

Contents

Introduction.....	1
I Offer a Perspective on Recovery.....	2
Recovery	3
Who Am I? Non-Guy? Famous Philosopher?..	4
Take What You Like, Leave The Rest	5
Oh. About NEC... ..	6
Fare Thee Well	6
Chapter 1 My Story	9
My Life	10
My Relationship.....	11
My Divorce Process.....	19
Research First.....	20
Breaking the News	22
Ahh, The Distortions.....	22
Conclusions.....	26
Chapter 2 Contacting Reality.....	29
Starting Recovery: The First Steps	29
Support Lists	32
Therapy	33
Group List Therapy	34
Al-Anon	35
Higher Powers.....	35
But My SO Isn't an Alcoholic	36
Al-Anon Teachings	37
Al-Anon Stories	37
Final Disappointment.....	39
Finding Al-Anon	39
Online Chat.....	40
Chapter 3 The Disease and You	43
Onions and Scrambled Eggs.....	44
BPs and Healing.....	46
Staying Realistic	47
Abandonment/Vulnerability	48
Mental Short Circuits.....	52

Magical Stuff	54
The Cusp of the Cycle	55
Brainwashing - An unsent Letter to my NECW	57
Chapter 4 Finding Yourself	61
On Finding Yourself	61
Seeking Yourself.....	62
The Shadow of Death	65
Constancy of Perspective.....	67
Depression and the Unconscious	68
M. Scott Peck on Depression	68
Making Use Of This Understanding	69
Parable of the Tree.....	70
The Metaphysics of Detaching	74
Two Issues: Self and Relationship	77
Paramount: Caring for Yourself.....	78
Deciding What <i>You</i> Need.....	79
Protecting Yourself by Detaching.....	80
Detaching Disconnects the Relationship.....	81
Detaching and Dimensions of Relationships..	83
Detaching Interferes with Intimacy.....	83
Other Relationship Dimensions Can Continue	84
Detaching and the Disease/Person Paradox....	85
Al-Anon on Detaching.....	86
Chapter 5 Dealing with “Love”	89
Love vs. In-Love.....	89
Why Am I In Love?.....	98
Why Do I Long for Her? - Imago Theory	100
I’m In Love - How Do I Change It?	102
Codependence and Love.....	105
Chapter 6 Obligation – The Hook	109
Staying to be “Faithful”	110
Staying “For the Kids”.....	111
What Will “They” Think?	113

What Happened to Me?	115
On Changing Values.....	117
Chapter 7 Healing the Abuse.....	123
Healing Takes Work	123
Memory Shapes Us.....	124
Three Part Model	125
Memory ⇔ Spirit.....	126
Memory ⇔Thought	128
Effects of Verbal Abuse.....	130
Recap.....	132
Now To Do Something	133
Healing Abuse - Building Faith in Ourselves	134
Stop the Music	134
It Is All About Reprogramming	135
Tears and Healing	137
Chapter 8 Moving on.....	143
On Seeking Permission.....	143
Seeking Permission	144
Overcoming Fear	145
Ignorance Guards Fear	145
Limits of Faith	147
Cutting Your Losses, or Maximizing Your Gains?	148
Answering Those Downside Questions	149
What About the Upside?.....	152
Chapter 9 After the Dawn.....	155
A Touch of Grace	155
Just Being Me	157
Tears Without Pain	158
The Clouds Part	161
Chapter 10 Resources	163
Books	163
The Road Less Traveled	165
My Recovery Library	168
Stop Walking on Eggshells.....	171

Web Links.....	171
Glossary	177