

## Stage One

Stage One resources will help you to overcome dependency and take initiative in any area of your life you choose to apply them. They are all about identifying and finding solutions to what is truly holding you back from being independent, empowering yourself to reach your potential, and overcoming adversity. This could be in the form of an addiction, a toxic relationship or another situation---internal or external--- where you're depending on unreliable forces outside of yourself to move toward whatever is consistent with reaching your highest potential. These resources will help you break this unrelenting cycle and thus help you to open doors to the life you are seeking.

Below, are some recommended books, memoirs, websites, and articles to promote a better understanding of your Stage One hooks and how to handle them.

### **Books**

#### [Codependent No More: How to Stop Controlling Others and Start Caring for Yourself](#)

By Melody Beattie

An extensive resource for understanding codependency and freeing yourself from its hold.

#### [Beyond Codependency: And Getting Better All the Time](#)

By Melody Beattie

A further look into codependency and more practical tools to better your relationships and exercises to reinforce these new strategies.

#### [Freedom from Addiction: The Chopra Center Method for Overcoming Destructive Habits](#) by Deepak Chopra and M.D., David Simon

A revolutionary way to look at addictions that provides the reader with the necessary tools to help uncover the root causes of their addiction and steps to correct it.

[Overcoming Addictions: The Spiritual Solution \(Chopra, Deepak. Perfect Health Library.\)](#) by Deepak Chopra

An exploration into the motivation behind our addictions and how to overcome them.

[Overcoming Prescription Drug Addiction: A Guide to Coping and Understanding \(Addicus Nonfiction Books\)](#)

by Rod Colvin

With prescription drug abuse becoming a severe problem in the United States, Colvin sheds light on a gripping issue, incorporating both personal experience and his mental health background, which provides a thorough examination and treatment for this issue.

[Psychotherapist's Resource on Psychiatric Medications: Issues of Treatment and Referral](#)

by George Buelow, Suzanne Hebert, and Sidne Buelow  
An overview of psychopharmacology.

[Alcoholics Anonymous: The Big Book, 5th Edition](#)

By AA Services

12 step handbook for people with alcohol addiction.

[Dr. Spock's Baby and Child Care: 9th Edition](#)

By Dr. Benjamin Spock

A thorough handbook on childcare and parenting that discusses many topics and issues that accompany childrearing.

## **Memoirs**

[Beautiful Boy: A Father's Journey Through His Son's Addiction](#)

By David Sheff

Based off of the same story in Tweak, the author, Nic's father tell his perspective of his son's addiction.

[Tweak: Growing Up On Methamphetamines](#)

By Nic Sheff

A harrowing tale of a young man's battle with his addiction and recovery.

[A Piece of Cake](#)

By Cupcake Brown

Take all those memoirs about overcoming all different issues and problems and put them together and you got this true-life story of a woman named Cupcake.

[Drinking: A Love Story](#)

By Caroline Knapp

The author offers a look into alcoholism and life in general and how we learn to cope with it.

### [Unwasted: My Lush Sobriety](#)

By Sasha Z. Scoblic

An author's journey toward sobriety and life without substance dependence.

## **Websites**

### [National Domestic Violence Hotline](#)

Help is available to callers 24 hours a day, 365 days a year. Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands. Assistance is available in English and Spanish with access to more than 170 languages through interpreter services. If you or someone you know is frightened about something in your relationship, please call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 1-800-787-3224

### [Abused Adult Resource Center](#)

The Abused Adult Resource Center (AARC) headquartered in Bismarck, North Dakota, has been helping victims of domestic violence and sexual assault for more than 20 years. It serves families and individuals in distress throughout south central North Dakota. AARC programs, staff and volunteers have been widely recognized for their work in building a healthier, safer community.

### [Partners in Prevention](#)

Partners in Prevention is a 501(c)(3) nonprofit charitable organization committed to helping bridge healthcare delivery and domestic abuse victim advocacy. We are devoted to insuring that healthcare intervention and treatment for domestic violence survivors supports these patients in regaining their safety, health and well-being.

### [APA Psychologist Locator](#)

Psychologist Locator makes it easy for you to find practicing psychologists in your local area. Psychologists are trained to help people deal effectively with many of life's problems and can help improve physical and mental health for you and your family. The Psychologist Locator lets you consider many factors in searching for psychologists, including their areas of specialization, gender, insurance accepted, languages spoken and much more.

### [Al-Anon](#)

Al-Anon is a fellowship that promotes understanding and support for friends and families of problem drinkers. Find local meetings and support in your area [here](#).

### [Alcoholics Anonymous](#)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Find local meetings and support in your area [here](#).

### [Narcotics Anonymous](#)

Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. Find local meetings and support in your area [here](#).

### [Betty Ford Center](#)

Betty Ford Center provides effective alcohol and other drug dependency treatment services, including programs of education and research, to help women, men and families begin the process of recovery.

Hotline - 1-800-434-7365

### [Sierra Tucson Treatment Center](#)

Sierra Tucson Treatment Center is dedicated to the planning and managing of high-quality programs and services aimed at the prevention, education, and resolution of addictive disorders and behavioral health issues at a national level.

Hotline – USA - 1-800-842-4487, UK - 0800 891166

### [WebMD Drug Index](#)

Find a Drug

Search by drug name or medical condition for information on prescription drugs, supplements or vitamins including user reviews, side effects and interactions.

## **Articles**

### [Dr. Spock: Trust Yourself as a Parent](#)

By Dr. Benjamin Spock

Basic parenting advice about trusting your instincts, from an expert in the field, Dr. Benjamin Spock.

### [Failure to Launch: How to Help a Boomerang Child](#)

By Irvin G. Schorsch

A look at what is making our children stuck and how to help them become independent.

### [Are You Codependent or Independent?](#)

By Brian Maloney

A look at the “how” and “why” we become dependent upon others and how to become more aware of your self-worth.

### [Are You Raising a Codependent Child?](#)

By Laura J J Dessauer, Ed.D., LMHC

As parents are we priming our children to be codependent? Signs that we are raising codependent children and what to do.

**Have a resource that helped you or think could help others? Please share it with us. Stage Climbing is constantly evolving and searching for resources that could benefit our community. We value your comments and feedback, so let us know how we can make this section better.**