

Ten Doorways to Mindful Recovery

From *Mindful Recovery: A Spiritual Path to Healing from Addiction*
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1. **Doorway One:** *Seeing the magic of the ordinary and returning to the present moment.* You can get overwhelmed by memories of the past, worries about the future, and other distractions. When that happens, you may be in danger of relapse. By bringing a gentle, compassionate awareness to your surroundings, your thoughts, and your feelings, you will discover that your need to engage in addictive behavior diminishes.
2. **Doorway Two:** *Consider your life as a story you are still writing.* Many people hold on to life scripts connected to their addiction, which perpetuate negative life stories as well as continued attraction to drugs and alcohol. You don't have to get stuck there. You can write a new story.
3. **Doorway Three:** *Use journaling to deepen awareness of your life story and open the door to spiritual awakening.* Regular journaling brings the power of mindfulness to bear on repetitive patterns and aids in contacting your inner wisdom.
4. **Doorway Four:** *Practice meditation to become more accepting of yourself and your life.* When you become more accepting of what hurts as well as more aware of life's many positive aspects, you establish a firm spiritual foundation for recovery.
5. **Doorway Five:** *Find ways to connect to the natural world.* Addicted people are often alienated from the natural world. A return to nature is incompatible with addiction. Conscious, mindful choices about your recreational time prevent you from squandering it on passive pursuits that do not employ your higher human qualities, such as intellectual, artistic, and spiritual activities.
6. **Doorway Six:** *Cultivate healthy relationships that discourage addiction.* Many people become addicted in part because of painful and unsatisfying relationships. In turn, addiction can destroy even the best relationship. As you become more mindful of relationship patterns, you can begin to change them, reducing the need to indulge your addiction.
7. **Doorway Seven:** *Explore dreams to expand your view of who you are beyond the limited point of view of your conscious, rational self.* Dreams offer clues about what is missing and what is out of balance. Often these are blind spots which we have difficulty seeing consciously.
8. **Doorway Eight:** *Practice mindfulness at work.* A mindful life involves mindfulness in all areas of life. Practicing mindfulness at work can help you stay calm and centered there as well.
9. **Doorway Nine:** *Learn to hold and embrace difficult emotions to ensure successful recovery.* There are well-established methods for dealing with difficult feelings. If you need extra help, therapy may be a useful aid.
10. **Doorway Ten:** *Living moment by moment: practice, practice, practice.* An intellectual understanding of how to change life is just the beginning. Direct experience brings the peace, health, and wholeness you seek.