



## Introduction

Welcome to Enterhealth/ [Healing the Addicted Brain](#) – your main connection point between my book, [Healing the Addicted Brain](#) and [Enterhealth.com](#). From here we will guide you to each of the reference points on [Enterhealth.com](#) that is referenced as you continue to read through [Healing the Addicted Brain](#).

First however, I am sure that you are wondering what is Enterhealth? Why do I even need to come to this site? Let me answer both questions:

1. Enterhealth is the first-of-its-kind addiction recovery program in the world. The company was founded by a group of people whose inspiration came from the desire to break down many of the barriers people encounter throughout most traditional recovery methods. Enterhealth's treatment model is based on decades of experience and clinical research in treating patients with addiction and psychological disorders. The result is Enterhealth - a place where patients can get help at a residential treatment center or access the cutting edge information on the latest anti-addiction medicines, best-in-class therapies and leverage technology to break down many of the barriers patients face in their efforts towards lifelong sobriety. Within Enterhealth is [Enterhealth.com](#), and that is where you are at present. [Enterhealth.com](#) has many different parts, the most important of which for you as a reader of [Healing the Addicted Brain](#) is [Enterhealth's Recovery Support Center](#).

2. Enterhealth's online recovery center is a unique “eLearning” resource that offers access to many of today's innovative addiction therapies. Enterhealth has taken all of the important topics (i.e. cravings, relapse, dual diagnosis) that a client needs to learn for successful sobriety and presents the key points of these topics within a stimulating interactive, computer based lesson. However, the real unique aspect of these [eLessons](#), is that they are able to not only teach you the key points of a particular topic, but they are able to help you customize the new concepts about that particular topic to your individual, specific circumstances. Why this is important for your successful recovery program is that as you will learn in [Healing the Addicted Brain](#), each alcoholic is unique, as is each drug addict. Consequently, the [eLessons](#) found on Enterhealth customized by the general concepts of a particular topic to your individual situation are extremely valuable. If you do you completely understand what I have just described, I guarantee that working through a specific [eLesson](#) that is of interest to you will demonstrate this “customization” feature very clearly. See how to sign up in the section below. The first of its kind world-class alcohol and drug addiction recovery and support program, our online recovery center offers easy access and affordable recovery support. Enterhealth is designed with client anonymity in mind. Our online recovery services allow clients to avoid many of the societal issues associated with having drugs and/or alcohol addiction recovery services on their health record.

By integrating many of the leading drug and alcohol addiction recovery therapies with the Internet, Enterhealth successfully bridges the gap between each client's needs and traditional

recovery. Enterhealth's online recovery center also gives you the option to integrate our eLearning sessions with one-on-one coaching (via text or phone call with a therapist) so that each client can learn and practice the recovery coping skills necessary for long term sobriety.

It is very important to understand that all of Enterhealth's online recovery services have been created for you to use in partnership with more traditional addiction treatment programs – outpatient, inpatient, 12 step or some combination of the three. So, whether you are just starting your recovery, currently in treatment or are already in a 12 step group, Enterhealth provides the additional support you need throughout your recovery process to help you benefit more from your current treatment program. Working at your own pace and from the privacy of your own home, you have 24/7 access to:

- Our proprietary behavioral modification eLearning system
- Individualized coaching by phone, email and instant messaging
- Discussion forums where you can communicate with experts and others
- Our free knowledge base and educational lessons

And for those with more advanced needs, our world class Life Recovery Residential Treatment Center is just a phone call away at 800.388.4601. With Enterhealth, you can choose the tools and resources that meet your specific needs, based on your individual situation and challenges. Best of all, your recovery and your future are just a click away.

As you read through Healing the Addicted Brain, you will see 16 different places in the text with the Enterhealth logo.



In each of these 16 cases, you will be referred back to this web site page to get specific instructions on how you can learn more about a particular topic that is explained here in this text. In many cases, from this page, I will send you to a particular eLesson on Enterhealth.com, for which you will need an access code. This access code will need to be purchased only one time and will cost you \$100 for unlimited access to the advanced recovery part of web site for an entire month. When you sign up for your access code, you will be gaining access to over 100 hours of eLessons that you can use on your own or in tandem with this book, so I think that you will find it to be a very good value. For details on the specifics of getting your access code, please see the section below.

#### **How to sign up for Enterhealth's eLessons:**

1. Go to [www.enterhealthonline.com](http://www.enterhealthonline.com).
2. Click the Sign Up button to create an account
3. Fill out the registration form
4. Complete payment information

A very important message for you to take away from this introduction section is that I recommend that you strongly encourage your family members or other important people in your life to buy and read Healing the Addicted Brain and sign up for and work through the eLessons on the web site. So often just the identified alcoholic/addict gets to participate in addiction treatment and the family barely learns anything about this life threatening illness – meaning that the family members are not allowed to go to most treatment sessions or even 12 step groups for that matter. How are they supposed to learn what you are learning in your treatment program? With Healing the Addicted Brain and [Enterhealth.com](http://Enterhealth.com), the important people in your life can now learn just about everything that you are learning. Why is this so important for your successful recovery? For two reasons primarily:

1. First, the more that your family understands about the complexities of this chronic medical illness, the more that they can be supportive of helping you make the necessary changes in your life for successful sobriety. For example, through using the above two resources, they will understand that cravings are a natural symptom of the illness of addiction and are not to be feared, but rather effectively “crushed.”

2. Second, the brain injury caused by alcohol and drug addiction can make it more difficult for you to learn and integrate all of the information that you are being taught by your treatment program into your life. Consequently, if your family or support systems are learning the same information though reading Healing the Addicted Brain and using [Enterhealth.com](http://Enterhealth.com)'s eLessons, they can help teach and reinforce these important concepts to you on a day to day basis, even when you can't remember them, because of your brain injury.

Now although the next comment sounds self serving, I assure you that it is meant to benefit you. Because of the importance of your family needing to read Healing the Addicted Brain and using the online recovery section of [Enterhealth.com](http://Enterhealth.com), I recommend that they get their own copy of the book and even more importantly, sign up separately for the advanced recovery section of the web site. In regards to the book, there are specific individual exercises and information that they will read that will personalize the concepts to them and therefore having their own copy will greatly enhance their ability to really read and study the concepts at the same time that you are doing so. The reason that they need a separate login/password for the website is even more important to you and that has to do with your privacy. When you create an account for yourself on [Enterhealth.com](http://Enterhealth.com), all of the exercises that you fill in on the web are personalized to you and emailed to you. To be most effective for your learning, when filling in these exercises, you need to be very honest with yourself regarding your answers. So from a confidentiality standpoint you probably will not want your family members to have access to this information. Also, your account on [Enterhealth.com](http://Enterhealth.com) will actually be your online “fingerprint” of your recovery process, with all of your customized information to help you at those times in the future that you need it most. This “online journal,” so to speak, can be very valuable to your success over the long term, as you can go back and work through an eLesson two or three times over a period of weeks or months. In doing so, you will find that your answers frequently change as you progress in your sobriety. Consequently, you should have your own separate Enterhealth advanced recovery account, and your family can have a second account. (Family members can share one family account.)

Well, that should be all of the introduction that you need at this point. I am very excited that you have purchased Healing the Addicted Brain and are here on the Enterhealth web site to learn and understand the information and tools that you will need to successfully stay sober from alcohol and drugs. I know that the information in the book and on this web site will prove very helpful in guiding you to find the optimal treatment solution for you and your loved ones. Let's

get started. Please return to reading the book until the first Enterhealth reference in Chapter 3, and then return here and we will do our best to enhance your learning experience.

### Chapter Three – Triggers

You will need to be signed up for the Advanced Recovery eLessons to access this and most of the worksheets below. To sign up or login to an existing account for the Advanced Recovery eLessons, [click here](#).

#### Trigger Inventory Worksheet

You have identified some of your own personal triggers in the book. Here are two links that you can click that will help you brainstorm more possible triggers in your environment:

- [Triggers \(1\)](#)
- [Triggers \(2\)](#)

As I mention in this chapter, here is a blank form that you can use going forward to fill in your own personal triggers: [Your Trigger Inventory Worksheet](#)

Note to reader: You can not only print this trigger questionnaire, but you can also email it to yourself if you entered an email address in the sign up process. If you would like to enter or change your email, you can do so in your account settings. It will be very helpful for you to print out several copies of this blank chart and fill it in with your triggers and your responses to those triggers each day, as often as they arise.

		<b>Daily Trigger Chart</b>		
Situation (trigger)	Thoughts and Feelings	Behavior	Positive Consequences	Negative Consequences

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### **[Take the Stress Management eLesson](#)**

Assuming that you are signed up for the Advanced Recovery eLessons (if not please [click here](#) to sign up), [click here](#) to begin the Enterhealth Stress Management eLesson.

Also, you can view a shortened version of these topics, but without exercises by [clicking here](#).

### **Visualizations**

For more instructions on how to effectively practice and use the craving crushing tool of visualizations, please [click here](#) for an eLesson from Cravings 1.2.

### **Chapter Four – Medication**

[Click here](#) to get more in depth information on anti-addiction medications in general.

#### **Vivitrol**

[Click here](#) to get additional, detailed specific information on Vivitrol.

#### **Campral**

[Click here](#) to get additional, detailed specific information on Campral.

#### **Antabuse**

[Click here](#) to get additional, detailed specific information on Antabuse.

#### **Suboxone**

[Click here](#) to get additional, detailed specific information on Suboxone.

#### **Prometa Information**

[Click here](#) to get additional, detailed specific information on Prometa.

### **Chapter Six: Emotions**

Solving problems, either large or small, for anyone can be a daily challenge, but for addicts new to sobriety these problems can be major triggers for slips, lapses and relapses. However, many times when you learn specific techniques to formally address many of your problems, the new approach can easily make you more successful at tackling the daily challenges of your life in sobriety.

**[Advanced Recovery eLesson: Problem Solving](#)**

If you are signed up for the Advanced Recovery eLessons, [click here](#) to start the eLesson on Problem Solving. If you are not signed up, [click here](#) to sign up. This eLesson will provide you with very in-depth information and specific exercises that will customize this new information on “problem solving” to your own specific life situations.

**“My Activities Plan” from the Enterhealth eLesson on Treating Depression**

Here is a copy of the “My Activities Plan” that you can print out and use on a daily basis.

**MY ACTIVITY PLAN**

Date: \_\_\_\_\_

Activity #1: \_\_\_\_\_

Alternative: \_\_\_\_\_

I'll remind myself: \_\_\_\_\_

\_\_\_\_\_

I'll know I'm successful if: \_\_\_\_\_

\_\_\_\_\_

Activity #2: \_\_\_\_\_

Alternative: \_\_\_\_\_

I'll remind myself: \_\_\_\_\_

\_\_\_\_\_

I'll know I'm successful if: \_\_\_\_\_

\_\_\_\_\_

Activity #3: \_\_\_\_\_

Alternative: \_\_\_\_\_

I'll remind myself: \_\_\_\_\_

\_\_\_\_\_

I'll know I'm successful if: \_\_\_\_\_

\_\_\_\_\_

Remember you need to do at least two activities a day to really help your depressive feelings improve significantly (as long as you are also following the other recommendations that I discuss in the chapter).

Also, if you would like even more in-depth material which addresses the issues of effectively dealing with depression symptoms in patients with alcohol/drug addiction, please [click here](#) to go to the eLesson on Depression in the Advanced Recovery Section. Remember, you must be have

an account and be signed in in order to access this information. [Click here](#) to create a new user account.

**Breaking My Anxiety Cycle form.**

Here is a copy of the “Breaking My Anxiety Cycle” that you can print out and use on a daily or weekly basis.

*Breaking My Anxiety Cycle*

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

You are welcome to use any of the suggested ideas from the chapter or even better create items of your own that you realize will help, as you get the feel for what techniques seem to work specifically for you as you practice over time. Remember it is critical to write down and practice these on a daily basis as your anxiety episodes can be very real triggers for cravings and result in a lapse or slip. You may find over time that you find better or more effective techniques to break your anxiety cycles as you stay sober longer. Therefore I recommend that you fill out this form once a month to see if your coping strategies to fight anxiety are changing with the rest of you.

**Anger Management Tool**

Specifically, you can use cognitive therapy techniques to remove the inaccuracies in your thinking and thereby reduce your anger in many situations. If you have already read the Chapter

Two: Changing Your Thoughts of Healing the Addicted Brain and understand it, you can use the following Accurate Thought Form (ATF) to print out and use to change your inaccurate thoughts regarding anger issues to accurate ones.

**Accurate Thought Form (ATF)**

Situation	Emotion(s)	Inaccurate Thought(s)	Accurate Thought	Outcome
1. Acutal event leading to unpleasant emotion	1. Specify sad/anxious/angry, etc.	1. Write inaccurate thought(s) that preceded emotion(s)	1. Write accurate thought to counter inaccurate thought	1. Re-rate belief in inaccurate thought(s), 0-100%
2. Stream of thoughts, daydream, or recollection leading to unpleasant emotion	2. Rate degree of emotion, 1-100	2. Rate belief in inaccurate thought(s), 0-100%	2. Rate belief in accurate thought, 0-100%	2. Specify and rate

**Accurate thought Form (ATF):** Several questions are helpful for a patient to be able to learn to generate objective accurate thoughts to their inaccurate thoughts. These questions include:

- 1.) What concrete factual evidence supports or refutes my inaccurate thoughts and beliefs?
- 2.) Are there other ways I could view this situation?
- 3.) What is the worst thing that could happen?
- 4.) What is the best thing that could happen?
- 5.) What is most likely to realistically happen?

If you want to learn more about cognitive therapy techniques and how to apply them to the daily challenges that you face in your recovery, please [click here](#) to go to the Thought Processes eLesson (number 2).

**Chapter Eight: Recovering Family**

Below, you will find a blank form for the Lapse/ Relapse Consequences Agreement which is discussed in detail in chapter eight:

**Lapse/Relapse Consequences Agreement**

The behavior to be avoided: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

First lapse consequences: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Second lapse consequences: \_\_\_\_\_

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Third lapse consequences: \_\_\_\_\_

Signed by: \_\_\_\_\_

This is a very powerful tool to prevent lapse/relapse. Make sure that you fill it out early on in the treatment process, before a relapse occurs. It can be very effective, especially if both the addict and family member work with a counselor/sponsor to fill it out and come to a mutual agreement on the specific consequences at each level of re-use.

## **Chapter Nine: Lapse/Relapse**

### **Lapse/Relapse Danger Points Worksheets**

[Click here](#) to access the Danger Points Exercise which is created to help you determine a detailed list of people, places, ideas and situations that might serve as triggers for relapse

It is just one exercise from the entire [eLesson # 7 Lapse and Relapse](#) which explores in-depth the key concepts found in chapter nine of [Healing the Addicted Brain](#). I highly encourage you to go through the entire [eLesson # 7](#) to personalize the concepts that we discussed on this very important topic. [Click here](#) to start the Lapse/Relapse [eLesson](#):

### **Relapse Prediction Scale Worksheet**

It is essential that you think through the situations that are most likely to put you in the danger zone for a slip or relapse. The Relapse Prediction Scale below lists many situations that might trigger strong urges to drink or use. Look at the items one by one, and imagine yourself in the situation described. Try to feel, hear, and even “taste” yourself in the situation, and decide whether or not the urge to drink or use is there and, if so, whether it is strong or weak. Then rate the strength of the urge and the likelihood of drinking or using on a scale of 0 to 4 (0 is no urge at all, 4 is an irresistible urge). Feel free to add items specific to your situation to the end of the list.

### Relapse Prediction Scale

Situations that Might Trigger	Strength of Urge	Likelihood of Using	Situations that Might Trigger	Strength of Urge	Likelihood of Using
1. I am in a place where I used alcohol or drugs before.			28. I see a pipe.		
2. I am around people I have used alcohol or drugs with before.			29. I am out gambling.		
3. I just got paid.			30. I just had an alcohol or drug dream.		
4. I see co-workers drinking or using.			31. I am watching sports.		
5. I am leaving work.			32. I am getting dressed up.		
6. It's Friday night.			33. I am under pressure at work.		
7. I'm at a Party			34. I am thinking about having sex.		
8. I am thinking of the last time I used.			35. I am angry at my spouse or partner.		
9. I feel bored.			36. My spouse/partner is bugging me about my drinking or using.		
10. I feel great.			37. My family is bugging me about my drinking or using.		
11. I see a lover or ex-lover.			38. I was just told I have positive urine.		
12. I am having a drink.			39. I didn't use, yet my urine was positive.		
13. My friend is offering me some alcohol or drugs.			40. I am watching an alcohol- or drug-related movie.		
14. I feel sad.			41. I feel anxious.		
15. I see a prostitute.			42. Someone just criticized		

			me.		
16. I am out looking for sex.			43. I haven't used for a long time.		
17. I feel sexy.			44. I feel tense.		
18. I remember how good a high feels.			45. Someone I care for is terminally ill.		
19. I am angry.			46. I am in pain.		
20. I feel stressed out.			47. I feel burdened.		
21. I feel guilty.			48. I am at a bar having a good time.		
22. I just used drugs.			49. I had a fight with my family.		
23. I just broke my abstinence.			50. I'm tired of my life.		
24. I am getting ready for work.			51.		
25. I am tired.			52.		
26. I am frustrated.			53.		
27. I see an anti-drug poster.			54.		

## Chapter Ten: Health and Nutrition in Recovery

### Health and Nutrition eLessons

As you have been learning in chapter 10, what you eat and how you take care of your body can significantly impact the success of your recovery program. Unfortunately, not much information is available on how nutrition and your health are specifically affected by alcohol and/or drug use. Therefore, on [Enterhealth.com](http://Enterhealth.com) we created over four hours of in-depth information and exercises to teach you the latest, scientifically-based skills in this critical area of your life. So in addition to reading chapter 10 in [Healing the Addicted Brain](#), I strongly recommend that you work through all four of the eLessons on nutrition. In order to start this process, please [click here](#). Remember, you must have an account with Enterhealth to participate. [Click here](#) to login or create an account.

When you get to the end of this [eLesson](#), please just click the continue arrow and it will take you right into the next [eLesson](#). If you want to do them separately at different times, you just need to complete [eLessons](#) 13-16 in the Advanced Recovery part of the Online Recovery part of [Enterhealth.com](http://Enterhealth.com).

Also, I highly encourage your family members or loved ones to work through these Health and Nutrition [eLessons](#) on their own as well, so that they can get back into healthy eating and healthful habits. If they do so, you will have a much higher chance of success in changing your old habits for the long run.

**Final thoughts from Dr Urschel:**

By buying and reading Healing the Addicted Brain, as well as working through the additional eLessons and information on [Enterhealth.com](http://Enterhealth.com), you have armed yourself with the latest information on how to successfully recover from alcohol and drug addiction.

Remember that you ultimately need to do more than just read the book and work through the website. You need to participate in some combination of formal addiction treatment program and 12 step recovery groups. Healing the Addicted Brain should really be used as a guide to make sure that you are getting the most comprehensive amount of treatment services that you need as an individual. Each person is different and has a unique set of circumstances, and unfortunately most addiction treatment programs do not treat their clients comprehensively (or individually for that matter.) The good news is that armed with the information and guidance that you have learned in Healing the Addicted Brain, you and your family will be better able to ask for the types and kinds of treatments that you, specifically you, need in order to have a great chance at a successful recovery program.

Speaking of your family, as I mentioned in the opening introduction, it is very important that your family members buy and read Healing the Addicted Brain as well. Your family members need the same information as you do about all aspects of what constitutes excellent addiction treatment in order for them to both be better able to support you and work their own successful recovery program. So please encourage them to buy and read Healing the Addicted Brain and sign up for the advanced recovery section of [Enterhealth.com](http://Enterhealth.com).

There is HOPE - Finally, remember that the goal of treatment is to allow you to fully recover your life from the chaos and destruction of alcohol/drug addiction. By following my principles you will have a much higher chance of success to stay sober and allow your brain to heal from the injury that it sustained from your past addiction. Please understand this –you can heal your brain with the right combination of treatment and anti-addiction medications! There is hope for you and your family/loved ones to have a great life – so keep up your intensity and efforts to make the necessary changes in your lifestyle in order to give yourself the best chance of reaching your goal. As I always tell my patients, “**good addiction treatment is not easy, but it is doable.**” I wish you the best of luck for a sober and happy life.

**Contact Enterhealth today for immediate inquiries about your alcohol or drug addiction. Call 800.388.4601 or [click here](#) to contact us for more information.**