



Addiction & Grief: Letting Go of Fear, Anger, and Addiction

Barb Rogers

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Working a 12-step program helps keep many recovering addicts and alcoholics sober, but not necessarily happy. They are often left with unresolved feelings of fear, anger, and grief about their lives.

Addiction and Grief looks at the emotional "bottom" of recovery. Just as one needs to hit bottom with drinking or using in order to begin recovery, eventually one will also hit an emotional bottom of fear, anger, and grief.

Recovery author Barb Rogers challenges readers in recovery to investigate the unresolved grief and loss in their lives; negative emotions that can lead back to using if not resolved.

She begins with a "Grief" list, that helps readers understand where, when, and how fear and anger took control of their lives; then she asks a set of questions to identify how these negative emotions continue to hold them back in recovery.

Addiction and Grief shows that authentic recovery is more than an attitude; it is based on emotional work that involves an honest appraisal of one's life, and the willingness to change.

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