

SELF ESTEEM

In recovery, our self esteem can be rebuilt by completing the steps. It is helpful for us to be able to identify those concepts that we exhibit when our self esteem is under attack and when it is being reconstructed.

Self-image: A person's conception of himself or herself, his or her abilities, worth etc.

Positive Self-image

Self-acceptance	Self-protection
Self-respect	Self-preservation
Self-reliance	Self-sustaining
Self-control	Self-assurance
Self-confidence	Self-discovery
Self-worth	Self-expression
Self-discipline	Self-examination
Self-help	Self-satisfaction
Self-improvement	Self-starter
Self-love	Self-approval

Negative Self-image

Self-destruction	Self-denial
Self-defeating	Self-righteous
Self-inflicted	Self-mutilating
Self-conscious	Self-contempt
Self-deception	Self-abuse
Self-criticism	Self-humiliation
Self-pity	Self-conceited
Self-hatred	

Surprise! Prescott has a Variety of Avenues to Pursue when Looking at Higher Education

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY Located on a 539-acre campus, Embry-Riddle Aeronautical University (ERAU) hails as the world's leading higher learning institution specializing in the aviation and aerospace fields. Currently, approximately 1,700 students are enrolled on the Prescott campus, taking advantage of a dozen undergraduate programs, a master's program in Safety Science and a number of non-degree programs including summer camps and programs. ERAU operates a modern multi-million dollar flight training center at Prescott's Love Field Municipal Airport.

PRESCOTT COLLEGE stands as an excellent choice for higher learning in the community. The four-year liberal arts college provides several degree options to its students looking to obtain a bachelor's and/or master's degree, as well as those hoping to receive teacher's certification.

YAVAPAI COLLEGE Since 1966, Yavapai College at Prescott has provided students with some of the most affordable educational opportunities in Arizona. Today, the institution offers more than 80 degree, certificate and transfer options in over 60 areas of study. Occupational education and non-credit courses are also made available through Yavapai College—one of the very few community colleges offering on-campus housing. What's more, through an arrangement with Northern Arizona University, credits earned at Yavapai College can be applied toward a bachelor's or master's degree.

NORTHERN ARIZONA UNIVERSITY

Distance learning through Northern Arizona University (NAU) is available on its Prescott Campus at Yavapai College. These undergraduate and graduate programs offer flexibility for students looking to stay in their hometown, with 4 undergraduate

and 8 graduate degrees on-site—and more than 50 programs available online.

OLD DOMINION UNIVERSITY Prescott is fortunate to have a satellite campus of Old Dominion University right within the community. Accessed via Yavapai College, students have the opportunity to take advantage of a multitude of undergraduate majors and minors, graduate programs, and certificate and licensure programs.

NORTHCENTRAL UNIVERSITY

For those looking to balance educational endeavors with career and/or personal demands, NorthCentral University is a prime choice for higher education. NCU is a fully accredited online university offering a host of undergraduate and graduate degree programs in Business and Technology Management, Education and Psychology.

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The Prescott House Alumni Newsletter

The Front Door

July 2010 Golf & BBQ Weekend

Sobriety Birthdays:

Fall/Winter

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ATTENDEES GATHER BEFORE TEEING OFF AT PRESCOTT GOLF AND COUNTRY CLUB

By Matt LeF.

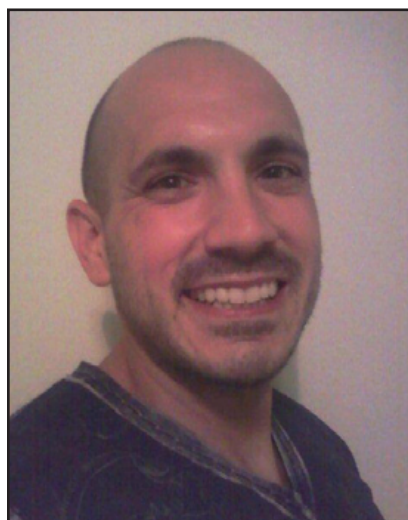
I played in my third Prescott House Alumni Golf Tournament this year on July 17, 2010 at Prescott Golf & Country Club. Eighty alumni, clients, and friends of the house arrived at the golf course at 8:00 AM on Saturday morning. When there are that many addicts on a golf course, you just know that you are going to have a good time. My team was composed of myself and three clients, and I had a lot of fun spending time with each of them. Adam C.'s team walked away with the tournament, claiming a ridiculously low score. I'm still waiting on someone to step up and investigate Lane Kiffin for possible recruiting violations.

After the tournament everyone went back to the house for the annual barbecue. It was really neat to see all of the alumni who continue to come to this event year after year. Tom U., the 1st graduate, and John B., the 12th graduate, shared their experience with everyone. Bob M. also spoke and gave everyone a good laugh when he shared his experience at the P House. The day was filled with good stories and lots of laughs. I had the opportunity to talk to Byrnie for a few minutes and thank him for everything that he has done for the house, as well as for me personally. It was nice to be able to talk to him without feeling any fear or anxiety.

I graduated from the Prescott House in April 2006 and this was my first visit since I moved back to Nashville, Tennessee in February 2008. A good friend of mine and fellow alumni, Brock C., who lives in Atlanta, Georgia, had been talking about taking a trip out to Prescott together for some time. When I got the email about the golf tournament, it wasn't a difficult decision to make. Everyone reached out to me with open arms and made it feel as if I had never left. It was an amazing weekend. I can't express enough the gratitude I have for the staff at the Prescott House and all of my friends there. I will definitely be coming back next year!

The Suite Life

By Anthony C.



I'm a 33 year old and an alumni of The Prescott House, and a recovering drug addict. The best way I can describe myself before The Prescott House is with a three word phrase: selfish, hurting, child. When I first started my journey into recovery, I was a scared, 22 year old kid that barely weighed 130 pounds and had no idea how to live an honest or trusting life. I had little sense of accountability and little idea of what I truly wanted my life to look like. To say I was lost would have been an understatement. I was a liar, a thief, a cheat and a total mess. Nothing in my life made sense and no matter how hard I tried, things rarely seemed to go my way.

When I was first greeted by then program director Tony Greene, I had long since given up on myself. My family however, still felt I was worth fighting for and saw something in me that I was not able to recognize. It would be 3 more months before I caught a glimpse of that myself.

As my parents pulled away from The Prescott House parking lot I realize how alone and scared I was. I had 22 years to get it right. 22 years to choose joy rather than pain. 22 years to become a productive member of our society and 22 years to follow through with God's plan for my life and stop being so selfish. Yet no matter how hard I tried, I would always choose the path with which I was most familiar and most comfortable; the path of addiction.

What The Prescott House gave me was a chance to make up for all 22 years of my poor decisions in a mere 6 months, 1 week and 1 day. It was a program that was not afraid to hold my hand while I cursed its name and damned its existence. It was a program that encouraged me to face my fears and find strength in my weaknesses, so that I could fight my addiction rather than my happiness. What The Prescott House gave me was more than recovery from drugs. It gave me the tools to choose joy instead of pain and it gave my family the son, brother and nephew they always thought I could become.

In the 11 year since my enrollment at The Prescott House I have gone through more changes than I could have ever expected. I have been married, and divorced. I have moved 5 times. I bought a hotdog cart and started a street vending business. I sold the hotdog cart and started an e-commerce business which I have been growing for the last 8 years. I work only 20 hours per week and travel the world with Kathy, the most amazing woman I have ever met. I bought a high rise condo in Puerto Penasco Mexico and love nothing more than a run on the beach with my dog, Mamma while Kathy plays in the sand. I lift weights with a personal trainer four times per week and have gone from 130 lbs. to a healthy and fit 195.

People often ask me about my life in recovery. They ask me why I do it and how I do it. At times, my reply can get rather lengthy, but really, it is very simple; I choose to live a life of recovery because given the chance; the alternative would have me dead. The way I see it, life is all about choices. Every choice I make gives me an opportunity to do something for or against my sobriety. Like an angel on my right shoulder and the devil on my left, the one I feed the most is sure to become the strongest.

Aside from 12 step programs, God and community service, the biggest tool in my bag of recovery tricks is the one I learned at the Prescott House. With every choice I make, ask myself "Will this contribute to my recovery or to my disease". As long as I am able to be honest with myself, the answer will be self-evident. Mine is a life truly blessed, and it is because of The Prescott House staff that I am a success in sobriety, and because of my willingness to follow their direction that I am a success in life.

Codependency What Is It?

By Shirley Morris, from "The Bruised Reeds"

Codependency is when someone (spouse, parent, sibling, coworker, or friend) allows another person's addicted or dysfunctional behavior to control his/her thoughts, feelings, or actions. Codependents tend to live their lives in response or reaction to the dysfunctional person's behavior or attitudes. They no longer have a life of their own, and they may find themselves unable to relate to others in a healthy way, but they don't know why.

The actions of an addicted person can be so unpredictable and difficult that loved ones (potential codependents) are often in a tense state of alert. The codependent may react by denying there is a problem, or take on responsibility for the problem, or become angry, ashamed, and resentful of the loved one.

Codependency can lead to various long-term problems, such as low self-esteem (sense of failure and inadequacy), depression (feeling hopeless and helpless), numbing of emotions, health problems (such as headaches, asthma, ulcers and high blood pressure), or relationship difficulties.

In relationships, codependents often find they are no longer able to trust or be open and honest. If they do get involved in relationships, they are usually unhealthy ones that cause them more pain.

There is hope and healing for codependents, however. Family and friends can regain control over their lives and learn to live in healthier ways. Codependents can become actors, rather than reactors. It takes time, courage and determination to begin the recovery journey, but it's worth it.

The first step, if you believe you might be codependent, is to admit you have been adversely affected by living/working in a dysfunctional environment and your life has become unmanageable.

The second step is to seek help. There are counselors and support groups who understand your problems and needs and can help you on the road to recovery. Most support groups do not ask for a fee, and some counselors allow a sliding scale fee according to your income, but your recovery is worth whatever it costs.

Next, begin to think about taking care of your own needs: spiritual, emotional, and physical. This is not easy when you're used to focusing on the addicted person's needs first. Be patient with yourself. It takes time to learn to live a healthier lifestyle. Small steps are better than no steps.

Then, accept your limits by beginning to understand you cannot fix your addicted/dysfunctional loved one. You are not responsible for anyone else's recovery but your own.

Finally, know that you are special in God's eyes, and He created you for something greater than propping up an addicted or dysfunctional person. Sometimes the most loving thing we can do is to let people suffer the consequences of their own behavior, which might force them to seek help for themselves.

You can be set free from codependency. It takes time, courage and determination, but it's worth it. I know because I've been there.

The whole household can be adversely affected by living with an addicted/dysfunctional person. In order to survive, family members (or coworkers) may try to hide the problem, or control the addicted person's behavior, or cover up for him/her. This codependent behavior has the opposite effect of what's intended. It keeps the person from experiencing the consequences of his/her actions that might have led them to seek help, and it entraps the codependent in a lifestyle totally dependent on whatever the addicted person does or does not do.

If there are children in the family, they can also be seriously affected and react by either over achieving, rebelling, clowning around or withdrawing from the family. Whatever coping behaviors they adopt may continue to be an unhealthy life-long way to handle conflict.