologists addiction counselors social workers and othersworking in the addictions field will find the Handbook of Addictive Disorders to be an essential resource for practical validated information

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