



## **LEARNING MODULE I**

### **Seminar # 19**

#### Successful Lifelong Recovery

#### **Learning Objectives**

1. What is the issue.
2. How can the issue impact the family.
3. What are the options.

## Pathfinder: The 12 Key Issues a Family Faces

#1 Enabling vs Consequences

#2 Addiction Behavior

#3 Family Intervention

#4 The Police

#5 Emergency Medical Services

#6 Legal Court System

#7 Treatment Centers

#8 Support Agencies  
Mapping

#9 The Relapse

#10 Successful Lifelong Recovery

#11 Bereavement (Learning how to move forward)

#12 Spirituality, Faith Practices

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### *What is the issue?*

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#### **Create a foundational Understanding about Recovery:**

Marlatt's (1985) cognitive behavioral model of relapse conceptualizes relapse as a "transitional process, a series of events that unfold over time" (Larimer et al., 1999). This contrasts with alternative models which view relapse as an *endpoint or 'treatment failure'*. Flexibility is a key advantage of such transitional models: they provide guidance and **opportunities for intervening at multiple stages** in the relapse process to prevent or reduce relapse episodes.

A key point of successful lifelong recovery is management of 1. high-risk situations, 2. an individual's coping skills, 3. an imbalanced lifestyle which leads to urges and cravings.

Once the characteristics of everyone's high-risk situations have been assessed the clinician can:

- Analyze the persons response to these situations.
- Work backward in the timeline to examine the factors that increased the individual's exposure to high-risk situations.
- With these individual difficulties formulated and understood, the clinician can help their client to broaden their tool bag of cognitive and behavioral strategies to reduce risk of relapse.

#### **See References:**

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### *How can the issue impact the family?*

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Relapse prevention is why most people seek treatment. By the time an individual seeks help, they have already tried to quit on their own and they are looking for a better solution. This seminar offers a practical approach to provide family member support to a relapse prevention that works, by allowing the family to participate.

**There are four main ideas in relapse prevention:**

**First**, relapse is a gradual process with distinct stages. The goal of treatment is to help individuals and family members recognize the early stages, in which the chances of success are greatest.

**Second**, recovery is a process of personal growth with developmental milestones. Each stage of recovery has its own risks of relapse.

**Third**, the main tools of relapse prevention are cognitive therapy and mind-body relaxation, which change negative thinking and develop healthy coping skills.

**Fourth**, most relapses can be explained in terms of a few basic rules. Educating family members in these few rules can help them focus on what is important.

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*What are the options?*

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The key to relapse prevention is to understand that relapse happens gradually. It begins weeks and sometimes months before an individual picks up a drink or drug. This means we can catch it early and change its trajectory. The goal of treatment is to help individuals recognize the early warning signs of relapse and to develop coping skills to prevent relapse early in the process when the chances of success are greatest. This has been shown to significantly reduce the risk of relapse.

Gorski has broken relapse into 11 phases. This level of detail is helpful to clinicians but can sometimes be overwhelming to families.

Many have found it helpful to think in terms of three stages of relapse:

- Emotional Stage
- Mental Stage
- Physical Stage

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## *A Family's Flexible Support to the Plan of Care*

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Recovery is not a singular event and does not cease once sobriety is obtained. Rather it is an ongoing process, one that requires that family members change many aspects of their life, including how they think, how they react in certain situations, and how they cope with the emotions created by these new aspects of their life. It requires consistent upkeep and mindfulness and is best approached in a thoughtful and methodical manner. It is this consistency and framework that can provide the family members strength at times when things become overwhelming or uncertain.

**A Personal Action Plan:** As a family member, taking care of yourself is one of the first things you need to do when you get outside of treatment. It is a unique set of guidelines, goals, methods, notes, and processes that a family member develops to support this person to help them flourish during recovery. It is something that integrates the knowledge and the skills a family member learned through family education seminars with the insights that they learned about themselves both during and after the persons rehabilitation. It keeps the family member hopeful, mindful, focused, and accountable. It is a framework that provides them strength in the moments when the family member resolve falters.

Taking this seminar one can find it to be a deeply personal exercise, one that requires you to be honest and introspective. In preparation, it can be useful to make sure that you have a private time and place set aside for yourself. If you need the assistance of others while you are working on it, you can reach out to your loved ones for their help.

It can be useful to have any notes or materials that you gathered during your other education sessions on hand in case you need a refresher. It can also be helpful to spend some time relaxing or reflecting before you begin, as you will reap the greatest benefit if you feel a positive state of mind. Listening to music, taking a walk, or any other enjoyable hobby might ease you into this reflective state.

Some people prefer to jump right into it, while others prefer to brainstorm first by free writing or journaling. In these instances, it can be helpful to think of the things you would like to see change. For example, you could write: "I'd like to the family united in providing the best most informed support for our loved one," or "I'd like to be a better parent or spouse." These become your goals and driving forces within the recovery.

### **Family Member Self Care:**

This section is a compilation of the activities, practices, and hobbies that you engage in that keep you are feeling balanced. These are things that encourage the proliferation of positive emotions. such as: hope, optimism, self-awareness, self-confidence, gratitude, thankfulness, peace, and happiness. Some are things that should be a part of your daily routine to boost your physical, mental, emotional, and spiritual health, while others are things that you can intersperse on a less regular basis to do the same.

### **Some examples of things you can include here are:**

- Daily essentials: Drinking enough fluids, eating a well-balanced diet, getting enough sleep, or taking supplements or medications.
- Outdoor activities: Gardening, hiking, boating, walking the dog.

- Meditative practices: Yoga or breathing exercises.
- Exercise: Stretching, playing your favorite sport, aerobics, or going to the gym
- Staying in touch with friends and family: Having conversations with your loved ones, writing letters, sharing a cup of tea or coffee with them, or cooking a meal together
- Creative activities: Painting, sewing, knitting, or drawing.
- Taking time for yourself: Reading a favorite book, listening to music, talking a walk, or journaling

**SAMSHA cites the following examples:**

- Eat three healthy meals and three healthy snacks that include whole grain foods, vegetables, and smaller portions of protein.
- Drink at least six 8-ounce glasses of water.
- Get exposure to outdoor light for at least 30 minutes.
- Take medications and vitamin supplements.
- Have 20 minutes of relaxation or meditation time or write in a journal for at least 15 minutes.
- Spend at least half an hour enjoying a fun, affirming, and/or creative activity.
- Check in with my partner for at least 10 minutes.
- Check in with myself: “how am I doing physically, emotionally, and spiritually?”
- Go to work, focus just on work while there.
- The benefit of making a list like this is that it can help you to recognize why you might be feeling off-kilter. If you take the time to reference it, it can show you when you are overlooking things that might be making you feel bad.

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## *Open Communication Channels*

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Communication is an essential part of the human experience. However, it is especially important for people in addiction recovery. Good communication skills are the only way that recovering addicts can make their needs clear and get them met without relying on substances. By learning to express their wants and needs and fears an addict is more likely to have successful results during the recovery process.

### **Learning Communication Skills in Addiction Recovery:**

Having good communication skills allows people to effectively work with others in relationships, education, and work. Other people do not automatically know your needs, so you must be able to tell them in a clear manner what you expect and desire. Take the time to create this type of environment,

In this journey family member journey isolation from others may begin and move towards deliberately avoiding any type of social interaction with others. This does not normally resolve itself. Professional help is required to assist this person overcoming their lack of social skills. They must learn to look within themselves to find the root cause of their behavior and then take proactive steps to learn more effective ways of dealing with daily situations without the need to hide away behind the curtain of drug-stigma solitude.

Communication is, on its most basic level, a way to create and make changes in relationships in our lives. It is also an important factor in helping build confidence. A recovering addict must feel good about their ability to function in the workplace, in school, or in the family. The ability to interact effectively with others can go a long way in building this much needed level of confidence. If a recovering addict is still feeling intimidated by the presence of others, they are more likely to suffer relapse. For example, once or twice a year. Bargaining also can take the form of switching one addictive substance for another.

Often, an addict and family members have integrated negative communication skills. Changing these behaviors will promote a positive environment. It takes effort from not only the addict but also loved ones of the addict to establish trust once again.

### **An addict's problematic communication skills are often derived from:**

1. **Low Self-Worth:** An addict with low self-esteem is especially hard to encourage. They may feel ashamed and unworthy of love or affection. This causes addicts to run away from beneficial relationships and cease communication.
2. **Dishonesty:** Addicts will lie to get what they want, whether it is money, drugs, or a place to sleep. Chances are that if you love an addict, they have lied to you. Lying helps an addict stay in their perpetuating cycle of addiction. Practicing dishonesty removes trust and is very damaging to relationships.
3. **Shame:** When an addict eventually realizes the damage that they have created in their own lives during recovery, they experience shame. Shame can lead to feelings of hopelessness, which may cause communication barriers between the addict and loved ones.
4. **Lack of Proper Boundaries:** Addicts have a way of getting what they want, even if that means overstepping boundaries. Crossing lines makes effective communication between an addict and a loved one more challenging.
5. **High Expectations:** In early recovery, addicts strive to right their wrongs. This leaves them with nearly impossible expectations for themselves, instead of acceptance of who they are. This can cause strained communication between a recovering addict and loved, due to a lack of full honesty and disclosure.
6. **Anger:** When high-stress situations arise, frustration sets in. Addiction not only harms the addict but every surrounding relationship. This anger can translate into a conversation through tone, body language, and language. Practicing anger-management is essential for improved communication.

### **Incorporate Better Communication Skills in Recovery:**

1. **Contemplation:** Especially in an anger-fueled interaction, it is easy to say the first thing that comes to mind. Practice contemplation before reaction. Like your mom has probably told you; if you do not have anything nice to say, do not say it at all. Take time in choosing the words for your responses. Be sure to tell the person this is what you are doing though! Few things are as frustrating as being met with silence in a conversation, let them know you are carefully considering your words.
2. **Environment:** A soft environment and graceful approach are a good way to have a conversation that has the potential to turn south. A relaxed attitude will allow both parties to have a clearer mind and improved chances of reacting in a healthy way.
3. **Support:** Especially in early intervention and recovery, it is best to have a therapist or counselor guide the conversations an addict has with loved ones. This practice allows for a controlled environment where the focus is solely on the discussion topic. This focus keeps the discussion from



meandering to old arguments or blame for events that are not the subject of the current conversation.

4. **Empathy:** practicing empathy is the most important communication skill to master in addiction recovery. Trying to understand how another feel is the only way to genuinely acknowledge another's emotions. Once an addict grasps the concept of empathy, relationship healing can begin. Of course, this skill is beneficial to the family member as well. It can be difficult to understand the stresses and guilt that come alongside addiction. Their understanding of the disease will help them be patient and understand the addict's perspective.
5. **Balance:** No relationship can be healthy if only one member is putting forth an effort. Beneficial mutual relationships foster respect and have a better chance of flourishing.
6. **Self-Communication:** The most important relationship for an addict to work on during recovery is the relationship with oneself. If one constantly puts the self-down, there will be lack of self-respect. Self-esteem allows an addict to be comfortable with his or her own self and in turn comfortable with relationships with others.

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## *Strong Support System*

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For family members helping an addict recover from his or her condition, look at the following steps towards helping this loved one move forward and recover completely.

### **1. DON'T BE AFRAID TO ASK FOR HELP**

Oftentimes, a family member will either be too stubborn or fearful to ask for help in his or her current situation. Family members can feel as if they have no problem with the persons behavior or they are embarrassed to admit that they have these problems, thus entering denial.

Asking for help with your problem is the first and most vital step towards recovery. You can ask for help from family members, close friends, or even medical professionals. You can guarantee that all these people are more than willing to listen and support you throughout the entire recovery process. Asking for help is a sign of strength and awareness, which is more to say than someone who refuses to seek help for his or her condition.

### **2. DETERMINE WHAT YOU WANT FROM YOUR SUPPORT AND GET RID OF ANY BAGGAGE**

Once you have identified the people that you want in your support system, decide what it is that you expect from them. You should also be sure to communicate these expectations with them so that way they can ensure that they meet them according to standards of your relationship.

If you are unsure of how to communicate these feelings, recovery treatment centers offer family therapy and counseling to help families get through the recovery process together. Therapy is facilitated in a safe space and helps open the lines of communication and allows you to express what you need from the people that are part of your support system.

It is also a good idea to determine if the people surrounding you in the recovery process are those that will fully support your treatment. This means that they cannot be a negative influence on you while you are in recovery.

Surrounding yourself with people who have positive impacts will only make it easier for you as you go along your progression towards sobriety. Do not feel bad when you no longer associate yourself with people who would encourage you to abuse substances that caused your addiction. There is no longer a place for these people in your life. Recovery is about full abstinence from substances that caused you to become addicted.

### **3. ATTEND EDUCATION SMEINARS AND FAMILY MEMBER SUPPORT MEETINGS.**

Recovery can feel like an isolated process. Sometimes, addicts will need to separate themselves from family members or friends to progressively get better in their addiction.

Treatment centers offer opportunities for addicts to participate in group education and support so that they can continue to socialize with other people, specifically those who may be going through a similar process. Having a way to express themselves and connecting with people who are going through similar situations can greatly help addicts with the healing process.

There are also 12-step programs that support the family members in the recovery process. In these programs, addicts can openly talk about their addiction to group members and be able to sponsor one another to keep others accountable and on track.

Even if you miss a week or two, continue to go to these meetings because the people will always be there to help get you back on the path towards recovery. They understand your situation, and they do not judge you. Having a place that makes you feel comfortable and not judged for your condition can be a great way for you to find peace.

### **1. RELATIONSHIPS.**

If you are at a dead-end job and it negatively impacts you every day, then yes, you should go out and find a new career. However, you should be cautious with your endeavors because sometimes, a big change in employment can cause you to become very overwhelmed, anxious, and put you at risk other health conditions.

People abusing substances use their abuse to escape the everyday stresses of life. You should not place yourself in stressful situations that you know can trigger their desire to relapse. Just as people who have food allergies know that they should not eat a certain food because of what it can do to them, the family members should not place themselves in unnecessary vulnerable or risky situations that can create more stress.

### **5. BE PATIENT AND ALLOW TIME TO RUN ITS COURSE.**

Perhaps your biggest and most effective support system will be that of time. The impact of this drug epidemic was not created overnight. It took time to develop, and the setting up of a successful recovery environment process should look just the same, if not longer.

There will be some days where you might feel as though you have made no progression, but if you take a moment to look back on how far you have come, you will see that time helped you get there along with your other support systems. There is no time limit on when you should be recovered or how you should feel after undergoing treatment.

Every person has a different situation, thus will experience various results. Remaining patient and positive will help you identify that the recovery process takes time but will be extremely rewarding in the end. At times where you may feel that you are at your wit's end, contact people in your support system to let them know what you are feeling. They will come and provide you with any support you need to help you maintain your progress towards recovery.

The goals of these centers are to help patients identify their problems and find the most feasible solutions to treating those problems. Every individual addict has a unique situation and requires personalized treatment that will help bring this person to a full recovery. Even following treatment, it is important to remember that recovery will be a lifelong struggle, but with the right support from loved ones and programs, it can prove to be phenomenally successful.

Recovery does not have to be an isolated process. There are people all around you who have the capacity to help you feel supported. From the people that you love and know every day to the medical professionals who can properly provide you with treatment, you can be certain that there is help throughout the entire process.

Those suffering from addiction deserve to live a happy life. They deserve to feel as though they have nothing limiting them from living their life to the fullest potential. If you are or know someone who is affected by addiction, find a treatment center as soon as possible. They can provide you with the tools necessary to get the recovery process started as well as giving continuous support and treatment for people dealing with addiction.

### **Worksheet for Establishing a Support System**

By Peggy L. Ferguson, Ph.D.

A social support system consists of a network of relationships with people who support your recovery and offer help to meet your needs. Your support system may consist of family, friends, professionals (i.e., doctor, counselor, dietician, personal trainer, etc.), twelve step meeting members, coworkers, neighbors, spouse, children, or any one with whom you have a more than superficial relationship. People that utilize an active support system for their recovery have a higher probability of sustained abstinence and continuing recovery.

Socializing and social contact with others helps to reduce isolation, depression, loneliness, boredom, and stress. Social support systems serve as a major tool not only to assist you in staying clean and sober, but with improving your physical and mental health, to improve your problem solving, and to enhance emotional development and maturity. Everyone has a need to feel like they fit in, belong, and are wanted. So many things change in your life with recovery. A social support system helps you know that you are not alone while you are making these changes.

To assess your support system needs and to assemble a support system helpful to your ongoing recovery efforts, answer the following questions:

**A. Who was in their support system before they got into recovery?**

Name Kind of support they provided?

Are they drinkers/drug users?

Did they drink/use with them?

- 1.
- 2.
- 3.
- 4.

**B. Who of this group, do they need to NOT spend time with right now, and why?**

- 1.
- 2.
- 3.
- 4.

**C. What do they need from a social support system now?**

Someone to discuss a personal problem

Someone to spend time with

Someone to do things with (shopping, movies, walks, sporting events.)

Someone to help me with tasks (gardening, fixing something that is broken, taking care of my dog when I am out of town, etc.)

Someone that can cheer me up when I am down.

Someone that reminds me that I am worthwhile and is on my side.

Someone to give me important feedback.

Someone to teach me how to do things.

Someone to work out with

Someone to provide comfort when I am scared, lonely, tired.

Someone that I can share my feelings with

Someone who helps me achieve the next great thing in my life.

Someone who helps me find things that I need.

Someone who can serve as an accountability partner.

Someone who will tell me when my thinking is squirrely.

- \_\_\_ Someone that calls me on my dishonesty.
- \_\_\_ Someone that helps me identify my motives.
- \_\_\_ Someone that knows how to stay clean and sober and can teach me.
- \_\_\_ Someone who helps me solve problems by asking questions, giving me feedback, and making suggestions.
- \_\_\_ Someone who can help me learn how to have fun sober.
- \_\_\_ Someone that can give me a ride to meetings.
- \_\_\_ Others

**D. List reasons why a recovering alcoholic/addict might need a network of people who support their continuing abstinence and ongoing recovery?**

- 1.
- 2.
- 3.
- 4.

Look over the list and identify which ones could be true for them. Instead of thinking of reasons why these reasons for a support group do not apply to them, identify the ones that could possibly be true.

**E. When I stop spending time with people that might not be good for my continuing recovery at this time, who will be left in my support system?**

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**F. When I compare the list of what I need from a support system (C) with the list of who will be left in my support system (E), what needs will not be met by my remaining support system as it is now.**

- 1.
- 2.
- 3.
- 4.

**G. Who (among the people that I already know), do I need/want to cultivate as a support person to round out my support network currently?**

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**H. List other resources (places, groups, activities, etc.) that could help me meet new people to add to my support network.**

- 1.
- 2.
- 3.
- 4.

**I. What might keep me from asking people to be in my support system, to be my friend, or to cultivate relationships?**

- It is difficult for me to ask for help.
  - I am shy.
  - I have social anxiety.
  - I do not want to tell anybody else that I am in recovery or that I have addiction.
  - I do not know anybody that would be appropriate.
  - I do not want to be a burden to anyone.
  - I feel guilty about things that have happened in the past.
  - My spouse/partner gets jealous of my spending time with other people.
  - I asked people to do things with me in the past and nothing came of it.
  - I do not have time.
  - I end up providing all the support to the other person.
  - I am afraid that I will be rejected.
  - I do not want to sound helpless.
  - I do not want to be vulnerable by opening to others.
  - I do not like the suggestions that other people offer.
  - Others \_\_\_\_\_
- 

**J. What might they do to overcome these obstacles to ask people for help and support?**

As a family member need to meet new people, where can I go or what can I do to accomplish that?

- Ask someone to coffee, lunch, dinner.
- Ask someone to go to the movies, the theater, roller skating, fishing, or some other activity \_\_\_\_\_
- Ask someone to go to a support group meeting with me.
- Ask someone to start working out with me.
- Volunteer with some organization to help other people.
- Go to twelve step recovery meetings. Go early; stay late, talk to people.

- \_\_\_Attend church.
- \_\_\_Reconcile with people who may still be mad at me.
- \_\_\_Make an appointment with professional helper(s) such as minister, counselor, psychiatrist, nutritionist, personal trainer, recovery coach, etc.
- \_\_\_Join community organization(s).
- \_\_\_Taking a class; joining a group like yoga/meditation/stress management.

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### *Sense of Purpose*

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You are going to have days when you think what the point is, but if you do not have a good answer to this then you might not be able to summon up the motivation to keep going. Having a sense of purpose in recovery both as a family member and the individual abusing substances is vital so, considering this, here are 12 tips for how you go about finding it:

#### **1. Stop People-Pleasing**

If you try to live your life based on the expectations of others, you will not be following your own path. Being a people-pleaser can open some doors for you in life, but you end up losing more opportunities than you ever gain. To find your purpose in life, you need to be willing to go your own way.

#### **2. Start a Daily Gratitude List**

It does not matter how much good stuff enters your life if you just take it all for granted. The Buddhist monk which that Hanh once wrote, “so many conditions of happiness are available – more than enough for you to be happy right now.” The purpose of committing to a gratitude list practice is one of you always being aware of the good things in your life – this only needs to take a couple of minutes each day. The fact that you can see how good your life is fills you with a sense of purpose, giving you the energy to obtain even more, as well.

#### **3. Learn to Listen to Your Intuition**

Your intuition is made up of a lot of unconscious information that would probably not make sense to your thinking brain. It contains everything you have ever seen, experienced, or read. This inner voice can lead you in the right direction once you learn how to listen to it. Following your gut means your life is sure to feel full of purpose, allowing you to tap into your hidden potential.



## **VIDEO ONE:**

ASSIGNMENT VIDEO: On [www.youtube.com/](http://www.youtube.com/)

Search Title: The purpose of pain: Finding meaning in suffering | Katie Mazurek | TEDxBozeman

TEDx Talks

Pain and suffering can be powerful teachers. When mixed with bravery, they can unlock the secret to an incredible life. For Katie Mazurek, an aggressive stage 3 breast cancer diagnoses at age 33 was the opportunity of a lifetime.

Her pursuit of love, courage, connection, and vulnerability shine in her moving narrative told alongside stunning portraits that chronicle her battle.

### **4. Choose to Believe that You Have a Purpose in Life**

The idea that you have a purpose in life might sound a bit new age, but this claim can also be found in Humanist psychology. Abraham Maslow is famous for his 'hierarchy of needs'; one of these needs is self-actualization. If you are living below your abilities and have not tapped into your potential, you are likely to feel dissatisfied with your life. It is as if people have an in-built need to blossom and reveal all they are capable of, but a feeling of lack of purpose arises when individuals are not actively doing this.

### **5. Be Flexible with Your Goals**

Things are never going to work out exactly as you plan them, but this is one of the great things about life. Whatever goals you have will be self-limiting if you hold onto them too tightly. You need to be willing to deal with the unexpected twists and turns that are almost certainly going to be part of your future. You should set yourself goals, but there are going to be times when you need to change course. If you know that you are on the right path, you do not have to worry about the destination too much.

### **6. Be Willing to Leave Your Comfort Zone**

Developing routines is a good thing to do in their early recovery as it gives you a solid foundation that keeps you and your ability to respond safe. The danger is that if you become too attached to your routines, it can start to limit your life. This is because you get used to staying in your comfort zone, which is bad because to reach your potential you will need to regularly push yourself and try unfamiliar things.

### **7. Keep the Faith**

There are going to be times when life feels unfair and the future looks bleak and uncertain. At these times, you need to have faith that you are still on your path and that something good will come of this current dose of pain. The reality is that these periods of suffering can be when you do most of your growing, and they will be easier for you to deal with if you treat them this way.

## **8. Keep an Open Mind**

One of the lessons you should have learned due to your years lost in this journey to addiction is that you do not always know what is best for you, we never know. If your automatic response to new things is to just resist them, you will likely be pushing away important stuff that could benefit your life. If your response is to automatically accept them, you may find you are on the wrong path. Finding your purpose may involve activities that have little appeal to you at this moment, so you need to keep an open mind and be willing to try and learn about new things.

## **9. How Mindfulness Can Help You Find Your Sense of Purpose**

Mindfulness can help you find your sense of purpose as it allows you to break free of your habitual thought patterns and behaviors. It also stills your mind enough so that good things can rise to the surface to where you are better able to see it. To benefit from mindfulness, you need to make this a part of your daily life – this could include practices such as meditation or Tai Chi.

## **10. Spend Time with People Who Seem to Have Found Their Purpose**

Real success is not about wealth or how obsessed a person is about their job – it is all about a life full of joy and purpose. If you spend time around those who have this type of inner wealth, it will inspire you as well. The things that give your life purpose may be completely different from the activities these individuals engage in, but you can still be inspired and motivated by their energy. Find positive thinking people.

## **11. View Your Life as a Gift**

It should never be too hard to find a purpose in life once you stop taking things for granted. Being alive is an amazing gift once we stop taking it for granted. The opportunity to experience the wild ride that we call life can be enough to give it meaning and purpose – what else do you need?

## **12. Find Purpose by Helping Others**

Devoting some time to helping others is one of the most powerful things you can do to give your life purpose. There is no higher achievement in life than being of service to other people – the incredible thing is that the more you focus on the need of others, the happier you become. This is not the same as people-pleasing because you are not doing it to try to manipulate others into liking you.