

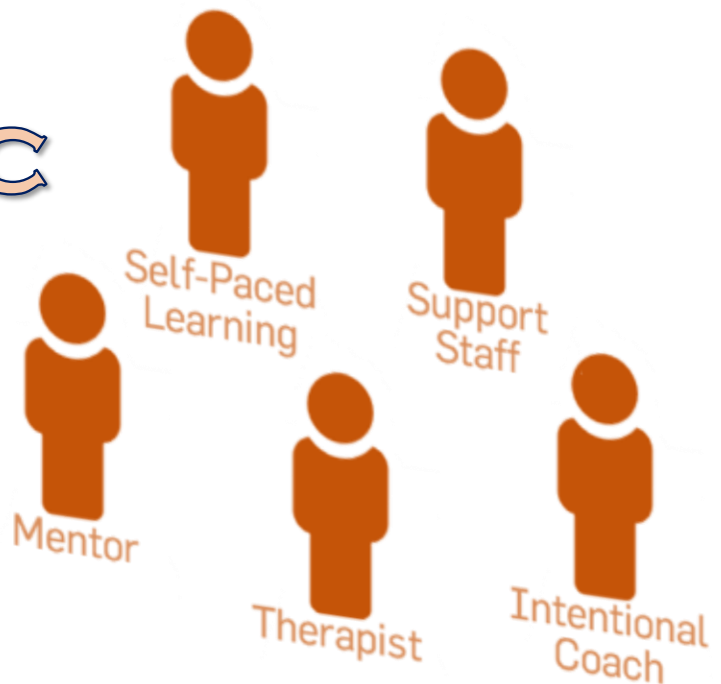


THE SUCCESSFUL ROAD TO RECOVERY— THE TLC WAY

H

ow is a person supposed to successfully navigate the very dangerous road of recovery? Is there a way to increase the odds of full recovery to a new, exciting, and Intentional Life? The answer is yes, and it is simpler than you might think. Simple doesn't mean easy, though, and that is why you need a powerful team on your side to guide you through your journey.

YOUR TLC TEAM

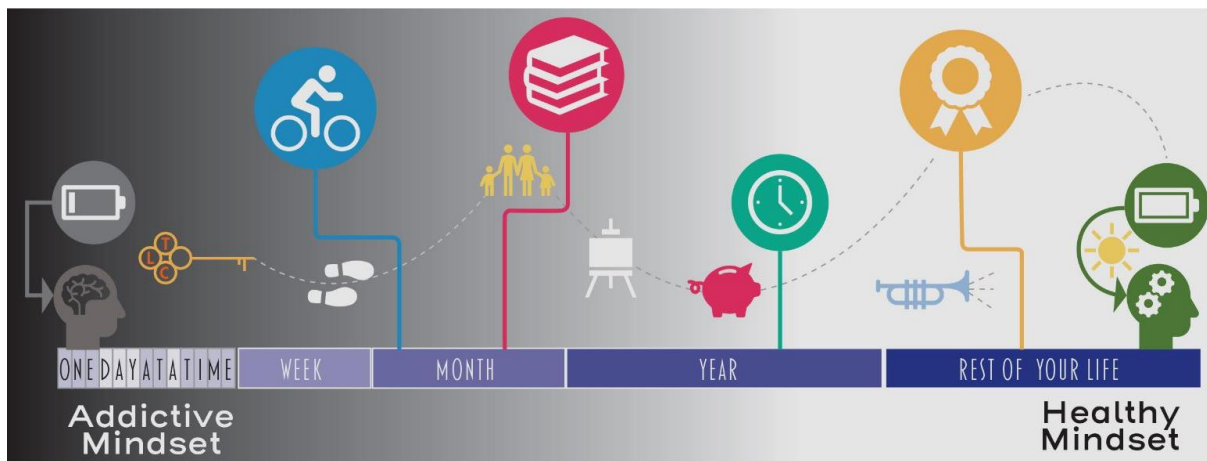


It is nearly impossible for the person in recovery to recognize his/her own unhealthy thought processes, especially in the early stages of their recovery, due to physiological damage to the neuro-pathways in the brain and permanent reactive neural nets caused by traumatic experiences. Physiological changes which impact behavior do not respond to the intellect, and the very engagement in extended addictive behaviors minimizes the power of the individual's will, which results in cyclical and self-rewarding patterns of addiction. This is the reason many say addiction is an incurable disease.

The good news is physiological damage will repair and new neural pathways will grow with concentrated effort.



This will help with the person in recovery's ability to think clearly, problem solve, and self-discover. With help of a clinician, new neural clusters can be woven to bypass the trauma induced neural clusters, thereby giving them the ability to think about situations without immediately reacting in unhealthy ways. A long-term healthy and joyous lifestyle free from addiction is obtainable when a more powerful, healthy mindset substitutes and subjugates the addictive mindset.



Let's stop for a moment and look at the two components we've covered so far. We have:

1. **THE BRAIN'S NEURAL PATHWAYS** NEEDING REPAIR; and
2. **THE ADDICTIVE MINDSET**, the person in recovery's harmful way of thinking and inability to think clearly, problem solve or make healthy decisions and choices, which needs to either be retrained or taught from scratch.

Since addiction is often said to be a **disease of denial**, but also a **disease of regret**, we must **add to this list** both of these powerful deep-rooted **beliefs and emotions**. Together with the damaged neuropathways, the person in recovery has profound psychological, physiological and emotional scars needing healing. Depending on their age and family dynamic, they may never have had the role models or training necessary to know what a healthy life is supposed to look like. So, when they hit bottom and decide to get help, they don't even realize the depth of:

- 1) Physical and emotional trauma,
- 2) The chemical or substance dependency,
- 3) Habits of unhealthy thinking and behavior,
- 4) No clear picture of a healthy future and what it could look like,
- 5) Little to no skills for creating a healthy lifestyle,
- 6) Separation from family and healthy friends, and
- 7) No one to guide them through the maze of decisions and choices on their road toward recovery that they are going to need help overcoming.

When you think of the massive amount of change the person in recovery must make, in so many areas of life, on their journey toward recovery, is there any doubt as to why the traditional approaches to recovery are not working? 30-days of Rehab, see a therapist a couple times a week, get a sponsor, go to meetings where other addicts go professing their addiction, this is the industry standard process. This standard keeps them in a reactive mode always thinking of and running from their addiction. They substitute the addiction to a substance with an addiction to going to meetings and talking with their sponsor.



The TLC Way of recovery is a holistic, integrated, team approach for dealing with all the complex issues of recovery mentioned above.

The **THERAPIST** uses empirically-based therapeutic approaches to help the client heal from unhealthy belief-systems, as well as, psychological and emotional traumas, because without 'healing' it is impossible to transform unhealthy thoughts into a new healthy mindset.

SELF-PACED LEARNING curriculum teaches not only the new ways of thinking, but also delivers a tremendous amount of new knowledge which becomes the foundation upon which new behaviors and habits are to be formed.

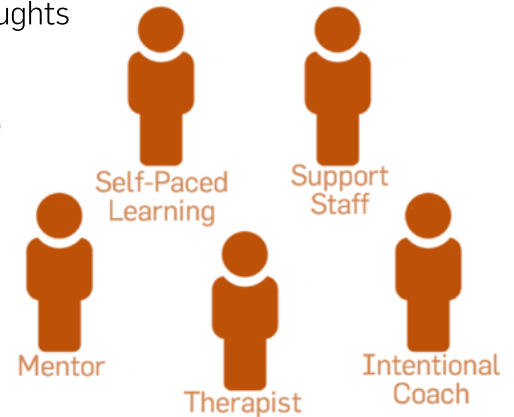
The **INTENTIONAL COACH™** uses practical, powerful, time-tested methodologies to help build a new set of habits in the client from developing a clear picture of what they want their new life to look like, to the structured development of the skills it will take to create and live it.

The **MENTOR** guides the client through this integrated process and has the experience and skills to answer questions, give real-life tips, and formulate a positive accountability structure to ensure the clients do what needs to be done to achieve all their goals.

The **SUPPORT STAFF** is always there to assist with technological and other related problems the clients may have as they navigate the online programs. And the complete TLC program sets them into a structure they need, and don't have, to keep them on track progressively moving forward.

In every encounter with their TLC team, they will have a positive, caring and uplifting experience which will help them heal, build their knowledge base of how to live life to the fullest, and help them develop all the skills, including practical problem-solving and decision-making, they will need in their new Intentional Life.

No other program in the industry is as comprehensive and Intentional as TLC helping clients with every aspect of their recovery journey.



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