50 COMMANDMENTS FOR YOUR RECOVERY

Becoming Unstuck - Improving Quality of Life - Having Healthier, Happier Relationships

A Common-Sense Approach to Recovery
without the Faff and Psychobabble

CARLOS FERNANDO DANIELS

Printed edition:
Also available in multiple e-book formats.

Published by:
The Endless Bookcase Ltd
Suite 14 STANTA Business Centre, 3 Soothouse Spring,
St Albans, Hertfordshire, AL3 6PF, UK.

More information can be found at:
www.theendlessbookcase.com

Copyright © 2026 Carlos Fernando Daniels
All rights reserved.

Print ISBN: 978-1-918379-41-9
eBook ISBN: 978-1-918379-40-2

We support freedom of expression and the sharing of diverse perspectives. The views expressed in our publications are those of the authors and do not necessarily represent those of the publisher.

This book is dedicated to
Sam and Seb with so much love.

This book is for those who struggle with addictive behaviours; those caught up in negative, self-destructive, self-sabotaging, repetitive cycles; those who find that the ways they function and make decisions are not giving them the results they need; those not feeling in control or feeling like they are moving forward. Try this on and see if it fits.

Editor's Note

This book could be called The Addict's Companion. It is a self-help handbook, crammed full of tips for a successful recovery from unhealthy behaviours. It contains the kernel of the author's extensive life work as an addiction therapist, rehab advisor and coach. Take it with you on the tube and let the person next to you read over your shoulder – then watch them clock the title.

Carlos Daniels was born in the Bahamas then moved to the UK after college to continue his studies in art therapy and psychotherapy. His early therapeutic posts were in prisons, hospitals and drug services, and he progressed to work as a senior therapist in prestigious treatment agencies both in the UK and abroad. It soon became obvious wherever he went that he had a touch and an honest, down-to-earth approach that worked. Due to his success in helping clients, he was head-hunted to develop and manage facilities.

Carlos and I worked together for substance misuse services and then joined forces to found our own agency: In-Dependence Addiction Therapy, dedicated to holistic recovery from addictive behaviors. We were commissioned to deliver a range of therapies. We ran life skills training accredited by Open College London to help those in

recovery to get back into work and society. We took on private clients for intensive coaching and counselling.

Our working lives led us into very different worlds: I worked in street agencies, with the homeless and unemployed, while Carlos worked with the rich and famous in exclusive treatment centres. During the formation of In-Dependence, we realised how much we had to learn from each other. We also realised how addiction is no respecter of persons and affects rich and poor, privileged and disadvantaged alike.

Carlos wrote this collection of 'commandments' or homilies in what was to be the last year of his life. He wanted to bring together everything he believed was important for recovery. These are his own sayings; his own wisdom gleaned from a lifetime's experience working with people. In line with his wishes, I have changed very little - only the order of topics, the grammar that he became too unwell to correct and the occasional gap where he knew what he wanted to say but ran out of time to say it. I hope I have stayed true to his original meaning as far as is possible.

Sarah Summerson, Founder, In-Dependence Addiction Therapy

50 Commandments

No.1
Change

For anything to change, shift, progress, get better or improve, we need to believe in the concept that it could. You will be fighting a losing battle, and your heart will never be in it if you don't believe change is possible…

You may ask, "but isn't it obvious?" and I will say from very many years' experience: a lot of people are stuck in their own personal hell because they believe not only 'that's the way it is' but 'that's the way it's meant to be.' I have heard so often, "well, this is my lot in life", "this is my burden to bear", "it's been this way for so long, this IS my reality" and so on… If you believe nothing can truly change you are right… if you believe things truly can change, you are also right.

You just need to want change, and if you truly want it, finding out 'how to' will follow. When the student is 'truly' ready, the 'teacher' will present herself. Many people fail to make a decision unless they can foresee every aspect of what might or might not happen: this quite often results in them feeling stuck and in a repetitive, unfulfilling cycle. Making the decision automatically changes that narrative, not just to "can it be done?" but "I want to do it."

THE CONCEPT OF CHANGE

You cannot change others. This is your starting point. But you can change you. Break this down. Can I change a) my viewpoint, b) my approach, c) the places or people I frequent?

1) Change me

Questions to ask yourself

- Is there another way I can look at this?
- Am I being open-minded?
- Am I being too uncompromising, too difficult?
- Am I being fair? Too judgmental?

2) Minimize contact with unhelpful people

Is this person too much for me and my mental health? Do I need to visit or have them around as much?

3) Cut contact

I have tried to make this work with my friend/family/partner/colleagues, and it is NOT getting any better. As a result, I am sinking. I am deeply negatively affected.

Can I change jobs? Working conditions? Boss? Travel arrangements?