



CENTER FOR NETWORK THERAPY

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## JOURNALING TO RECOVERY, MADE SIMPLE

### ADDICTION PSYCHIATRIST DR. INDRA CIDAMBI OF CENTER FOR NETWORK THERAPY SHARES HOW TO WRITE A DAILY JOURNAL IN TWO MINUTES OR LESS

**New York – December 22, 2015** – Keeping a journal is often recommended as a powerful tool to help addiction patients on their road to recovery. Journals not only help patients to reflect on, and express their feelings, but to also examine ways to avoid relapse. However, many patients often don't follow through keeping a daily journal because it can be a tedious practice. Leading Addiction Psychiatrist, Dr. Indra Cidambi, has developed a highly effective method of journaling that takes two minutes or less every day. This method offers personal accountability for a patient to understand the cycle of addiction and recognize their build up and how it leads to triggers.

“Journaling does not have to be a synopsis of the entire day, but rather a reflection of the conflicts that impacted the person during the day,” said Dr. Cidambi. “One of the most effective ways to journal is when a person is able to identify and address the key issue(s) bothering them that day before going to bed. This helps a person in recovery be on top of the stressors they face on a daily basis.”

Dr. Cidambi teaches her patients an efficient way of journaling daily by filling in just four columns with one sentence each. Dr. Cidambi identifies the four columns as:

1. **What Bothers Me?** Identify the issue that is bothering you and write it down in one brief sentence, or less.
2. **How Are You Feeling?** Examine your feelings associated with this problem—are you angry, sad, happy, disappointed, guilty or resentful? Write this down in one sentence or less.
3. **What Action Did You Take?** Did you take any action to address the problem? If so, write it down in one sentence or less. If not, also record this.
4. **What Action(s) Do You Plan To Take?** If you didn't already take action, what actions do you plan on taking? Jot this action plan down in one sentence or less.

“When a person has a lot of issues impacting them, it is easier to address these problems and effectively deal with stress through learned interventions or by calling their therapist or sponsor for help. Interventions could include positive self-talk, applying learned Cognitive Behavioral

Therapy, (CBT) techniques, or using mindfulness techniques,” said Dr. Cidambi. However, not all issues can be effectively addressed by ones’ self. With this being said, Dr. Cidambi always recommends that the person have their therapists’ or sponsor’s number handy to make the call when the stressors are too overwhelming to handle alone.

For more information on substance abuse dependency, addiction and treatment, please go to [www.recoveryCNT.com](http://www.recoveryCNT.com).

### **About Dr. Indra Cidambi**

Indra Cidambi, M.D., Medical Director, Center for Network Therapy, is recognized as a leading expert and pioneer in the field of Addiction Medicine. Under her leadership the Center for Network Therapy started New Jersey’s first state licensed Ambulatory (Outpatient) Detoxification program for all substances nearly three years ago. Dr. Cidambi is Board Certified in General Psychiatry and double Board Certified in Addiction Medicine (ABAM, ABPN). She is fluent in five languages, including Russian.

### **About Center for Network Therapy**

Center for Network Therapy (CNT) was the first facility in New Jersey to be licensed to provide Ambulatory (Outpatient) Detoxification Services for all substances of abuse – alcohol, anesthetics, benzodiazepines, opiates and other substances of abuse. Led by a Board Certified Addiction Psychiatrist, Indra Cidambi, M.D., experienced physicians and nurses closely monitor each patient’s progress. With CNT’s superior client care and high quality treatment, Dr. Cidambi and her clinical team have successfully detoxed over 600 patients in nearly three years.

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