

Disclosing Secrets

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

M. DEBORAH CORLEY, PH.D. AND
JENNIFER P. SCHNEIDER, M.D., PH.D.

Disclosing Secrets When To Whom And How Much To Reveal Paperback

Lauren Gardner



Disclosing Secrets When To Whom And How Much To Reveal Paperback:

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 Carnes **Disclosing Secrets** M. Deborah Corley Ph. D., Jennifer P. Schneider M. D., 2012-08-01 Based on the latest 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 United States

Handbook of Addictive Disorders Robert Holman Coombs, 2004-04-28 The most comprehensive source for the latest research and practice techniques for diagnosing and treating addictive disorders This book brings together an array of international experts on addictive disorders Robert Coombs's *Handbook of Addictive Disorders* discusses the contemporary issues surrounding the understanding of addiction from diagnosis to treatment of an addicted 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 Health Care Providers in the Addictive Disorders The *Handbook of Addictive Disorders A Practical Guide to Diagnosis and Treatment* is a comprehensive state of the art resource featuring valuable contributions from a multidisciplinary team of leading experts This unique guide deftly defines addiction and examines its comorbidity with other problems Subsequent chapters present an overview of addictive disorders coupled with strategies for accurately diagnosing them planning effective treatment and selecting appropriate interventions Chapters on public policy and prevention are of indispensable value in light of this growing health concern The only reference available to cover the full spectrum of addictions and addictive behaviors the *Handbook of Addictive Disorders* provides the most current research and treatment strategies 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 and self assessment exercises for clients Psychologists addiction counselors social workers and others working in the addictions field will find the *Handbook of Addictive Disorders* to be an essential resource for practical validated information

on all types of addictions and their related problems **The Divine Book of Holy and Eternal Wisdom, Revealing the Word of God ... Including Other Illustrations and Testimonies, Etc. [Edited by S. Y. Wells and C. Green.]** Paulina Bates, 1849 **The Publishers Weekly**, 2002 *The Interpersonal Communication Book* Joseph A. DeVito, 2004 Provides a highly interactive presentation of the theory research and skills of interpersonal communication with strong integrated discussions of diversity ethics workplace issues and technology Recognized for its ability to help students understand the crucial connection between theory and practice the Tenth Edition presents a comprehensive view of the theory and research in interpersonal communication and at the same time guides students to improve a wide range of interpersonal skills and to apply these to personal social and workplace relationships Superior coverage of cultural diversity ethics interpersonal communication in the workplace and the workings and effects of technology make *The Interpersonal Communication Book* the best choice for preparing students to communicate successfully in today's world *Forthcoming Books* Rose Arny, 2002

An Exposition of the Book of Proverbs Charles Bridges, 1871 **The Church of England Pulpit, and Ecclesiastical Review**, 1884 **American Poultry Journal**, 1919 **The Book of Enoch**, 1925 **Life**, 1900 **Antiquarian Book Review**, 2002-02 The magazine for antiquarian and rare book collectors **The Book of Enoch** Robert Henry Charles, 1921

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