

Dr. Petes' Words of Wisdom

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[Relapse.](#)

Posted by: [drbutkins](#) in [symptoms of alcoholism](#), [drug addiction treatment](#), [drug addiction recovery](#), [alcoholism treatment](#) on Aug 19, 2010

The first thoughts of defiance, whether they are of not going to a meeting or not praying or not returning another's call are fought. The next time the thoughts come there is a lesser battle. If not "countered" with right action, there is no more fight.

Love and Peace,

Doc Pete, the imperfect therapist

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[Hard Times.](#)

Posted by: [drbutkins](#) in [higher power](#), [drug addiction recovery](#), [alcoholism treatment](#), [addiction recovery](#) on Aug 17, 2010

We don't have to go back to the old ways. We have a new Power that far surpasses the old toxic power.

Love and Peace,

Doc Pete, the imperfect therapist

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[Parenting your drug-dependent child.](#)

Posted by: [drbutkins](#) in [parenting a teen drug addict](#), [parenting a teen drug abuser](#), [parenting a teen alcoholic](#), [parenting a teen alcohol abuser](#), [alcoholism treatment](#), [alcohol recovery](#), [12 step program](#) on Aug 15, 2010

First, reach out to those who are experts, those in the 12-step groups and those who are treatment providers.

Secondly, do what they say.

Love and Peace,

Doc Pete, the imperfect therapist

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[Young adults and recovery.](#)

Posted by: [drbutkins](#) in [parenting a teen drug addict](#), [parenting a teen alcoholic](#), [alcoholism treatment](#), [addiction recovery](#) on Aug 14, 2010

No matter what the age, the defenses are the same. Young adults have to detach from their using friends. That is the key. Parents must take a stand with tough love, not rough love or creampuff love. Do what you say you will do after negotiating the boundary with your spouse.

Love and Peace,

Doc Pete, the imperfect therapist

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[Accurate Information.](#)

Posted by: [drbutkins](#) in [recovery](#), [alcoholism treatment](#), [12 step program](#) on Aug 12, 2010

In order to have quality sobriety, sobriety that "sticks", one must have new and engrained information that forms a new belief about the drug. The new belief is that it caused pain and that recovery causes pleasure. This can be attained via listening to those who live this new belief. They can tell you. They can be found at twelve-step meetings, on tapes, cds, internet meetings... Look for a 'Gung-Ho' attitude.

Love and Peace,

Doc Pete, the imperfect therapist

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[Remember - you are saving your life.](#)

Posted by: [drbutkins](#) in [hope](#), [cocaine addiction](#), [alcoholism treatment](#), [addiction recovery](#) on Aug 09, 2010

Put recovery first. Drop the defiance! No amount of alcohol, cocaine, pain killer or whatever is worth your life.

Love and Peace,

Doc Pete, the imperfect therapist

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[Seeing Clearly forever.](#)

Posted by: [drbutkins](#) in [stepwork](#), [honesty](#), [drug addiction treatment](#), [addiction recovery](#) on Aug 07, 2010

The bottom is a perception that is personal yet common. It must be kept alive through constant and vigilant attention. It must be specific and it must be easily retrievable.

Love and Peace,

Doc Pete, the imperfect therapist

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Rise above.

Posted by: [drbutkins](#) in [self actualization](#), [codependency](#), [alcoholism treatment](#), [addiction recovery](#) on Aug 06, 2010

Keep your friends and family. Have control over self. Rise above the chaos and go where you get your batteries recharged. Set boundaries and be helpful. Do not lose yourself in the chaos. Be friends.

Love and Peace,

Doc Pete, the imperfect therapist

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Spirituality accumulates.

Posted by: [drbutkins](#) in [self actualization](#), [higher power](#), [alcoholism treatment](#), [addiction recovery](#) on Aug 05, 2010

Peace and sound judgment are available when the pressure is on if you have developed the habit of prayer and quiet time. The chaos and poor decision-making can be overcome if you practice being still.

Love and Peace,

Doc Pete, the imperfect therapist

P.S. check out www.docpetetheimperfecttherapist.com

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Detaching with love. Easier said than done.

Posted by: [drbutkins](#) in [intervention](#), [humility](#), [drug addiction treatment](#), [codependency](#), [addiction recovery](#) on Aug 04, 2010

Fr. Joe Martin cautioned therapists about being hasty when suggesting this to parents. His query was to ask the therapist if he or she could kick their child out of the house at 17. Al-anon helps in many ways but mainly because they have "been there" and "done that".

Love and Peace,

Doc Pete, the imperfect therapist

For more info. about Doc Pete, go to www.docpetetheimperfecttherapist.com

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