

A Woman's Addiction Workbook  
(Najavits, 2002; New Harbinger Press)  
Table of Contents

**Part I: *Exploration***

Introduction: Starting Out

Chapter 1: Why a Book for Women?

- ✦ The Good News and the Bad News
- ✦ What About Men?
- ✦ Some History
- ✦ You Are Not Alone: Rates of Addiction in Women
- ✦ Who Are the Women with Addictions?
- ✦ One Woman's Story
- ✦ Telling Your Story
- ✦ How this Book was Developed
- ✦ Resources

Chapter 2: Understanding Addiction

- ✦ What Is Addiction?
- ✦ Listening to Yourself
- ✦ Negative Impact
- ✦ More About Addictions
- ✦ Models of Recovery
- ✦ Inspiration
- ✦ A Promise to Yourself
- ✦ Follow-up
- ✦ Messages You May Hear
- ✦ Responding to Difficult Messages
- ✦ Resources

Chapter 3: Exploring Your Life Patterns

- ✦ Life Strengths
- ✦ Life Difficulties
- ✦ Theme 1: *Body and Sexuality*
- ✦ Theme 2: *Stress*
- ✦ Theme 3: *Thrill-Seeking*
- ✦ Theme 4: *Relationships*
- ✦ Theme 5: *Trauma and Violence*
- ✦ Self-Understanding
- ✦ Resources

Chapter 4: Dual Recovery

- ✦ Some Encouragement
- ✦ Identifying Emotional Problems
- ✦ Depression
- ✦ Bipolar Disorder/Mania
- ✦ Posttraumatic Stress Disorder
- ✦ Eating Disorders
- ✦ Generalized Anxiety Disorder

- ✦ Obsessive-Compulsive Disorder
- ✦ Phobias
- ✦ Panic Disorder
- ✦ Personality Disorders
- ✦ Other Emotional Problems
- ✦ Keys to Dual Recovery
- ✦ Next Steps
- ✦ Resources

## **Part II: *Healing***

### Chapter 5: Ideas on Healing

- ✦ Keys to Healing
- ✦ An Example of Coping

### Chapter 6: Healing Through Relationships

- ✦ Growth Exercise: *Tell a Secret*
- ✦ Growth Exercise: *Share Responsibility*
- ✦ Growth Exercise: *Become Friends with Women*
- ✦ Growth Exercise: *Seek Support*

### Chapter 7: Healing Through Beliefs

- ✦ Growth Exercise: *Listen to That Small, Quiet Voice*
- ✦ Growth Exercise: *Ask Questions*
- ✦ Growth Exercise: *Create an Ideal to Live For*
- ✦ Growth Exercise: *Rethink*

### Chapter 8: Healing Through Action

- ✦ Growth Exercise: *Control an Impulse*
- ✦ Growth Exercise: *Extreme Self-Care*
- ✦ Growth Exercise: *Do One Thing You're Afraid of Every Day*
- ✦ Growth Exercise: *Take Charge*

### Chapter 9: Healing Through Feelings

- ✦ Growth Exercise: *Soothe Yourself*
- ✦ Growth Exercise: *Choose Self-Respect*
- ✦ Growth Exercise: *Mourn*
- ✦ Growth Exercise: *Accept*

### Chapter 10: Advice for the Journey

### Appendix: Self-Test

- ✦ Multiple Choice
- ✦ True/False
- ✦ Answers

### References