

Mindfulness for Addiction Recovery

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In many ways, mindfulness is the opposite of addiction

- Addiction is an automatic behavior used to escape difficult feelings or situations, whereas mindfulness involves conscious and deliberate focus on difficult emotions as a way to disarm them and interrupt habitual patterns like drug or alcohol use.
- Addiction is the pursuit of what seems to be lacking but has really been there all along. Mindfulness is one way to connect with one's inner resources and see the abundance in life while recognizing that reliance on drugs and alcohol is no longer a helpful coping mechanism.
- Key features of addiction are denial and lying to self and others, often without even realizing it. Through mindfulness, the recovering addict honestly evaluates their addictive behaviors and takes responsibility for their actions, which empowers them to make changes in their lives.
- Addicts experience a great deal of shame and self-blame. Through mindfulness, they can develop compassion for self and others.

(PsychCentral.com)

Scientific Validation for Mindfulness and Addiction Recovery

- Increasing grey matter in the brain, which regulates emotion, decision-making, and self control (Nature Reviews — Neurology).
- Stimulating activity in the prefrontal cortex, which is responsible for delaying gratification but weakened by drug addiction (PsychologicalScience.org)
- Proven to reduce risk of relapse (LiveScience.com)
- Interrupts the tendency to respond to unpleasant thoughts, feelings and experience using substance use. (Journal of Clinical Psychology — Mechanisms of Mindfulness)

Mindfulness Resource Guide

Utah Mindfulness Communities

- Mountain Meditation Center (The group I lead) (FREE!)
 - <http://www.meetup.com/Mountain-Meditation-Center/>
 - 199 North 290 West Ste. 150, Lindon, UT 84042
 - Sitting meditation: Wednesdays 6-7 pm & Sundays 10 - 11 am
 - Artistic expression: Wednesdays 7-8
 - Ecstatic Dance Wednesdays, 8:00-9:30 pm.
- List of Utah's Mindfulness Based Stress Reduction (MBSR) teachers
 - <http://www.mindfulnessutah.com/mbsr>
- SLC Insight (Northeast SLC)
 - <http://slcinsight.org/>
 - Meets Thursdays at 6:30pm
 - Also organizes events and retreats
- Two Arrows Zen (SLC)
 - <http://twoarrowszen.org/>
 - Meets early morning M-F and a little later on Sunday
 - Also hosts events and retreats in SLC and in Torrey
- Yoga Underground (Provo)
 - <http://yogaundergroundutah.com/>
 - Wednesday night 8:15pm meditation session
- Desert Dharma (Moab)
 - <https://desertdharma.org/>
 - Monday 5:15 – 6:30 pm at the Episcopal Church on Kane Creek Boulevard
- Cache Valley Sangha (Logan)
 - <https://sites.google.com/site/cachevalleysangha/>
 - Monday from 7:15PM to 8:45PM

Mindfulness Literature

- Mindfulness Workbook for Addiction, Rebecca Williams & Julie Kraft
- Mindfulness in Plain English, Henepola Gunaratana
- Full Catastrophe Living, Jon Kabat Zinn
- You Are Here, Thich Nhat Hanh