



# You are not alone.

And help is closer than you think.

It's time for an evidence-based approach designed to help you better manage your **substance use and recovery** efforts. Are you:

- Unsure if you have a problem, but suspect you do?
- Seeking discreet, cost-effective support?
- Searching for a new approach after trying other treatments?
- In need of additional support following a rehab program?
- Looking for remediation options following a violation at work?

“Our understanding of addiction and the behavioral triggers that drive it has come a long way. In my many years of experience, I have not come across anything like this program.”

– Tommie M. Richardson, MD, CAS  
Fellow of the American Society of Addiction Medicine  
and Certified Medical Review Officer

# LivingClear™

## Support for Substance Use Disorders (SUD)

Deciding you want to stop using addictive substances is the all-important first step, but transitioning to recovery also requires a change in mindset.

LivingClear isn't just another addiction program. This online course will help you identify the emotional and environmental triggers that lead to substance use, while helping to retrain your brain to make better choices using proven cognitive behavioral science.

### HOW IT WORKS



#### EXPOSE THE FALSE BELIEFS THAT HAVE FORMED

There are things you've come to believe that simply aren't true. Once you know the truth, your true choice will be revealed.



#### WHAT YOUR SUBCONSCIOUS MIND IS TELLING YOU

As your beliefs are shifted, your thoughts will also change, replacing the negative thoughts with positive, empowering ones. You'll find that the choice to be substance-free becomes easier to make.



#### REWIRE YOUR BRAIN TO WORK FOR, NOT AGAINST YOU

You may be surprised to see cravings and urges—once something to dread—transform into motivation, even something to welcome as a chance to exert your newfound control.

### WHAT TO EXPECT

#### LivingClear™ is made up of 9 online, video-based sessions each split into short segments

- Secure and convenient access, 24/7, on any internet-connected device.
- Follow the prompts as our smart system guides you through short coaching videos, interactive quizzes, and simple assignments to help you apply the learning in your daily life.

*It's that simple.*



Breaking the cycle of substance use starts by changing your mind!

To learn more or get started: <https://portals.selfhelpworks.com/cwru>