

# Intimacy & Connection in Recovery

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## What Is Intimacy?



### Retrain your limbic system for Recovery

- Heart Hugs
- Limbic resonance Eye Contact
- Appreciation Exercise
- Exaggerated Hypervigilance
- Eight Types of Intimacy
- Create Daily Rituals

### The Decision

Is this for my addiction or is this for my recovery?

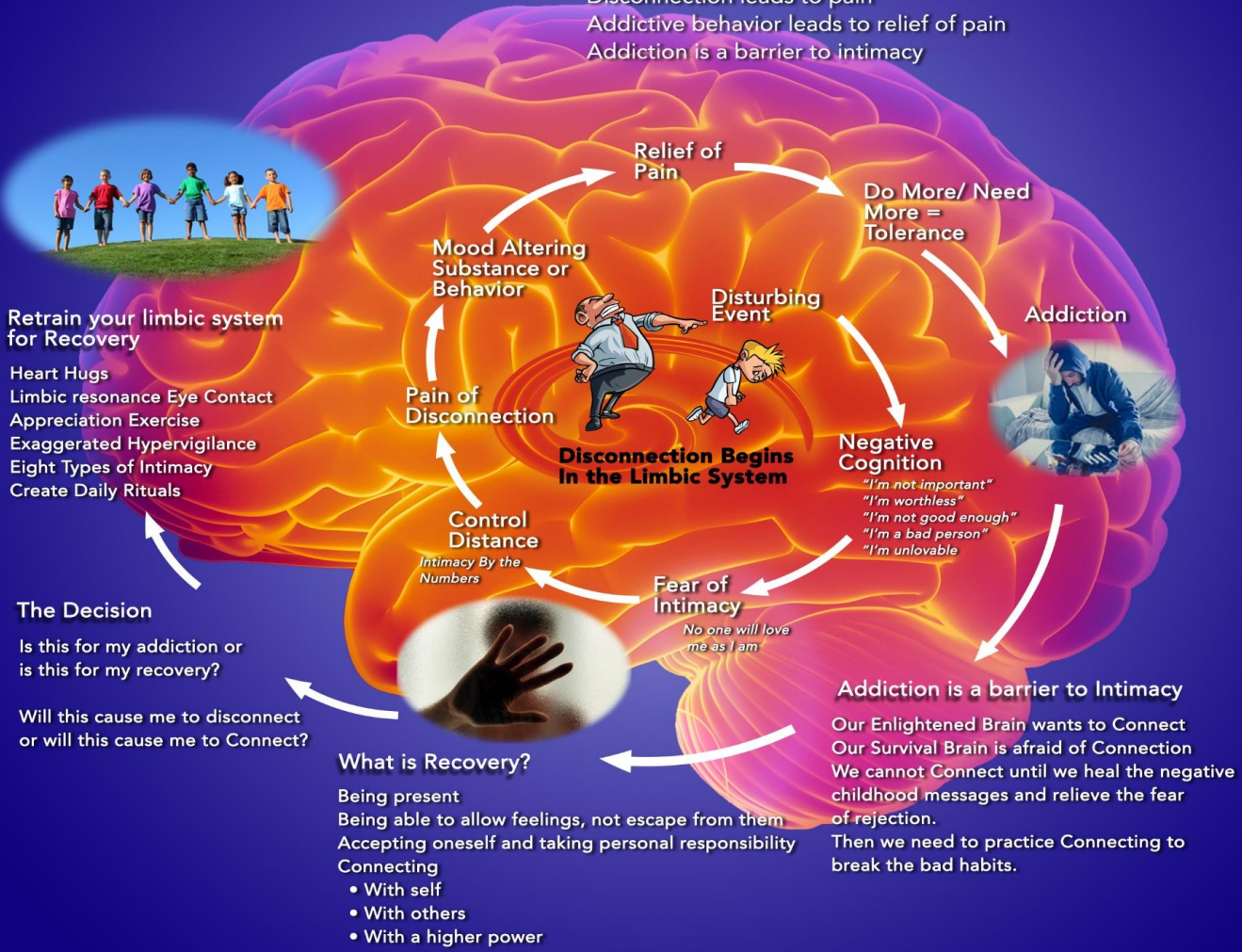
Will this cause me to disconnect or will this cause me to Connect?

### What is Recovery?

- Being present
- Being able to allow feelings, not escape from them
- Accepting oneself and taking personal responsibility
- Connecting
  - With self
  - With others
  - With a higher power

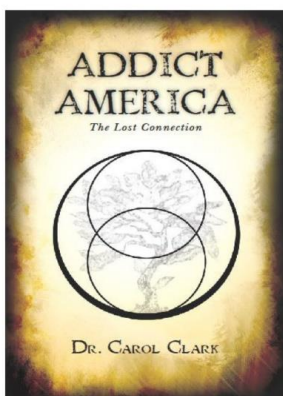
## Childhood Messages Create a Barrier to Intimacy

- Fear of rejection leads to disconnection
- Disconnection leads to pain
- Addictive behavior leads to relief of pain
- Addiction is a barrier to intimacy



### Addiction is a barrier to Intimacy

Our Enlightened Brain wants to Connect  
Our Survival Brain is afraid of Connection  
We cannot Connect until we heal the negative childhood messages and relieve the fear of rejection.  
Then we need to practice Connecting to break the bad habits.



As Dr. Clark conceptualizes in her book, *Addict America: The Lost Connection*, addiction is an umbrella concept that encompasses not only drugs or alcohol, but our behaviors related to sex, gambling, technology and anger.

Dr. Clark's book describes and defines how addiction affects our brains and illustrates the process of disconnection from our families, friends and coworkers. The addictions counselor offers a blueprint for people to learn to Connect with a capital "C" in order to live a more fulfilling and intimate life.

"Addict America: the Lost Connection" provides the skills that will empower individuals to make great changes. This book is intended for activists, teachers, politicians and parents-and for all of us who desire a stronger Connection to those we love.

Visit [www.DrCarolClark.com](http://www.DrCarolClark.com)  
or find the book on Amazon today!

