

HOPESTREAM

PODCAST

Episode 188 cheat sheet



- 1** The friends
Related episode: #160 with Dr. Emily Kline
- 2** I'm trying
Related episode: #66 on the Stages of Change
- 3** Be a safe place for me
- 4** Being sober is different from being in recovery
Related episode: #135 with Jo Collette
- 5** "I finally decided..."
Related episode: #138 with Dina Cannizzaro
- 6** "I wanted to fit in, then I became addicted."
Related episode: #110 with Dr. Anna Lembke
- 7** "Don't give up on me."
Related episode: #174 with Cathy Cloth
- 8** "My substance use solved a problem for me."
Related episode: #131 with Dr. Gabor Maté
- 9** Always enable recovery
Related episode: #131 with Dr. Gabor Maté
- 10** "Please take care of yourself, that's your job, not mine."
Related episode: #101 with Dr. Brad Reedy