



# AFTERWORDS

A Newsletter from SIERRA TUCSON®

Fall 2008

Celebrating 25 years!

## The True Love of Self-Love

By Karen A. Kral, M.A., LPCC

CoreQuest Personal Development Services, Santa Fe, New Mexico

Somewhere along the road to recovery, we may be fortunate enough to learn not only how to live without the unhealthy coping mechanisms that protected us from our pain, but to arrive at a deep experience of self-love. From this place, we become aware that of all the types of love that are possible—romantic love, love for our children, compassionate love for the planet or for our fellow human beings—that self-love takes our sometimes upside-down world and turns it right-side-up again. We learn also that it is only through self-love that we may truly offer our love to others without condition.

When I struggled with depression a number of years ago, I recall how friends and family members would continually urge me to “just love” myself. Yet, with few skills or tools to get past my self-loathing, doubt, and insecurity, I felt frustrated and resentful. I would sometimes think to myself with a scowl on my face, “If I *knew* how to *love* myself, I *would!*” I decided that the well-intentioned advice of my loved ones was of no use and, in fact, only added to my feelings of hopelessness and incompetency.

Then one day my Higher Power intervened on my behalf. I was introduced to Drs. Margaret Paul and Erika Chopich, founders of *Inner Bonding*. Through active use of the Inner Bonding process, I discovered, to my great surprise and delight, that with a little willingness on my part, self-love could actually be learned! In fact, Inner Bonding has been so helpful to me that I have used it in my work as a therapist (now contractor) at Life Healing Center of Santa Fe, as well as in my private phone practice, and have witnessed with joy the transformation others have made as they have discovered the rich landscape of their own precious selves.

If, despite success in your sobriety, you continue to struggle with low self-esteem, depression, codependency, anger, shame, blame, anxiety, negative self-talk, or other addictive behaviors, it is likely that further healing will require a deepening into the self-love you may have begun to experience at Sierra Tucson. Let me share with you the process of Inner Bonding as I have come to use it in my life and with my clients.

Inner Bonding begins with a fundamental premise that in each moment in life we have two choices: to control and protect in the face of fear, or to learn about loving (ourselves and others) in the face of fear.

It’s easy to love when everything’s going well. But when we experience difficult emotions or circumstances, our conditioning quickly leads us into behaviors of control or protection. We do this because ever since we were small children, we needed to learn *strategies* to attempt to meet our deep needs for love, approval, and safety. **We wanted to get love and avoid pain.** For some of us, our very survival depended on these strategies. For others of us, we may have perceived that our survival depended on them. Even though these strategies protected us when we were children, they no longer serve us. When we use these strategies as adults, they keep us stuck in old patterns which prevent growth,

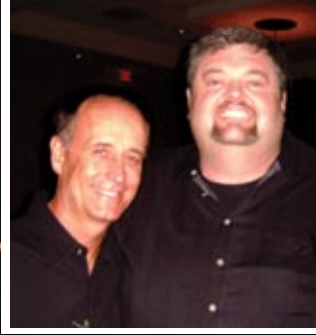
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# S.T.A.R. 21 Highlights





Save the Date for  
S.T.A.R. 22...  
July 31 - August 2, 2009!  
Westward Look Resort  
Tucson, Arizona



# Giving Back - The Twelve-Step Path

Sierra Tucson's "Twelve-Step Path" is being created as a place for our community to use for contemplation and meditation. The path is being lined with personalized pave stones and 12 benches honoring and remembering the special people who have already begun the recovery journey. Alumni and family members may reserve a pave stone or bench with your own personal engraved message, e.g., your name, year of graduation, words of encouragement, things you left behind, etc. Your gift will help support the cost of the path and future alumni events and help individuals experience the powerful treatment at Sierra Tucson.

The cost of each pave stone is \$150, and one Twelve-Step bench may be purchased for \$2,500. Many pave stones are available, but only a few benches are remaining for purchase.

The first installation was completed and enjoyed by alumni at S.T.A.R. 21. To be included in the next installation, please place your order by May 1, 2009. Subsequent orders will be accepted until the path is complete. For more information and ordering instructions, please visit [www.SierraTucsonBricks.com](http://www.SierraTucsonBricks.com) or call 800-537-5579.

Your personalized pave stones and benches will bless all who walk the path with courage, strength, and hope!



## Progressions Program

Sierra Tucson's Progressions Program is now available to alumni of Sierra Tucson, those who have completed treatment at another inpatient facility, or other individuals who are seeking to further their recovery skills! The Progressions Program was developed from feedback received from staff, professionals in the field, and alumni to more fully prepare individuals for the challenges of living in recovery.

In this intensive 2- to 4-week program, specialized treatment planning gives greater exposure to people, places, and situations that may trigger reactions and cravings. Balanced with expert therapeutic guidance, participants gain advanced recovery tools and are equipped for the many challenges to be faced in their journey.

The program's "experiential workshop" format teaches individuals to evaluate choices, become aware of self-sabotaging behaviors, and take responsibility for behavioral changes. This is an exceptional opportunity to focus on personal relapse prevention needs and work on deeper issues to enjoy a full and meaningful life.

Components of the Progressions Program may include:

- Develop specific, personal recovery plans
- Intensify participation in a Twelve-Step fellowship
- Expand intuitive skills to help individuals make healthy choices
- Individual Life Coaching
- Address vocational/career change issues
- Opportunities for outings (Twelve-Step meetings, dinners, hikes, etc.) within a safe setting to practice and process coping skills
- Specialized therapies such as EMDR, Pain Management services, and Integrative Therapies
- Two-Day Couple's Workshop
- Parenting Skills Group

Those who need help with an active addiction or disorder typically require a minimum of 30 days for effective treatment. Each person is assessed on a case-by-case basis to determine if the Progressions Program will meet their needs.

For more information, please call Sierra Tucson's Intake Department at 800-842-4487.

# The True Love of Self-Love (Continued from page 1)

joy, peace, and fulfillment in our lives. I lovingly refer to the part of us that jumps into our bodies to protect us when we are afraid as the “wounded teenager.”

*Knowing* that our behavior is our free choice and being able to recognize whether we are in a loving or protecting state requires **mindfulness**. Taking responsibility for our own happiness and well-being requires **intentionality**.

Mindfulness, or the *willingness* to feel our feelings, is the first step of Inner Bonding. We must be aware enough of the cues sent to us by our physical bodies to *know* that we are in pain. We begin to use feeling language and distinguish between such experiences as sadness and grief, confusion and anxiety, boredom and emptiness, as well as between such states as happiness and numbness.

Next, if we want to experience real fulfillment in our lives, we must combine our mindful experience with the *intention* to learn about loving ourselves, even in the face of fear. We must be willing to put the brakes on the strategy we were about to go into (blaming, caretaking, raging, intellectualizing, numbing out), and metaphorically “turn toward” ourselves. We agree to take 100% responsibility for our feelings now, no matter how much we want to point to a person or situation outside of us and say, “HE made me feel this way!” Note that as we move into the intention to *truly* learn about loving ourselves, we automatically move into the intention to learn about loving others. When we are *not* in the intention to learn about loving ourselves, no matter how much we try to “be there” for others, real love is not possible. We cannot give from a place of emptiness.

Once we are curious about our feelings and about what we are doing to cause them, we turn toward

the feeling part of ourselves, our Inner Child, and ask the question: “What am I doing or saying that’s making you feel this feeling right now?” We do this in writing or talking out loud. We find out as much about our inner child’s feelings as possible, being empathetic and curious as we would be with our own child. As we get to know both the wounded and “core” parts of ourselves (the unwounded child—the spark of the divine), we begin to see just how amazing we truly are.

When we find out how we are causing our inner child’s pain and realize that we don’t want to do this any longer, we turn to our spiritual guidance or inner wisdom and ask, “What is the loving action I need to take on behalf of this child?” If a false belief or judgment is in the way (I’m not good enough; this is stupid; I can’t do it; things will never change; I hate myself), we ask our Higher Power, “What is the truth about this (belief, fear, or situation)?” We should expect an answer if we are truly in the intention to learn.

Finally, we take the loving action on behalf of our inner child and then evaluate our loving action over time. Without moving into loving action, all of our efforts in dialoguing and checking in with our emotions are lost.

**Inner Bonding is a life-long practice of developing a relationship with ourselves; it is a process that leads to self-love.** If we pick up a child and talk to it only once every two weeks, we can’t expect it to like us, talk to us, or provide us with valuable information about ourselves. This will only occur when we are consistent.

I hope that if you have been struggling with self-love, you will try the Inner Bonding process and discover how incredibly valuable and precious you truly are. For more information on Inner Bonding, go to [www.innerbonding.com](http://www.innerbonding.com).

~By Karen A. Kral, M.A., LPCC ★



## Alumnus Poem

*Surrounded but alone, but happier than home,  
what am I to do with you if all I am is stoned.  
There’s a hole in my chest as I bleed through this pen.  
Confiding with it, I’m spilling ink and wishing for an end.*

*I can’t pick up the phone but I need to know you’ve called.  
I’m far away from home hoping something can be solved.  
Writing what I’m feeling isn’t easy as it seems.  
I can’t find the words to write or spell out what I mean.  
I guess that’s what I’m trying to find, are the pieces missing behind  
my eyes... I’m spilling out my guts in ink, if only we could rewind time.*

*Maybe one day our tomorrows will be new,  
maybe one day I’ll find my way to you...  
I’ve never met you, but I feel like I have...  
I feel like I miss you, and that I want you back...  
Your eyes tell a story, that they’re telling to mine,  
they’re saying I love you, but they’re saying goodbye.*

*Is it a blind leap of faith to take a chance on a dream,  
having yet to be seen, but to feel what it means...  
or is faith that guides the paths to our dreams,  
when believing that faith is fate yet to be seen.*

*See I used to look back on the days that I couldn’t have back,  
twisted in the present I wasn’t ready to attack  
my life as I knew it, so I blew it away.  
as every second passed and broke out into a new day...  
but now it’s changed, I won’t take it in vain...  
I’m going to follow my dreams because tomorrow’s a new day.*

*This was a cry for attention, so can anyone hear me...  
I’m crying in loneliness, is any one near me...  
I can’t escape this feeling, I’m trapped in my own skin,  
I’m dying to reach out, but I’m flying in pretend...  
tell me it’s a good mask that you can’t see through,  
but tell me that you can see me because I can see you.*

~ Written by Thomas C. during treatment



# Alumni Support Groups

## **Oahu, HI**

When: Last Saturday each month  
(Please inquire about location and time.)  
Contact: Carole P. 808-262-8261  
(carole@picciotto.net)

## **Northern NJ**

When: 3rd Monday each month  
Time: 7:30 - 9:00 p.m.  
Place: Morristown Memorial Hospital  
100 Madison Avenue  
Morristown, NJ 07962  
Contact: Ron S. 908-879-1046  
(rbaldrige@aol.com)

## **Scottsdale, AZ**

When: 2nd & 4th Tuesday each month  
Time: 6:00 - 7:00 p.m.  
Place: Valley Presbyterian Church  
6947 E. McDonald Drive  
Paradise Valley, AZ 85253  
Contact: Robby C. 602-799-8732  
(robert@orchidsound.com)

## **Chicago, IL**

When: Once each month  
(Please inquire about dates,  
location, and time.)  
Contact: Ross S. 847-989-0747  
(ross.samotny@gmail.com)  
Jeff B.  
(jeffbelmonti@yahoo.com)

## **New York, NY**

When: 1st Thursday each month  
Time: 7:00 p.m.  
Place: Caron Foundation  
New York City Recovery Building  
244 East 58th Street  
(between 2nd and 3rd Avenues)  
New York, NY 10022  
Contact: Frank R. 516-857-7106  
(first@optonline.net)

## **Los Angeles, CA**

*This meeting is open to anyone who  
has gone through treatment!*  
When: 2nd & 4th Wednesday each month  
Time: 6:00 - 7:30 p.m.  
Place: Sha'arei Am: The Santa Monica  
Synagogue  
1448 18th Street  
Santa Monica, CA 90404  
Contact: Bryan F. 310-201-0005  
Stefani U. 310-458-3768

## **Indianapolis, IN**

When: 1st Wednesday each month  
Time: 7:00 p.m.  
Place: Bethlehem Lutheran Church  
526 E. 52nd Street (& Central Ave.)  
Indianapolis, IN 46205  
Contact: Ellen R. 317-709-6135  
(roberts0647@sbcglobal.net)

## **Syracuse, NY**

When: 1st Monday each month  
Time: 6:30 - 7:30 p.m.  
Place: Manlius Pebble Hill School  
Amons Building (Library)  
5300 Jamesville Road  
Dewitt, NY 13214  
Contact: David C. 315-278-5293  
Adrienne M. 315-247-5004  
(aeichmy1@mymail.syr.edu)

## **Detroit, MI**

When: 1st Thursday each month  
Time: 6:00 p.m.  
Place: Farmington Hills Library  
32737 West 12 Mile Road  
Farmington Hills, MI 48334  
Contact: Gail P. 248-891-3304

## **Washington, DC**

When: 1st Sunday each month  
Time: 6:30 p.m.  
(Please inquire about location.)  
Contact: Susan B. 202-686-9221  
(slbales@aol.com)

## **Columbus, OH**

When: 1st Wednesday each month  
(Please inquire about location and time.)  
Contact: Janet S. 614-519-7989  
(janetsch@mac.com)

## **Southeastern FL**

When: 3rd Sunday each month  
(Please inquire about location and time.)  
Contact: Jane B. 561-215-2233  
(janeebutler@yahoo.com)  
Stephanie B. 561-301-6111  
(sbarimo@mac.com)

## **Kansas City, MO**

When: Once each month  
(Please inquire about dates,  
location, and time.)  
Contact: Lana E. 816-561-4346  
(qponnie@sbcglobal.net)

## **Philadelphia, PA**

When: 2nd Thursday each month  
Time: 6:30 - 8:30 p.m.  
Place: Vito's Pizza and Sandwiches  
580 Shoemaker Road  
King of Prussia, PA 19406  
Contact: Debbie R. 610-945-4837  
(debra.beth@yahoo.com)  
Bob R. 610-513-6090  
(brbball@aol.com)

## **Atlanta, GA**

When: 3rd Tuesday each month  
Time: 6:30 p.m.  
Place: Maggiano's Little Italy Restaurant  
- Buckhead  
3368 Peachtree Road  
Atlanta, GA 30326  
Contact: Richard R. 404-518-1220  
(rule62@rossboy.com)

## **Charlotte, NC**

When: 2nd Monday each month  
Time: 6:30 p.m. (Optional dinner to  
follow meeting.)  
Place: St. John's Episcopal Church  
1623 Carmel Road  
Charlotte, NC 28226  
Contact: Scott G. 704-560-2130  
(scottgnc@yahoo.com)

## **Raleigh/Durham, NC**

When: 3rd Monday each month  
Time: 6:30 p.m.  
Place: 140 Preston Executive Drive  
Cary, NC 27513  
Contact: John M. 919-219-0003  
(jmccabe@nc.rr.com)

## **London, ENGLAND**

When: Once each month  
(Please inquire about dates,  
location, and time.)  
Contact: Rupert Y. 07771 768769  
(contact@moodfoundation.com)





# From the Editor

By Tim McLeod, Senior Alumni Coordinator

Tim McLeod, Senior Alumni Coordinator  
Toll-free Telephone: **866-638-1650**  
E-mail: [AlumniCoordinator@SierraTucson.com](mailto:AlumniCoordinator@SierraTucson.com)



Patty Reyna, Alumni Coordinator  
Toll-free Telephone: **888-535-8214**  
E-mail: [PREyna@SierraTucson.com](mailto:PREyna@SierraTucson.com)

Hello, my Friend,

I can't thank enough the alumni and staff that made S.T.A.R. 21 a weekend to remember! There were countless miracles taking place all weekend long; one of my favorites was how God used a 2-year-old girl named Zoe to help us laugh and cry. He does work in mysterious ways. If you have never attended the Annual Alumni Reunion, you are missing out on a dose of support, acceptance, laughter, and love. We hope to see you in 2009!

I want to say thank you to Karen Kral for taking the time to write the article, "The True Love on Self-Love." The inner-child work is very fulfilling and has profound results. If you would like to contact Karen to learn more, feel free to call **505-310-3947** or e-mail [corequest@live.com](mailto:corequest@live.com).

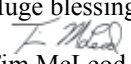
Patty Reyna has taken the lead role in helping to create and support the Alumni Support Groups. If you would like to start a group in your area, please contact her.

The Twelve-Step Path's first phase has been completed! You can see some photos of the path on the cover and page 4. We still have four benches available for purchase and plenty of room for more pave stones. If you plan to attend an Alumni Night, we take time to walk the path before our meeting with the patients. The serenity is wonderful as you walk the path, viewing the mountains and reading what others have written on their pave stone or bench. Thanks to all of you who were a part of helping to create this sacred path.

This is the time of year I ask you to bring the love by recognizing Sierra Tucson's staff who have worked so hard and given so much to serve our patients and alumni. This is an opportunity for all alumni (former patients or family members) to show appreciation to specific staff members who have made a difference in your life. Please share with me by e-mail which staff members made the biggest impact during your Sierra Tucson experience. If you have trouble remembering someone's name or have any questions, please call or e-mail me. You may list as many staff members as you like, but your nominations will only count if you include a sentence or two about why each person stood out for you. With this information, the three staff members with the most votes will be selected and surprised with a gift at our staff holiday party in December. Importantly, ALL nominees will receive any comments of appreciation you share about them. **Your comments must be received by December 3, 2008.**

Patty and I will be visiting Arizona, California, Colorado, Florida, and Texas in the next few months. Please remember to check the "Beyond the Miracle" Alumni eNews for updates to the event schedule.

In closing, Patty and I are here to support you. If you have any questions, need referrals, or just need a recovery friend to talk with, please do not hesitate to call. We look forward to seeing you at future alumni events. Take care of yourself and support your inner child. You both are worth it!

Huge blessings,  
  
Tim McLeod

■ *"Our mission is simple: encourage the struggling, celebrate the miracles, and always bring the love."* ■

## Alumni Nights at Sierra Tucson

One Saturday evening per month is now honored as "Alumni Night" at Sierra Tucson! This evening includes dinner and a time for alumni to give back to the current patients by sharing your experience, strength, and hope in a panel format. (Alumni must be discharged at least 30 days before returning for Alumni Night.) You must contact Tim McLeod at [AlumniCoordinator@SierraTucson.com](mailto:AlumniCoordinator@SierraTucson.com) or 866-638-1650 to be placed on the list of those attending. The following dates are scheduled for Alumni Nights through 2009:

2008: October 11	November 15	December 13			
2009: January 10	February 14	March 14	April 11	May 9	June 13
July 11	August 8	September 12	October 10	November 14	December 12



University of Sierra Tucson  
39580 S. Lago del Oro Parkway  
Tucson, AZ 85739

**Address Service Requested**



*Celebrating 25 years!*

Recipe by  
Chef Kevin A. Luft

*"Serve Chicken Francois with French onion soup, baby  
French green beans, and risotto for a truly elegant French meal!"  
~ Chef "K"*



## Chicken Francois

- 4 6-oz. boneless & skinless chicken breasts
- ¼ cup olive oil
- 1½ cup chicken stock
- ½ cup seasoned flour
- 2 lemons
- 2 cloves garlic, minced
- 1 large shallot, minced
- 2 Tbsp. unsalted butter
- 2 Tbsp. fresh parsley, minced

1 chicken breast = 3 protein, 1 starch, and 1 fat

Cut and squeeze lemons to get a ¼ cup of juice.  
Season flour with 2 tsp. of dried basil and oregano, a pinch of salt, and pepper. Coat each chicken breast generously with seasoned flour.  
Heat oil in sauté pan. Brown chicken on both sides for 2 minutes on each side. Remove chicken and set aside.  
Reduce heat to medium and sauté garlic and shallots, being careful not to burn.  
Add chicken stock and lemon juice to pan; cook on medium to reduce to 1/3 cup.  
Put chicken back into pan and cook for 3 minutes.  
Place chicken on platter and whisk in the butter to thicken sauce.  
Pour sauce over chicken. Add fresh minced parsley to garnish.