



## ***RECOVERY PLANS***

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*The designing of recovery requires skill. Yet it is a skill that anyone, and that means everyone, can learn. And like any skill, it also requires tools, devices that will afford one the ability to accomplish difficult and at times seemingly impossible tasks in order to create a masterpiece, namely a totally healthy and attractive YOU. Let's review the primary set of tools needed to do the job right.*

First, one needs a "tool belt," a wrap around device that will safely hold the other tools in place, right at hand where they can be easily reached at any time and at any place to meet the challenge with which one is faced. This belt can be fancy or plain, but it has to be strong and comfortable, and it has to belong to the wearer. One should develop an attachment of care and respect for this belt and keep it close to oneself at all times. Sometimes, this is also called one's program.

Next, you need a "hammer," a heavy one that has clout and commitment to do the job needed. This is necessary, and it is often called a motivation. It is used to sink the "nails" required to hold the project together. Some of these nails are long, some short, but all of them need to be made of material that does not rust or corrode. Take time to choose nails well. These nails will ultimately become great friends if they are picked wisely. You will probably need a lot of them. A "screwdriver" is essential for a recovery job. It does the hard work of turning and twisting truths until they are straightly fastened into the fabric of life. The "screws" used for this come in different shapes and sizes and often require consultation with others to decide on the correct one to use.

An "awl" (of all) is needed to punch holes in one's denial of problems. It takes lots of input to use this tool correctly and efficiently, so the more helpers one can find the better.

A "ruler" is used to get correct measurements of one's progress. The ruler should be straight of morale character and made of solid stuff. A good ruler is referred to as a sponsor in recovery terms, and it is absolutely necessary for having a successful project outcome.

Of course, all hands-on jobs need a "sharp pencil." It has to be sharp and stay sharp. Taking care of one's self, one's body and one's health is an appropriate manner in which to make sure this is done well. A "saw" is used to cut away the unnecessary pieces of one's existence, the detritus that weighs us down and makes the pieces of life fit poorly together. We need to look, watch and see what is going on around us to get a clearer sense of what is truly needed for serene living and what needs to be cut away. No one piece should be more important than the whole of the project.

Lastly, one must have "blueprints" or directions to make all of this come together in a cohesive, humble but stable form such that recovery will remain an integral part of one's daily life from now on. One does

not draw these blueprints and does not purchase them. Absolutely not. Amazingly, they are supplied freely from a Higher Power, a Master Craftsman, that guides all things in the world and with which we should learn to communicate. We use spirituality as a means to create this dialogue.

Here you now have the directions you will need for a good recovery project. Use your tools well, follow the blueprints supplied to you, and don't forget one last important point in all of this. Have fun!!!



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*Institute for Research in Sex, Gender and Reproduction at Indiana University, where he completed an advanced certification program. He was a founder of the Georgia Chapter of the American Association of Sex Educators, Counselors and Therapists in 1987. He has served as Chair of the Georgia Composite Licensing Board, as well as serving the Georgia Association for Marriage and Family Therapists as its Legislative Affairs Chair for five years. He has lectured on human sexuality at Emory University for fifteen years in the Schools of Medicine, Nursing and Allied Health. He has been a licensed Marriage and Family Therapist since 1976.*

Talbott Recovery is recognized nationally as a leader and pioneer in the assessment and treatment of chemical dependency and dual diagnosis with locations in Atlanta and Dunwoody, GA. We offer specialty programs for impaired professionals, adults, and young adults. More information contact Talbott Recovery Campus-[www.talbottrecovery.com](http://www.talbottrecovery.com) or call 800.445.4232.