Feeling Chart

![Feeling Chart Diagram]

- Euphoria
- Normal
- Emotional Pain

- Experiencing Mood Swing
- Seeking Mood Swing
- Harmful Dependence
- Using to Feel Normal

Crossing into dependence

Periodic “going on wagon”
Providing Care
Challenges

- Frustration
  - Not rational, logical
- Continue to do harm
  - To self and family
- Attention seeking
  - Attention needing
Providing Care Challenges

• Denial
  • Not a problem
  • Don’t need or want help
  • Fear of losing “best friend”
• Shame
• Our judgments
Challenge of Behavioral Change

- Changing our own behavior?
Resources
A Brief Conversation

- Five Senses exercise
- Breathing and Exhaling exercise

www.stephaniecovington.com
Changing the Question

“What is wrong with her/them”

“What has happened to her/them?”
Materials for Women and Girls

• Helping Women Recover

• Beyond Trauma: A Healing Journey for Women

• Healing Trauma: A Brief Intervention for Women

• A Woman’s Way through The Twelve Steps

• Beyond Anger and Violence

• Women in Recovery

• Voices: A Program of Self-Discovery and Empowerment for Girls
Self-Help Books

• *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy* (relationships)

• *Awakening Your Sexuality: A Guide for Recovering Women* (sexuality)

• *A Woman’s Way through The Twelve Steps* (addiction and recovery...book and workbook)
Gender-Responsive Materials

Staff

• Becoming Trauma Informed
• Moving from Trauma-Informed to Trauma-Responsive
• Women and Addiction: A Gender-Responsive Approach