



## Testimonials

**Clayton B.** » (2014 ADAAP IOP Graduate)  
I was so impressed with how loving & caring everyone was. I could open up & be honest without being judged. I could be myself. I felt nothing but caring & acceptance. Dan Davey's advice really helped me. He told me to listen & stop talking! I was so surprised at what I learned.

**Amanda A.**  
This program helped me to look at the parts of my life I was ignoring & refused to see. Once I recognized & accepted these situations, I started doing the healing & recovery work!  
*Thank you ADAAP.*

**Austin C.**  
The staff here is very attentive, informational & they keep you on the road to recovery. The hours are flexible & the prices are affordable.

**Savion**  
This program is good. People are easy to get along with, being together in staying sober. I've been working out more (taking care of my body) & actually *spending more time with my family!*

**Tamra F.** » (ADAAP IOP Graduate)  
I was scared when I first started ADAAP's Intensive Out Patient Program. I had always thought that I could handle anything, & certainly could handle THIS! I learned that I wasn't really different. It came to me that these people in IOP were telling MY story. This eventually opened my eyes & sent me back to AA. I had been so focused on my case & its legalities, I couldn't think about anything else. One day a fellow student said he had two tracks to his life: one was his court case & then the other track was his IOP. He had no power over the courts but he did have power over himself. I learned that just because an event happens, it doesn't have to have a bad result. What's important is how I react to the event. I am currently very active in my home group. One of the greatest things that happened to me during the program was that I gained the courage to end my codependent relationship.

**Ernest**  
This program has been very therapeutic. Frank is an amazing counselor, very understanding & gives us lots of information. My peers have really been supportive. Frank made the group very comfortable, we could talk about everything without judgment.



**ADAAP**  
**7801 North Lamar**  
**Bldg D #109**  
**Austin, TX 78752**  
**512-454-8180**



## Setting Boundaries Ain't For Sissies

"I just can't do it!" exclaimed a client who's husband emotionally abused her, on a daily basis. "I don't have the guts to tell him to stop!" "I'd never contradict my girlfriend!" another client told me. "She's a control freak & has to know where I am every moment! But if I speak up, she may leave me!"

Did you know that NOT speaking up gives as strong a message as speaking up? **NOT** speaking up implies you are OK with what they're dumping on you -- you're ingesting it & somehow reinforcing the false belief that you're unlovable. Note the word **FALSE!** Here are a few suggestions, to assist you through these challenging ordeals:

There are awesome support groups out there which can give you the strength, reassurance & guidance to cope with these situations:

- ♥ [CODA - Codependents Anonymous](#)
- ♥ [AL ANON - Support Group for the Family of Alcoholics](#)
- ♥ [NARC ANON - Support Group for the Family of Drug Users](#)
- ♥ [EA - Emotions Anonymous](#)

Meanwhile, try the following:

1. While in your car or alone, practice saying, "NO!" 10 times, starting pianissimo (as quietly as you can) & building to forte (as loud as possible). It will be invigorating to hear your own voice saying, "NO!"
2. Another thing to practice in the shower, or in the car, or wherever you are alone, "I am enough! I am perfect just the way I am! I count! I am totally & irrevocably lovable! And I'm cute too!"
3. When someone dumps on you, degrades you, puts you down, criticizes you, try saying, "I have nothing to say to that!"
4. Or if someone asks you an inappropriate question, just say, "That question is inappropriate," or better still, "Why do you want to know?"
5. Or if the behavior becomes intolerable, practice saying this out loud in the car or when alone before you use it, "This is as far as I go. This is my limit. I will not tolerate this."
6. If something does not turn out like you want it to, try shrugging your shoulders & saying, "Oh well!"
7. And if a relationship ends & you're grieving, try going out in the middle of the road & hollering at the top of your lungs, "NEXT!!!"

## ONGOING PROGRAMS

### IOP 6 WEEKS (10 HRS/WEEK)

DAYS M, Tu, W 9:30 am-1:00 pm  
NIGHTS Tu, W, Th 6:00 pm-9:30 pm  
WEEKENDS Sat & Sun 9:00 am-2:00 pm

### RIOP - 8 WEEKS

### AFTERCARE (1 HR/SESSION)

Wed 10:30am, Thu 6:00pm & Sat Noon

### INTAKES

Monday - Friday 10:00 am - 4:00 pm  
(weekends as needed)

### DRUG & ALCOHOL URINALYSIS

Current Clients \$50.00

### DOT Drug & Alcohol Assessment

Monday - Friday 9:30 am - 4:00 pm  
(Or By Appointment)

## UPCOMING CLASS SCHEDULES

### DWI (12 HR) 1ST TIME OFFENDERS \$70

Supervised by Nicki Davey Since 2002  
512-422-1370 or [Austin Education Services.com](http://AustinEducationServices.com)

#### WEEKEND 01/04 - 01/06/2019


Friday, 01/04/19	6:00pm - 10:00pm
<i>* Arrive by 5:45pm for paperwork</i>	
Saturday, 01/05/19	2:00pm - 6:00pm
Sunday, 01/06/19	2:00pm - 6:30pm

#### WEEKEND 01/18 - 01/20/2019

Friday, 01/18/19	6:00pm - 10:00pm
<i>* Arrive by 5:45pm for paperwork</i>	
Saturday, 01/19/19	2:00pm - 6:00pm
Sunday, 01/20/19	2:00pm - 6:30pm

### Drug Offender Education Program

**ADAAP** 15 Hour DOEP \$90

February 25th » March 1st, 2019	Mon-Friday 6:00 - 9:00pm	
---------------------------------	--------------------------	---

### DWI Intervention Program

**ADAAP** 8 Week DIN (32 hrs) \$200

February 25th » April 16th, 2019	Mondays & Tuesdays 3:00 - 5:00pm
★ Class Maximum: 15 ★	

8. And then, there's the good old classic that can be used in many situations: "I DON'T THINK SO!"

Here's a modern day fairy tale illustrating the last point. Once upon a time in a land far, far away, a beautiful, independent, self-assured princess happened upon a frog as she sat contemplating ecological issues on the shores of an unpolluted pond in a verdant meadow near her castle.

The frog hopped into the Princess' lap & said, "Elegant Lady, I was once a handsome Prince, until an evil witch cast a spell upon me. One kiss from you & I will turn back into the dapper, young Prince that I am & then, my Sweet, we can marry & set up housekeeping in your castle with my mother, where you can prepare my meals, clean my clothes, bear my children & forever feel grateful & happy doing so".

That night, as the Princess dined sumptuously on a repast of light sauteed frog's legs, seasoned in white wine & onion cream sauce, she chuckled to herself & thought, "I DON'T THINK SO!".

§

## I Create My Day

by Dr. Joe Dispenza

I wake up in the morning & I consciously create my day the way I want it to happen. Now, sometimes because my mind is examining all the things that I need to get done, it takes me a little bit to settle down & get to the point, of where I'm actually intentionally creating my day.

But here's the thing. When I create my day & out of nowhere, little things happen that are so unexplainable, I know that they are the result of my creation. And the more I do that, the more I build a neural net, in my brain, that I accept that it's possible. It gives me the power & incentive to do it the next day.

So, I live my life, in a sense, all day long, thinking about being a creative genius, or thinking about being the glory & the power of God, or thinking about being unconditional Love. And it works!

§

## Faith, Trust, Hope, Confidence, Love, Wisdom

1. A village agreed they should all pray for rain. When they gathered for the ceremony, only a boy arrived with his umbrella. That's **FAITH**.
2. When you throw babies in the air, they laugh because they know you will catch them. That's **TRUST**.
3. We go to bed, with no assurance of awaking the next morning, but still we set our alarms to wake up. That's **HOPE**.
4. We plan big things for tomorrow, despite zero knowledge of the future. That's **CONFIDENCE**.
5. We see the world suffering, but still we get married & have children. That's **LOVE**.
6. An old man's shirt extolled: "I am not 80 years old. I am sweet 16 with 64 years of experience! That's **WISDOM**."

§

Be good to yourself. Love with your whole being. Always be happy.

HAVE A SAFE & SOBER NEW YEAR!!

[Click Here To Get Started](#)

Never forget you are an amazing, powerful, brilliant, awesome, unique Divine creation! There is no one else like you or ever has been like you in all of history! Now go forth & spread the Love of God today!

