

Westside Notes



A journey of a thousand miles begins with a single step

From Now On: Seven Keys to Purposeful Recovery **Andrew Susskind, MSW, SEP, CGP**



Introduction

Recovery from addiction is not a cookie-cutter process. Every addict experiences addiction differently, and every addict has a unique path of recovery. This workbook will complement your existing approaches to recovery whether they are 12-step programs, treatment centers, psychotherapy, and/or coaching.

Purposeful recovery is a hybrid term to describe another dimension of addiction recovery which isn't always emphasized in the traditional places where one receives support. By using a strengths-based approach derived from both coaching and positive psychology, you'll have the opportunity to leverage parts of you that have been dormant. As a result, the possibilities of adding deeper meaning and clearer direction to your recovery will become more and more available to you.

The exercises in this book will help you stretch beyond your comfort zone as you move into the next chapter of recovery. Thinking bigger than ever before will reveal limitless possibilities as you discover your purpose and your direction.

The ideas and modules in this book are only suggestions. Some of them may resonate for you, and some of them may not, but my intention in writing this book is to offer ways of complementing the efforts you're already making in your recovery. Have fun with it, and focus on whatever brings you more vitality. If an exercise becomes burdensome, feel free to move on.

There's a distinction between getting clean and sober and living a purposeful life in recovery. Sobriety is based on giving up specific self-destructive behaviors and patterns while recovery is based on living a fuller, more purposeful life. By aligning your core values with your goals and actions, your vision will take shape and your energy and perspective will grow. By listening to your unique rhythm, your true voice will be accessible in a fresh, new way.

Whether you're brand-new to recovery or you've been in recovery for many years, this workbook will create a new dialogue within you and will propel you forward. Remember that there are no

right or wrong answers—it's simply a challenge and an opportunity to determine how you choose to live your life in recovery *from now on*.

Testimonials

From Now On is an inspiring, insightful guide to recovery that you will treasure and share with others. Andrew draws upon his personal journey out of the shadows opening up to a more spacious tomorrow filled with possibilities. He lays out the steps for building your new future with vision and purpose and becoming the person you wish to be.

Sandra Foster, PhD, Senior faculty, College of Executive Coaching
Co-Author, *Positive Psychology and Coaching*

As a leader in the addiction field, Andrew Susskind has more than two decades of experience in the treatment and healing of individuals and families struggling with addiction. He is bright, compassionate and on target, a “go-to” addiction expert.

Cindy Busto, LCSW, DCSW and Jody Frank, LCSW, DCSW
Founders and Directors of West Coast Counseling Center

From Now On is a must-read for any recovering addict. Whether you are new to recovery or have many years of sobriety, this book will take you to the next level and help you learn practical tools for leading a purposeful, value-driven life.

Michael Roy, LCSW
Executive Director/Founder, Clearview Treatment Programs