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Healing Advice for Drama Queens or Kings

1. Plan ahead; Allow extra time, add 30 minutes more than you think you need, to get somewhere or to complete a task. Arriving early means you are relaxed.
2. To create a smooth day, write a list of what you need to accomplish, the night before.
3. Keep a Journal. Write down each day what you feel, eat, spend and pay special attention to whatever area of your life you want to heal.
4. Talk about what is going on, no secrets. Ask for help and support clearly.
5. Check out 12 step programs and/or therapy appropriate for the issues you are healing.
6. Take your time in love relationships; be sure it's healthy before sex or commitment.

12 Step Program List:

- Debtors Anonymous (for money issues)
- Overeaters/Undereaters Anonymous (for eating disorders)
- Narcotics Anonymous (for drug addiction issues)
- Alcoholics Anonymous (for alcohol addiction issues)
- Codependents Anonymous (for co dependent issues)
- Al-Anon (Relationship issues)