

Links To Weekly Videos

Week One - Dare to Trust

[The Neurobiology of Addiction](#)

Week Two - Calming Conversations

[Boundaries 101](#)

Week Three - Stage of Change

[Change Habits and Treat Addiction](#)

Week Four - Cognitive Distortions

[Wise Mind](#)

Additional Videos To Share With Families

[Hero-Villain-Victim](#)

[Atomic Habits](#)

[Post Acute Withdrawal](#)

[What Really Causes A Relapse](#)