



My name is Ed Khouri. I have been working with Jim Wilder to develop a totally new approach to recovery that is called Thriving: Recover Your Life. Thriving is a yearlong program designed for local churches, support groups, residential treatment centers and many other recovery settings. Thriving is a solution-centered approach to recovery that helps participants develop joyful relationships with God and with others. Joy helps retrain the brain for recovery and helps the brain heal from the devastation of addiction, trauma and abuse. Thriving very intentionally teaches participants simple joy and relationship building skills, and inner healing exercises that help them thrive.

Thriving groups began meeting in the fall of 2006 and are growing rapidly. We have produced workbooks and DVDs that allow Thriving groups to multiply. Check out these materials at [www.thrivingrecovery.org](http://www.thrivingrecovery.org). The materials for the first 12-week module (called Restarting) and the second 12-week module (Belonging) are already available.

The Restarting materials include several versions of the Restarting DVDs with the teaching elements of Restarting. The Restarting workbook and facilitators guide includes detailed chapter notes, facilitator instructions for leading a Restarting group, as well as detailed instructions for each of 36 inner healing, and joy/relationship building exercises that are at the heart of Restarting. Facilitator training DVDs demonstrate Restarting exercises. Restarting brochures and a Restarting Preview DVD help open a new door to recovery.

Belonging materials, including the Life Model book, Belonging Workbook and Belonging DVD are also available on the website. The materials for the other Thriving modules (Forming, Healing and Loving) have been used in our groups, but the written and video materials for these modules have not yet been produced.

I've been involved in recovery work since 1980, and I've worked in many different phases of treatment, including residential

Christian programs, halfway houses, jails, programs for homeless people, and churches. My wife and I currently have a ministry called Equipping Hearts, and we travel and train workers and leaders in the US and across the world to better serve the needs of men and women who are struggling with issues related to addiction, trauma, abuse, painful relationships and spiritual dryness. In the past few years, we've taught classes for people from over 40 nations.

As a person in recovery, who has spent almost 28 years working in this field - and training workers for this field across the world - I've seen a lot of different approaches to recovery. I am more excited about Thriving and its ability to impact lives than anything I've ever worked with. Statistically, traditional recovery methods succeed somewhere between 20 - 30% of the time...and that is just not good enough. I believe that Thriving has the potential to change the future of recovery forever.

*Ed*

## Preview DVD

This 43 minute DVD includes Ed Khouri's compelling presentation on *The Future of Recovery*. Learn the three unique features of *Thriving: Recover Your Life* and how they develop missing brain skills, healing and community for people in recovery. Presentations are designed to answer your questions about the *Thriving* and the *Restarting* unit - or to present *Thriving* to leadership.

- ***The Future of Recovery*** - this 21 minute teaching by Ed Khouri compels us to see how and why recovery needs to change
- ***Overview of Restarting*** - this 15 minute overview of *Restarting* answers questions you or your leadership may have about *Restarting*.
- ***Restarting Announcement*** - this 90 second video promotes *Restarting* to your church or group.
- ***The Secret of Belonging*** - offers a 5 minute preview of *Belonging* - the second module in *Thriving: Recover Your Life*.

Shepherd's House Inc. is pleased to provide a complimentary copy of this compelling DVD to any qualified organizations in the US interested in recovery from trauma, addiction and character weakness. Visit [www.thrivingrecovery.org](http://www.thrivingrecovery.org) to download a request form.

\$10.00



# Relational Circuits Checklist

## Belonging Module of Thriving Recovery

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Includes items from the *Lehman Relational Connection Circuit Checklist* by Karl Lehman M.D. Used by permission.

Beta Version 2.2

### Overview

Our minds and brains are designed to live in a relational world where everything is in shalom. This Hebrew word means everything is in the right relationship, at the right time, in the right place, at the right strength and in the right amount for God and people. In the Life Model we call this being synchronized. At the center of this synchronization are our brain's relational circuits. If we lose our peace (particularly in relationships) these relational circuits can start to shut down. With our vital relational circuits partly or deeply off, problems get bigger, we can treat people like objects, our cravings become monsters, we can deeply hurt those we love, expressing feelings and opinions becomes a weapon, communication hurts others instead of making things shalom again.

When the best of our brain and spirit are in shalom we are open, interested, flexible, self-reflective and use all our senses. We work to have the other person collaborate with us to reach understanding. We receive, process, respond, explore, understand and join.[1] When we lose shalom our brain suspends the best brain and relational functions:[2]

Self reflection	<b>*SUSPENDED*</b> Now I don't see my part and what is possible for me.
Attunement	<b>*SUSPENDED*</b> Now I don't feel like anyone connects with me.
Mindsight	<b>*SUSPENDED*</b> Now I don't feel like I have a friend in the world.

To avoid hurt, tragedy, regret, relapse and loss, here is a basic checklist to see if your relational circuits are on - whether you are alone or in an intimate relationship. Of course, the best part is that there are some specific steps you can take to start your relational circuits going once again. These are taught in the Thriving Recover Your Life materials [www.thrivingrecovery.org](http://www.thrivingrecovery.org) and THRIVE [www.thrivetoday.org](http://www.thrivetoday.org) as well as some material on [www.kclehman.com](http://www.kclehman.com). You will be amazed how much better you feel when your brain is running and not just your mouth or emotions.

Not everyone has the same experience with relational circuits. Some people will recognize that they rarely have these circuits on in their adult life. Those who need to start waking up their relational circuits will need lots of practice. You may also need focused ministry times for some blockages that are particularly resistant.

[1] Page 89 *Parenting From The Inside Out* by Daniel Siegel and Mary Hartzell.

[2] Page 159 *Parenting From The Inside Out* by Daniel Siegel and Mary Hartzell

## **Belonging Checklist for Relational Circuits** (Long Form Beta 2.0)

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### ***General signs that my relational circuits are OFF***

- I just want to make a problem, person or feeling stop and go away.
- My mind is "locked onto" something upsetting.
- I think, say, repeat a word, phrase, cliché or thought that is negative, insulting or profane.
- I feel like screaming, name-calling or threatening (or I do).[3]
- I strongly want to retaliate.
- I determine the only acceptable response that someone else can give me.
- I just want to get away, or fight or I freeze.[4]
- I become aggressive in the way I interrogate, judge and fix others.[5]
  - Interrogate – I ask aggressive questions about my hunch or fear of what someone is thinking, doing or feeling while looking for a particular response.
  - Judge – I use my questions to expose the things I disapprove or will use to prove myself right or win.
  - Fix – I already know what I want them to do or say and use my questions (talking with them) to get my way or reach my goal.
- I feel like it is their fault if they get hurt. (They asked for it. They should just get out of my way. They should have thought of that!)
- I don't feel like listening to what others are feelings, saying or going to say.
- When others are talking, I am already figuring out what to say before they even finish.
- I don't want to make eye contact.
- I would rather just handle problems myself.
- People are a bother and/or get in my way.

*If my answers are YES, then my relational circuits are OFF.*

### ***Additional questions to see if my relational circuits are ON when I am alone***

- I see this moment as a new situation where I can learn something. (It does not feel like a bad place I have been before.)
- I can reflect on myself (not just my hurts).
- I think of others who would understand me well if they were here now. (I am not struggling with feeling isolated and alone.)
- I am eager to talk with God about this situation.
- I want to encourage others to be helpful.

*If I cannot check YES then my relational connection circuits are OFF or weak.*

***Additional questions to see if my relational circuits are ON with people I do not know (well)***

- I can be respectful.
- I am aware and interested in their point of view.
- I am open to understanding what they are feeling right now.
- I am aware of my own feelings and responses without having to blurt them out.
- I can join in give-and-take both verbally and nonverbally.
- I can help them make their points more clearly understandable. They will agree with my description because it does not make them look stupid.
- I can understand and accept it if they make a choice I do not like.

*If I cannot check YES then my relational connection circuits are OFF or weak.*

***Additional questions to see if my relational circuits are ON with people I know well***

- Do my good memories of them seem important right now?
- Do I feel connected to \_\_\_\_\_ (someone I usually like)?
- Do I feel a desire to be connected to \_\_\_\_\_ (someone I usually like)?
- Do I experience him/her as a relational being?
- Am I aware of his/her care for me?
- Do I feel compassion about what he/she's thinking and feeling?
- Am I open to share their distressing feelings with them to help them return to joy?
- Do I perceive the presence of \_\_\_\_\_ (someone I usually like) as a resource?
- Am I experiencing joy in being with him/her?

*If I cannot check YES then my relational connection circuits are OFF or weak.*

EVERYTHING with respect to my relational conflicts, urges and cravings will turn out better once my relational circuits are back on.



Thriving Recover Your Life

# Thriving Program

Thriving: Recover Your Life incorporates the latest advances in neuroscience with the Life Model concepts and the 19 relationship skills needed to thrive. We envision this program could revolutionize churches, recovery programs and other ministries all over the world.

Thriving: Recover Your Life is an innovative and comprehensive training program comprised of 5 different modules. Each module is a complete package, containing a training video with accompanying workbooks. One of the most unique and exciting elements of Thriving: Recover Your Life

is that it brings two distinct groups together to build a joyful healing community. Those seeking healing from addiction or trauma enter through the Restarting module. Those seeking to grow in Christ enter through the Forming module. Participants in both groups learn skills that actually re-wire their brain by building joy in the context of secure, healthy relationships with God and others. As joy builds, they are better able to handle distress and increasingly able to live from their heart.



Do you wish you had a more effective recovery program?

# Restarting Program

## Restarting

*Restarting is:*

- a bold, Christian approach to neuroscience.
- the first module of Thriving: Recover Your Life.
- just what you are looking for to revitalize your life, church and recovery ministry.
- a solution-based approach for:
  - building joy
  - receiving healing
  - developing life-giving relationships
- based on the Life Model.



**Restarting** teaches strategic skills that will build joy, retrain the brain, and promote healing. Learning these skills brings restoration to those suffering from trauma and those seeking to recover from addictions.

**Restarting** identifies the root causes of all addictions, trauma and relationship failure. Applying solutions to these roots helps participants avoid relapse and switching to other addictions for relief.

**Restarting** builds Christian community not isolated recovery groups.

**Restarting** addresses the root cause of trauma that affects the control center of the brain much like addictions do.

Are you ready to rewire your brain with joy and thrive?