

# Deep Inside, I Really Care

A Free Downloadable Electronic Book

**WARNING**

***CONTAINS ADULT CONTENT***

**Reading this book could save your life,  
or the life of someone you know!**

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© January, 2011

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## FACING UNCERTAINTY?

Are you facing uncertainty? Are you thinking about reaching out for help, or are you considering asking for help for a family member or friend?

If you are, this book introduces readers to Palm Partners Recovery Centers and provides answers to questions many people in the same situation have.

As an added bonus, this book also contains secrets about recovery – real knowledge which can help you begin to understand important things about how each of us thinks and acts.

Once you develop a greater understanding of yourself, to truly comprehend the meaning and nature of how you think, you will be able to control how you feel, react, and perform on a daily basis. This will change your life!

# YOU ARE NOT BOUND BY THE PAST!

One concept discussed inside this book is the importance of knowing why you are thinking and feeling the way you are at any given moment. The way you think and feel is a psychological result of years of perception, learning, and reasoning. You will be interested to know that Palm Partners recovery programs can help you adjust how you think and feel. This leads to a *positive change for life*.

It's all good information on the pages of this electronic book, designed to get you started, motivated, and moving in a better direction!

Caring about oneself, and having the capability to be happy and functional for the rest of your life without a reliance on drugs and alcohol is a key ingredient to a healthy and long life.

On the other hand, not caring for oneself, and having to experience chronic feelings of UNHAPPINESS can set the stage for a lifetime of uncomfortable ailments related to DEPRESSION, ANXIETY, and HOPELESSNESS, as well as THOSE AWFUL FEELINGS OF SELF-DOUBT, WORTHLESSNESS, and PAIN.

If people are willing to help, and if there is a modern, holistic approach to solving personal problems, then ask yourself the following question: Why put up with the pain any longer?

Pick a side for yourself. Take a good look at the two columns of words below. Each word shown below describes a feeling brought forth by thoughts which trigger the moods that fill our lives. Which team do you choose to belong to?

### **TEAM PAIN**

Angry  
Anxious  
Desperate  
Depressed  
Disgusted  
Distraught  
Disillusioned  
Discouraged  
Downhearted  
Frustrated  
Gloomy  
Lonely  
Miserable  
Sad  
Upset  
Worried

### **TEAM HAPPY**

Cheerful  
Determined  
Delighted  
Ecstatic  
Elated  
Enthusiastic  
Energized  
Encouraged  
Jubilant  
Joyful  
Happy  
Lighthearted  
Motivated  
Pleased  
Purposeful  
Satisfied

## IT'S TRUE!

If you want to be on Team Happy, instead of Team Pain, then there is something you can do about it: **There are some very nice people standing by to help you right now, this very minute as you read this page.**

You don't know these people, but they make up an incredible team of health and wellness professionals at a clean place called Palm Partners Treatment Center. It's located in Delray Beach, Florida, a short distance from the ocean.

It's no ordinary licensed treatment center, and it's no ordinary team. Sure, the staff might have common names, but they have so much experience and OPEN-MINDEDNESS about the recovery process, that it's allowed them to emerge as leaders in recovery treatment programs.

In other words, what is available at Palm Partners is MORE THAN just a customary 12-step approach to recovery. What does this mean to you, or your spouse, or your child?

Continue reading this book to discover the answer.

## What We Know . . .

There are some great things happening at Palm Partners! Palm Partners is not a place which offers a temporary fix to a serious problem, and for those already in recovery, it's not just another stop along the way.

First off, team members at Palm Partners are standing by to HELP YOU as you read this book, and they will be tonight, and tomorrow. We understand the reasons why individuals can have constant negative feelings, which are magnified by trauma, and abuse of drugs and alcohol.

We understand that any combination of these factors may cause a personal journey down a treacherous path in life, where SURVIVAL comes into question.

We understand that treacherous path is marked with ugly landmarks and severe sink holes, READY TO SUCK PEOPLE IN.

These costly traps are commonly described as addiction and obsessive compulsive behaviors, and other self-destructive habits which rob the human spirit of joy while limiting the ability to be happy. At the same time, it prevents you from functioning as a productive individual in society. You do not have to tolerate this condition any longer.

# ***DO NOT ALLOW YOURSELF TO BE DEPRIVED OF JOY***

Unresolved problems in life have a habit of becoming quite distracting to those around us, sometimes harming those we love most, and destroying our TALENTS, and circles of influence, leaving us feeling alone.

Unresolved problems in life can harm a person's relationships, marriage, job, and finances.

It's a DOUBLE-TROUBLE threat to our existence, a two-edged sword which cuts twice because mental and physical complications are sure to FLARE UP, depriving a person from the quality of life they deserve.

Finally, the weight of addictions shortens a human life, often bringing it to a tragic end long before it would have naturally ended.



# THE FUTURE OF RECOVERY

Palm Partners has moved into the future of health and recovery by developing unique mind, body, and spirit treatment services. Our methods enable a person with an addiction problem to gain back personal power while developing the necessary resistance skills that will make it possible to regain their life.

Palm Partners has revolutionized the means and methods in which an addicted person can **escape the madness** and find true strength in sobriety. We believe that in order to gain footing on a stable, long-term path to recovery, the suffering individual must first regain or develop self-esteem. Not only that, individuals must also develop a clear understanding and vital insight to the fact that "they have the ability and the power to make a change for life."

We teach people that through the process of challenging themselves, they can build a stronger connection within their Neo cortex, an important part of their brain. By developing increased levels of self-esteem, each person gains the ability to discern that they are obtaining higher degrees of spiritual and emotional health. As this happens, the desire to protect and maintain that successful feeling of well-being emerges within the brain.

## Why Are We Breaking From Tradition?

It's traditional, and many times accepted as necessary, that the addict or alcoholic identify themselves with the labels of "alcoholic" or "addict" while attending 12 step programs. In fact, it's been an unquestioned tradition for more than 70 years, for a person fighting addictions to be required to unabashedly state that they are an alcoholic, or an addict.

Palm Partners has a different approach to personal identity. We do not believe that addiction, no matter how long it lasts, defines an individual. We teach a different method of self-identification which encourages clients to define themselves with affirmative statements that support a desired "**healthy and whole**" condition.

We recognize that when a person makes a self-introduction, or announces themselves as in this example, "My name is Jerry and I am an alcoholic" or "My name is Jerry and I am an addict," that this type of proclamation causes a person at a very deep subconscious level to associate themselves to the condition of addiction or alcoholism.

Our experiences show us that when a person identifies themselves as the condition they suffer from, it dis-empowers them, dampening their ability to gain the necessary self-esteem that will enable them to defeat the addiction.

At Palm Partners, we understand that a person is not simply "an addict or an alcoholic" but is an individual who suffers from the disease of addiction, but is still capable of profound change.

People have many different ways to describe themselves, and deep inside, an addict realizes they are more than an alcoholic, or addict.

***Deep Inside, addicts really care,  
they know they are more  
than an addict . . .***

Each human being is an individual with extraordinary unlimited potential. We believe it's time to employ new methods which enhance current tools and practices that have been used to fight addictions for decades with limited results.

# IT'S A CHANGE FOR LIFE!

Looking to the future evolution of recovery programs, we at Palm Partners are more sensitive and aware that new approaches must be considered. We believe that an addiction does not define a person.

We believe in identifying with health, not sickness. You, your spouse, or your child, if addicted, are not deficient. You, your spouse, or your child, if addicted, has a disease, but the person addicted is not the disease!

## **WE PROMOTE POSITIVE INNER MESSAGES AND HELP YOU DEVELOP YOUR OWN COMPELLING REASONS TO CHANGE!**

We encourage visiting clients, which we refer to as team members, to announce themselves in large groups, as well as in small groups by what they desire to be, or have in their lives beyond treatment.

During our weekly commencement and celebration meeting each member of the team refers to themselves in this manner: "I am Mark and I am the father of two," or "I am Mary and I will be a college graduate," or "I am James, and I am awesome," or "I am Laura, and I am a caring person," or "I am Phil, and I am clean and sober," or "I

am Paul, and I have found the light," or "I am John, and my life is just begun."

When a person with an addiction problem performs their introduction in a strong empowering manner, it builds a sense of healthy confidence and belief in a brighter and better future.

As you can see, if a person introduces themselves by proclaiming a strong new vision of themselves instead of a negative one, the action becomes much more appealing and productive, so this actually helps in the recovery process because part of that process is establishing a new identity.

### **Taking Advantage of Powerful Inner Forces**

The professionals at Palm Partners discovered a body of profound knowledge which indicates addicts and alcoholics by nature tend to be "oppositional, defiant, and resistant."

If the tendency is for an alcoholic or an addict to be oppositional, defiant, and resistant, then we believe it is not only necessary, but extremely effective to use those character tendencies, redirecting them in a manner to attack the destructive force of addiction.

This means that Palm Partners has moved forward to facilitate a more logical, and effective approach to recovery. We teach and coach the person with the problem utilizing their nature to their benefit, rather than changing their entire personality. This works. After all, what is easier to do; change a personality, or act naturally?

# EMPOWERING THE CHANGE FOR LIFE

What we do at Palm Partners is to empower people to gain the ability to change in very powerful and effective ways by recognizing and controlling their emotional states.

When this transition happens, individuals begin to gain the ability to resist their impulses. Their learning curve accelerates; they learn healthier, faster, and more effective ways to change the way they feel instead of through the use of toxic and destructive substances.

We complete the process of treatment by succeeding in coaching and teaching addicts and alcoholics alike to ignore and to resist acting on their emotions, to instead learn to make decisions from a different place than from an emotional state of mind.

## A SECRET REVEALED

Now that you learned a little bit of information about Palm Partners' break away from tradition, and the excitement over discovering new, more effective methods of recovery, you can make a decision as a free individual:

You can **CHOOSE TO BREAK FREE** from the undesired magnets of addictions and behaviors in your life, or you can **HELP SOMEONE ELSE** who is under the weight of such a burden by taking advantage of the contents of this free electronic book, and by talking with the **NONJUDGMENTAL**, professional staff at the Palm Partner Treatment Center.

To start a new road to healing and recovery, all you need to do is recognize the truth shown below:

***THE PAST IS PAST!***  
***YOU ARE NOT BOUND BY IT***

The past is just a continuum of events called history, and you are not bound by it. Today is a new day which you are blessed with. You have the power to break free and win. You have a right to a fresh start, beginning right now, and the choice is yours.

## ***PERMISSION TO CHANGE IS NOT REQUIRED***

By reading this book, or visiting the Palm Partner's web site, or talking with our counselors who are standing by this very minute, you can make a decision that you will never regret because you have the power to gain control, maintain control, and create change in your life.



## DO YOU UNDERSTAND YET?

One way to start a change for life is to work on your mind by learning about cognition. That's the psychological result of perception, and learning, and reasoning.

In a way, cognition is knowledge, however, there is a big warning that goes along with this simple explanation; if your perceptions are not based on reality, and your learning was based on negativity and bad experiences, then sound reasoning, or productive thinking may be hindered, or even retarded.

In other words, your cognitive process may be defective on account of the various external stimulus that you have been subjected to. We will help you learn about cognition – how you think, and why. This is important in the recovery process because as the old saying goes:

***I Think, Therefore I Am***

# LIFE IS A PROCESS

Life is a process, not an outcome. In other words, it's not too late for you to change, or to improve. The show is not over!

Life is a process and adjustments are always possible. By learning about cognition – how you think, you can identify defective raw ingredients (garbage in, garbage out) which are contributing to your state of mind and mood, and how you are responding to your environment.

Once the garbage and unproductive matter are identified for what they are, then you can make a choice to take that information and discard it. This takes a little effort, but once it's accomplished, you will benefit from it in many ways!

Come to the Palm Partners Treatment Center and learn about our holistic approach to healing. A **HOLISTIC APPROACH** means that we work on **your mind, body, and spirit**.

We will provide you with a safe setting to focus on learning about yourself. You will not be rushed. You will be protected, nourished, and embraced **AS YOU WORK ON THE MIND, THE BODY, AND THE SPIRIT!**

# UNDERSTANDING MOODS

## Eliminating Unproductive Thoughts – Begin Right Now

Now that you have begun to understand the meaning of words such as those listed on page 3, under *Team Pain*, and *Team Happy*, you can begin to identify your thoughts with corresponding words.

This makes it possible for you to eliminate unproductive thoughts, while promoting, and magnifying productive thoughts.

Think about it; What is a thought?

A thought is a perception, or opinion, or sentiment which is not always based on reality but on your interpretation of information. Maybe it's better if you learn *not* to think certain things.

Another secret to happiness is that you have a say in the matter. It's your choice what you think, so start using the power of choice!

**DO NOT ALLOW YOURSELF  
TO THINK THAT!**

## GOOD FEELINGS MOTIVATE!

An underlying factor affecting your moods, are the positive thoughts, or level of optimism that you allow yourself to have. **This is worth repeating; underlying causes related to your moods are the positive thoughts, or level of optimism you allow yourself to have.**

To understand this concept, let's think for a moment about the word mood. What is a mood? A mood is your prevailing psychological state of mind, or state of feeling. The thoughts you have contribute to your mood.

Why is this important? Your mood contributes to your energy level, your ability to communicate and interact with others, and your willingness to be open to new possibilities and change. Most important, it controls the power to take action.

Therefore, in order to gain control of your mood, and in order to optimize it for better mental and physical health, and all the great things that go along with good health, you must gain control of your thoughts.

To illustrate this point, let's consider an actual story of a sixteen-year who just got his driving license. He had been looking forward to driving for two years. Now that he has obtained a license, he has an *increased desire* to drive a motor vehicle. He wants to cruise down the street with a sense of independence and freedom. One problem prevents this from happening – he does not own a car.

A neighbor of the newly-licensed driver offers the youngster an old car which has been sitting out back for quite awhile. It's dirty, and the battery is dead, and one tire is flat. The owner claims the car was working before it was parked. She is willing to give the car away just to get it moved. The neighbor views the old car with pessimism and negativity, seeing the vehicle as a dysfunctional object.

Even though the car is not in operating condition, the young man views the car differently than his neighbor. He could view it negatively, admit that it's a lost cause and give up.

Instead, he regards the lifeless car with excitement and optimism. He sees an opportunity! His thoughts of driving the car away for free, and heading down the road with the independence he dreamed of, overpower the reality of the dead battery and the flat tire. It's his positive thoughts and OPTIMISM of what is possible that creates his feelings and his mood. This sets the stage for personal action and improvement of a condition.

**GOOD FEELINGS MOTIVATE** the young person to act; he jacks the car up, and removes the tire. He slowly rolls the tire to a gas station to have it repaired. The youth watches and learns as a worker discovers a tiny leak, and plugs it with a rubber filling. Once that five-minute process is complete, the worker refills the tire with air. The teenager rolls the tire back to the car, and remounts it. The next step is to obtain a new battery to replace the old one. With dirty hands, and sweat dripping off his brow, he finishes the required corrective actions. He is in a great mood, happily realizing the time has arrived when he can go cruising. This episode of a real life example illustrates the **power of the mind to control the body and spirit in a manner which helps someone overcome obstacles and pursue dreams**. It's real!

## THE CONCLUSION

You are an important and valued human being. You are not your condition.

**IMPROVEMENT IN YOUR LIFE IS POSSIBLE**, no matter how bad things appear right now.

The first step might be to turn off the self-critic. Don't allow your self to think that bad, negative thought.

Don't defeat yourself. Don't compound the criticism surrounding you by giving up, and joining TEAM PAIN.

Instead, turn back to page 3, and make a choice. Pick the best side to be on, the **better team to be a life member of**. There is a place reserved for you on that team.

Not only is there a place for you, but there are coaches who will teach you better ways to deal with life, and methods to heal your mind, body, and spirit, no matter who you are, and no matter what you have been through.

Call us. 877 284-3048