

# LivingIntegrated®

## FIFTEEN PRACTICES FOR LIVING THE LIFE YOU WANT

### 15 ONGOING USE OF RECOVERY RESOURCES

#### IN THIS PRACTICE:

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- Identify Resources
- Make Your Plan
- Execute Your Plan
- Revisit, Evaluate and Rework Your Plan

Go to [\[LINK\]](#) now and watch the introductory video for this Practice.

Over the course of these Practices, we've discussed many of the elements you need for a healthy recovery, and the last one we'll take up is resourcing.

Cultivating a robust, useful life requires robust, useful and ongoing resourcing.

My wife loves gardening. To have a healthy garden it's essential to regularly and strategically feed and water. To have a healthy life and growing recovery, it's much the same with us.

So, what are the elements that make up the kind of resourcing that will nurture our recovery?

*[At this point, please note that there is no designated "Assignment" category in this Practice. The assignments are interspersed throughout the instructional material.]*

#### IDENTIFY RESOURCES

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There are five categories of resources I'll mention, *but these five are not exhaustive*. Whatever nurtures your thinking, your willingness, your insights and your efforts are useful resources.

What we're offering here are some categories of resourcing and a few examples of how to find good, specific resources for that category.

I want to be clear with you that I'm hesitant to even offer any specific examples because I'm leaving out lots of good resources that exist now, and there are more being developed all the time.

You want to become a diligent student of what's out there now and what comes along.

**Books.** A few to get you started with some basics are Patrick Carnes' *Out of the Shadows* and Rob Weiss' *Sex Addiction 101*.

For good books with a specifically Christian perspective, my book, *Ashamed No More*, Marnie Feree's *No Stones*, Nate Larkin's *Samson and the Pirate Monks* and Jay Stringer's *Unwanted* are important reads.

**Blogs.** Find writers who post blogs that feed your recovery.

A few possible resources are the "blogs" section of [sexandrelationshiphealing.com](http://sexandrelationshiphealing.com), [puredesire.org](http://puredesire.org) or [covenanteyes.com](http://covenanteyes.com).

We offer blog entries at [livingintegrated.org](http://livingintegrated.org).

**Websites.** We've already mentioned [sexhelp.com](http://sexhelp.com) in an earlier practice. Additional examples are [sexandrelationshiphealing.com](http://sexandrelationshiphealing.com) and [covenanteyes.com](http://covenanteyes.com). Staci Sprout is a certified sex addiction therapist and author; take a look at the resources on her website, [stacisprout.com](http://stacisprout.com).

These are just a few examples. There are many more out there.

And of course, remember to regularly check in with us at [livingintegrated.org](http://livingintegrated.org).

**Podcasts.** There are a growing number of podcasts on recovery and a handful on sex addiction recovery.

"Recovery Road" by Hazelden is a podcast general to recovery; each podcast is a short excerpt from various books written by Hazelden's authors. Many folks find these shorter podcasts helpful and inspirational.

[Sexandrelationshiphealing.com](http://Sexandrelationshiphealing.com) has a number of podcasts for all manner of sex addiction recovery interests and needs.

"Pirate Monk Podcast" isn't exclusively about sex addiction, but it's hosted by two down-to-earth and enjoyable hosts, Nate Larkin and Aaron Porter.

Nate also hosts the "Positive Sobriety" podcast with David Hampton, another very useful podcast. [Full disclosure: Nate, Aaron and David are friends of mine and I have been a guest on both podcasts.]

Some of the guys in my sphere have appreciated "The Betrayed, The Addict and The Expert".

Again, do your research and check them out.

**Webinars.** A growing resource that will have a long reach in recovery is webinars. A recorded webinar contains substantive teaching, as opposed to conversations and interviews. Some have a cost; some don't.

Go to [integrativelifecenter.com](http://integrativelifecenter.com) and look at their network of webinars.

[Sexandrelationshiphealing.com](http://Sexandrelationshiphealing.com) has a number of free webinars in which you can participate live. And they have a group of rotating past webinars you can view for free.

Please note: we've offered the above material in 2020 and sooner or later many of our examples may be outdated or not even available. Repeating what we've said before, these are meant to be examples. What we've listed here can give you specific directions or serve as inspiration for what is possible in resourcing your recovery.

## **MAKE A PLAN FOR USING RESOURCES**

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Find the resources that help you move forward.

Identify times to set aside for resourcing.

Develop an appropriate pace of using resources. Some of us will be too aggressive at first (grandiosity is one of my defects, wanting to accomplish too much). Others of us will be too restrained and need to push ourselves.

The point is to find what works for you.

## **EXECUTE YOUR PLAN**

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Why does "execute your plan" even have its own section in this Practice? Because many of us who are addicts have had lots of ideas and plans we've never gotten around to, have avoided, have talked about and have just failed to execute.

Nothing changes in our lives if nothing changes. We have to continually seek input and inspiration to keep changing, keep growing.

Do it. Keep at it. Tell others close to you what you're intending to do, what you're doing and what you're learning.

## **REVISIT, EVALUATE AND REWORK YOUR PLAN**

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Make using resources a regular mainstay in your life of recovery.

Again, you have to find what works for you.

We are meant to be continually growing, learning, changing, adapting.

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*You have within you a divine spark that will never go out.  
So, live a life that reflects that truth.*

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## THREE BIBLE TEXTS FOR RESOURCING YOUR RECOVERY

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“Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.”

Psalms 25:4-5

“And the child [Jesus] grew and became strong in spirit....”

Luke 2:80

“Practice these things, devote yourself to them, so that all may see your progress. Keep a close watch on yourself and on the teaching. Persist in this, for by so doing you will save both yourself and your hearers.”

1 Timothy 4:15-16

## PRAYER

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*Loving and Merciful God, you are the source of life.  
Help me continually to grow in my knowledge of you and your ways,  
in the path of wisdom and in the light of your love and truth.  
Amen.*

