

The Six Levels of Recovery

Level I - Acceptance **Accepting the addiction problem**

Affirmation 1

Level II – Cleaning House **Discard negative thoughts, put guilt behind, and adopt new ways of viewing & solving problems**

Affirmations 2 & 4

Level III – New Thinking **Creating and practicing a new self image.**

Affirmations 5 & 12

Level IV – New Attitudes **Using new attitudes to change behavior patterns**

Affirmations 3, 6 & 11

Level V - Relationships **Improving relationships as a result of our new feelings about self**

Affirmations 7 & 10

Level VI – A New Self **Recognizing life's priorities: emotional and spiritual growth, self responsibility**

Affirmations 8 & 13

The 13 Affirmations

1. I have a life-threatening problem that once had me:
I now take charge of my life. I accept the responsibility
2. Negative thoughts destroy only myself:
My first conscious act must be to remove negativity from my life.
3. Happiness is a habit I will develop:
Happiness is created, not waited for.
4. Problems bother me only to the degree I permit them to:
I now better understand my problems and do not permit problems to overwhelm me.
5. I am what I think:
I am capable, competent, caring, compassionate person
6. Life can be ordinary or it can be great:
Greatness is mine by a conscious effort
7. Love can change the course of my world:
Caring becomes all important.
8. The fundamental object of life is emotional and spiritual growth:
Daily I put my life into a proper order, knowing which are the priorities.
9. The past is gone forever:
No longer will I be victimised by the past. I am a new person.
10. All love given returns:
I will learn to know that others love me.
11. Enthusiasm is my daily exercise:
I treasure all the moments of my new life.
12. I am a competent person and have much to give life:
This is what I am and I shall know it always.
13. I am responsible for myself and for my actions:
I am in charge of my mind, my thoughts, and my life.

New Life Program Inc

Alcohol and Drug Addiction
Recovery Services

Group Therapy Meetings List



Ph: (03) 9564 6122

Email: pdickinson@monashlink.org.au

Group Therapy Meetings

BOX HILL

Whitehorse Community Health Centre
43 Carrington Rd Box Hill Melway 47 C10

Women Tuesday 1.00pm – 2.30pm
Men Thursday 1.00pm – 2.30pm

EAST RINGWOOD

Eastern Access Community Health (The Log Cabin)
75 Patterson St Ringwood East Melway 50 C7

Women & Men Monday 6.00pm – 7.45pm

KNOX COMMUNITY HEALTH SERVICE

1063 Burwood Hwy Ferntree Gully (Old Court House
Venue in Station St) Melway 74 C4

Women Friday 1.00pm – 2.30pm

LILYDALE

Maroondah Addictions Recovery Project
(MARP) 17 Clarke St Lilydale Melway 38 F4

Women Friday 3.00pm – 4.30pm
Men Wednesday 3.00pm – 4.30pm

Counselling

Individual counselling appointments can be arranged by calling the office on 9564 6122 or via email pdickinson@monashlink.org.au

What is the New Life Program?

It is a unique blend of peer support groups and individual counselling for adults who have problems with their alcohol and other drug use.

New Life Program uses a gender-specific (all women or all men) small groups run by qualified facilitators.

The therapy is based on the premise that the root causes of addiction lie in the mind. Whatever we think, eventually we act out. If our thoughts are always negative, our actions will also be negative. If our thoughts are positive, so will be our actions.

The first objective of the program is, therefore, to learn about ourselves: to recognise the negative thoughts and destructive behaviours which lead to that first drink or drug of the day.

The second objective is to cleanse the mind of these irrational beliefs and perceptions, replacing them with the newly discovered vision we have of ourselves and our lives.

The final objective is to regain control our lives by living in the “now”, moving on to recreate ourselves, recover our self esteem, restore our relationships, regain our sense of purpose, and re-engage with life again.

To achieve these objectives the program sessions and the New Life literature are structured around the 13 Affirmations and the Six Levels of Recovery developed by its founder, Dr. Jean Kirkpatrick.

“Accept the past, plan for tomorrow and live for today”.

Who is the New Life Program for?

The program is for anybody with a desire to stop drinking and other substance abuse and, as the name implies, is for anyone wanting to begin a new substance-free life.

The New Life Program has been shown to be a highly effective approach with its proven value in:

- Engaging clients in a setting where they feel that they are not alone with their problems;
- Crisis management, which is made much easier by the peer support and professional assistance available;
- Providing ongoing support while clients are waiting for intensive individual attention such as counselling, withdrawal or entering a longer term residential rehabilitation program;
- Forming an ongoing, enduring framework within which clients can re-build their lives post withdrawal or residential rehabilitation.

“We are capable and competent, caring and compassionate, always willing to help another, bonded together in overcoming our addictions.”



The New Life Program Inc is an accredited Alcohol and Drug Addiction Recovery Service funded by the Victoria Department of Health