



David Chaloner

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David Chaloner specializes in addictions, and addictive processes, from attempting to control them to staying stopped. From the practical challenges of maintaining 'recovery', to the deeper questions of life purpose, meaning, and motivation.

David's therapeutic process may appear unconventional when compared to rigid modalities and programs based on a punitive approach, but for the hundreds of people he has helped, it works. Most addicts go into a program for their family, their employer, or as a result of an order from a judge. That approach usually doesn't work. An addiction survivor himself, he understands that the success in recovery lies not only in managing the compulsions driving addictions, but also rediscovering the essence of the person. It must also include family and friends.

Recovery is not isolated to the addict.



He says:

"In my work, addictive processes are an issue of connection - connection to oneself and connection to the world. So it's a threefold challenge: *physical* health, *emotional* health and *spiritual* health.

The last one, spiritual health is about connection, 'spirit', about how we breathe in this world comfortably or not!"

For more than 26 years, David has helped people move from being at the mercy of cravings and other relapse provoking circumstances and moods, such as shame, anger and grief, to finally achieving peace of mind.

David specializes in helping people who have been unsuccessful in other programs, offering himself as a mentor, someone who can help guide a person through a process that works for them while helping them avoid the pitfalls that often derail an addict's return to health. He also works with people already in 'recovery', who seek greater self-awareness, a deeper path to living and a sense of freedom.

Finding help and facing up to the challenges presented by any confrontation with addictive processes is of itself a huge challenge. David wrote "**ASK Addiction Survival Kit – Your First Steps to Recovery: Walking Back to Yourself**" to help simply START the process, by presenting perspectives and ways of exploring those processes that are common sense and don't require an academic background to understand.

"Quantity is irrelevant: it's the impact of the using that's significant."

–David Chaloner





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David's Philosophy:

Any approach to a stranger regarding such sensitive and self-respect damaging processes requires a rare and potent courage and this is respected and honoured. Working at your own pace we will find the space, place and time that enables you to find the answers you are capable of.

I cannot fix you, but we may find a new way to perceive the essential character of the challenges.

I cannot take responsibility for you, but we may find new ways to carry the responsibility that divests you of unnecessary burdens.

I will not promise you 'the answer', but we may find a solution that gives you confidence to move forward.

I possess knowledge and a lot of experience that can be shared as a result of my interactions with individuals and groups, numbered in the many hundreds.

David developed a process that embraces and supports the complete person as they move through the stages of recovery, not just treating the dependencies anchored in the mind and body.

Stages of recovery:

1. Physical recovery: use a holistic approach: nutrition, exercise, sleep, breath.
2. Psychological recovery: identify unconscious processes, explore the depths of honesty.
3. Discover the emotional self: learning to recognize all emotions, develop an emotional language, respond – not react.
4. Spiritual awareness: learning to live consciously, achieve a state of pure being.



Addiction → Awareness → Acceptance → Consciousness → Unconsciousness

I loved this book. I think it's a gentle way of introducing addicts and their families to what they will have to do, without frightening them off.—Margaret S.

This is a awesome book for both the addict and people like myself that look on at one of my family and don't know what to do or how to support and handle each incident. Needs to be read again and again.—Lewis

Absolutely the most current pragmatic readable and enjoyable book in its class. Anyone concerned about someone in their life with addiction issues would gain much knowledge and insight from reading ASK.—Maree P.



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On-Air Introduction:

David Chaloner is a Counsellor, Therapist, Teacher, Facilitator and survivor of addictions over the past 26 years. His work has included clients suffering from alcoholism, recreational drug dependencies, problem gambling, eating disorders, sex addictions, and alienation. He also addresses the family systems these problems affect. But he does not approach 'recovery' from a traditional regimented modality. David says addictive processes are an issue of connection - connection to oneself and connection to the world. It's a threefold challenge: *physical* health, *emotional* health and *spiritual* health.

David understands that the pursuit of perfection can derail even the strongest person, and often addicts are the most sensitive in our families and communities, seeking ways to numb themselves from an increasingly demanding world. Recovery is not the sole responsibility of the addict, he says. The entire family must become aware of how they relate to the addict, and understand the effect and influence they direct toward their suffering loved one.

Often fear and shame prevent a person from making those first steps, so David wrote "**ASK Addiction Survival Kit – Your First Steps to Recovery: Walking Back to Yourself**" to help simply start the process, by presenting perspectives and ways of exploring those processes that are common sense and don't require an academic background to understand. He not only outlines the stages to recovery and what needs to be done at each stage, but more importantly, he helps an addict find peace of mind and discover a way of living that is relaxed and free of the cravings and impulses that can create a negative spiral of life experiences.

David's message is hope. And connection to what is the truest aspect of oneself, at the deepest and most conscious state, leading to love and ultimate freedom.

"Here is the new rule: Break the wineglass, and breathe in the glass blower's breath."

- Jalāl ad-Dīn Muhammad Rūmī

And, I love that. Because that's what recovery is. Put the wine down, and inhale the Spirit of the Universe.

- David Chaloner



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Key Points:

- Recovery is a process for the addict, their family and friends, and the community at large.
- Societal norms of accepted behavior have negative consequences for addicts.
- Treat the soul with love; not the mind with coping mechanisms.
- Engage creativity for the sake of just creating.
- Embrace the discovery of a spiritual connection.

Suggested Questions:

- How come an addict cannot, or will not, stop?
- Why should the family be part of the process?
- What role does desire play in addiction and in recovery?
- What is 'the moment of lucidity'?
- Why is shame such a factor?
- What are the stages of recovery?
- Why is a spiritual dimension to life necessary?
- Explain the connection creativity has to recovery?



Bio:

David Chaloner, B.Sc. (Hons) Cert.AOD Counselling (CIT, NZ).

David is a Counsellor, Therapist, Teacher, Facilitator and survivor of addictions over the past 26 years. His work has included clients suffering from alcoholism, recreational drug dependencies, problem gambling, eating disorders, sex addictions, alienation and the family systems these problems affect. He has helped many hundreds of people find the connection to their truest self, free of the shame or fear of relapse, and fully grounded in body, mind and spirit. He works in Southwest London, U.K. and in New Zealand. He is currently working on his second book. Publications include: **"ASK Addiction Survival Kit – Your First Steps to Recovery: Walking Back to Yourself"**

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