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Why Did I Do It Again and How Can I Stop?

Robert Freeman-Longo, Laren Bays

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Why Did I Do It Again and How Can I Stop? Robert Freeman-Longo, Laren Bays
These 2 classic workbooks have now been combined into a single volume. This volume expands on the standard relapse prevention workbook, teaching clients about cycles of abuse, the sexual abuse cycle, thoughts, feelings and behaviors that make up cycles, values clarification, relapse prevention, and basic interventions for cognitive distortions, mismanaged emotions, behavioral problems and more. Each chapter includes homework and exercises.

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