

Table of Contents

| | |
|---|-----|
| Table of Figures | iv |
| Introduction | vii |
| Chapter 1 – Marjorie’s Story..... | 1 |
| A Program called R.E.P.A.I.R..... | 13 |
| Chapter 2 – Overview | 15 |
| The Rewards for Completing REPAIR | 22 |
| Chapter 3 – Recognition..... | 31 |
| Chapter 4 – Entry | 53 |
| Chapter 5 – Process | 69 |
| Tips To Help You In The Midst Of Your Journey.... | 94 |
| Chapter 6 – Awareness | 103 |
| Chapter 7 – Insight | 119 |
| Chapter 8 – Rhythm..... | 135 |
| Chapter 9 – Post-Recovery | 149 |
| Appendix – Resources | 161 |
| The Desiderata by Max Ehrmann..... | 161 |
| The Twelve Steps | 163 |
| The Serenity Prayer | 164 |
| The Optimist’s Creed | 165 |
| Support Groups..... | 167 |
| Bibliography | 171 |
| About the Author | 175 |
| Index | 177 |

Table of Figures

| | |
|--|-----|
| A Program called R.E.P.A.I.R..... | 13 |
| Fig. 2-1: The Wounded Child | 18 |
| Fig. 2-2: A Hole in the Soul..... | 20 |
| Fig. 2-3: The Bridge of Recovery..... | 21 |
| Fig. 2-4: A Woman in Prison | 22 |
| Fig. 4-1: The Twelve Steps | 58 |
| Fig. 4-2: Rules for Good Sleep..... | 66 |
| Fig. 5-1: The Magic Mirror | 73 |
| Fig. 5-2: The Family Tree | 90 |
| Fig. 5-3: Tips to help you in the midst of your journey | 94 |
| Fig. 5-4: Boundary Setting..... | 97 |
| Fig. 6-1: Properties of Awareness | 103 |
| Fig. 6-2: Family System Checklist..... | 107 |
| Fig. 6-3: Co-dependency Symptoms Checklist..... | 110 |
| Fig. 7-1: Throwing Baggage Away..... | 128 |
| Fig. 8-1: Mountains turning into rocks, rocks into pebbles..... | 142 |
| Fig. 9-1: Post-Recovery Worksheet | 155 |