



Journal:

Addictions (Comprehensive)

18c

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A free downloadable (PDF) version of this journal is available at www.MyTherapySession.com

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Addictions:

Hope and Help for Addictions

Introduction

(video: 6 minutes)

Concern!

Definition:

Dorland's:

Mine:

"A preoccupation with something that interferes with a life worth living."

There is help and hope!

Program built on partnership:

Therapist (Otherwise "Self Help" process)

Caring and emotional healthy partner

Organization of sessions:

Overview- Goes over the whole program

You have choices:

Basic program – approximately 20 sessions

Most realistic - 40+ sessions

About how quickly you finish

Available and ready when you are

Journals – two version of program available:

Standard

Enhanced (comprehensive)

This program can change your life!

Smoking Cessation

(video: 12 minutes)

Someone wants you to stop smoking (maybe you)...

Smoking is the #1 killer.

Why are we not shocked by that reality?

We might disregard problems if we don't think we can do anything about them.

We might minimize the effects of smoking because:

It is "legal"

Not everyone dies of cancer

Consequences are not immediate

The "high"/"rush" is gone – you are simply trapped in withdrawal symptoms

People frequently fail in their attempts

Why stop?

It is so toxic it should be illegal

Lung problems and future suffocation

Beat the trapped and addicted feeling

Age-based or other motivations?

Can you say that you might have a problem with nicotine?

Nicotine dependence is a powerful addiction-and needs the regard and treatment as such.

Encourage smoking cessation along with other addictions treatment

More resources:

American Lung Association: www.LungUSA.org

1-800-QuitNow

1. Addictions Overview

(video: 15 minutes)

This is Crisis Time...

You need help!

Nicotine as an addiction

Addictions as complex disorders:

- Pain
- Abuse
- Trauma
- Anger
- Self-esteem
- Guilt and shame
- Others...

Partnership:

Need for education:

- Changing behavior
- Motivation
- Letting go of addictive poisons
- Techniques
- Perspectives
- Tricks

Breaks:

- Reflect on the content
- Add to notes
- Questions
- Discuss and process the content

Discussion/Reflection:

Partnership? Who can your partner be?
(A separate journal can be found for friendship if you would like to choose to view that now in *Self-esteem and Goal Setting* series)

Are you willing to listen?
(More information on Dr. Coyle's personal and educational background can be found at MyTherapySession.com)

Are you willing to try?

Are you willing to accept that I believe you can succeed?

Foundation in Data on the Process of Change:

- Enhanced Transtheoretical Model
- Motivational interviewing
- 12-Step programs
- Contemporary approaches
- Psychosocial concepts

Challenging you as a person – options for dealing with changing the way you think about yourself:

- “Prerequisites for change”
 - Shame and guilt
 - Victimization
 - “Self” development
 - Choice of life
- Self-esteem and goal setting
- Trauma
- Abuse
- Anger
- Loss
- Societal messages
- Detoxification and framing as addictions
- Medical Model
- Cross addictions
- Triggers
- Cravings
- Loss
- Desire
- Mental fitness building
- Influences
- Non-addictive fun
- 12-step resources
- Relapse prevention
- Crisis management
- Relapse management
- Day of stopping and beyond
- More work on problem areas
 - Anger
 - Depression
 - Anxiety
 - Others...

Success will depend on a written plan

Program starts with addictions only possibly being a problem.

Discussion/Reflection:

Is it possible that you might have a problem with any addiction?

2. Addictions 1 (video: 19 minutes)

Causes and complications of addictions

Numerous causes:

Running from problems
Stress
Conflict
Trauma

Addiction makes problems worse!

Addictions are sold to us!

Repeated risk leads to inevitability of problems

All addictions are ineffective means of coping

IF WE ARE ENGAGED IN ADDICTIVE ACTIVITIES AND HAVING PROBLEMS, THEN THEY ARE PROBABLY DUE TO THE ADDICTIONS.

There is never a "need" for an addiction!

Allergy

"Allergies" - Even a small amount can trigger disaster

Possible Addictions:

Alcohol
Benzodiazepines
Caffeine
Eating Disorders
Exercise
Food
Gambling
Hallucinogens
Internet
Money
Nicotine
Opiates
Pornography
Relationships
Sex
Solvents
Stimulants
Work

Detoxification and Medically Relevant Information

(Detoxification is **not** comprehensive treatment!)

Some are potentially life threatening
Clear your head
Other associated disorders
Cross addictions
Starting “clean” is best

Discussion/Reflection:

What do you think about considering addictions as “allergies” instead of “needs”?

What is your reaction to the reality of addictions making problems worse, if not causing or interfering with them?

What is the likelihood that addictions are interfering with your solutions?

Can you see the effect of the social lies and false advertisements?

Are you willing to try to abstain during education?

Review

1. You are a valuable and worthwhile person!

(Review Self-Esteem and Goal Setting)

2. You might have a problem with addictions.

3. Detoxification and medical information

Spiritually inclusive segment (*optional*):

Why include Spiritual elements?

We are intuitively “Bio-Psycho-Social-Spiritual” beings

Most people want it

(Respect of your spiritual boundaries)

“Rarely have a spirit within when you are consuming them”

Part of being complete

Emphasis on humility

Gerald May, MD:

Preoccupation with ourselves

Running away from ourselves

Yearning for God

It may provide more:

Hope

Meaning

Support

Answers

Humility

Others

Incomplete

Optional!

Discussion/Reflection:

Would a Spiritual approach make sense as a part of your plan?

Detoxification Information

*(Streaming video links)
(DVD compilation, video: 32 minutes)*

My “substance(s)” is (are):

(Detoxification and direct chemical effects information for specific substances)

Alcohol

Benzodiazepines

Caffeine

Eating Disorders

Exercise

Food

Gambling

Hallucinogens

Internet

Money

Nicotine

Opiates

Pornography

Relationships

Sex

Solvents

Stimulants

Work

3. Self-Esteem and Goal Setting (SEGS) Introduction (video: 4 minutes)

Building a Better Life:

- New to therapy
- Things not working
- Mood stabilization
- Hopelessness
- Helplessness
- Worthlessness
- Self-hate
- Guilt
- Shame
- Unhealthy decisions
- Lack of direction

Organization:

- SEGS 1 - Hope, value and tools for the journey
- SEGS 2 - Expectations
- Safety
- Guilt and shame
- Victimization
- “Self”-development
- SEGS 3-“Need” vs. “want” and the process of change
- Silence and solitude
- Making and keeping of friends
- SEGS Finale-Bringing it together

Discussion/Reflection:

Begin when you are ready

4. Self-Esteem and Goal Setting 1

(video: 30 minutes)

Life requires goals -

Your journey:

How long will it take?

You are making the right choice!

There is hope!

The journey often starts with pain

You have VALUE!

Start building a life worth living

Discussion/Reflection:

What are your reactions?

Could there be some new things that might be helpful?

Is there hope?

Are you willing to see yourself as valuable or worthwhile?

Tools for the journey:

1. Journal

“Cathartic” method (emotional “to do” list)

Moving toward a goal

How can I get past my concerns (if any) about journaling?

2. Partnership (especially a therapist or a group)

Discussion/Reflection:

Are you willing to journal?

Are you willing to partner with someone?

Potential of change:

Information

Practice and action

Motivated by pain

Travel guide

Cautions:

Have no regrets

Be open-minded

Hold any anger

Hold self-blame

Don't question your ability

Discussion/Reflection:

Can you change?

How can I contain any regrets?

Am I willing to hold any anger, self-blame or lack of confidence that could get in my way of success?

Assessment (if not done already)

Spiritually inclusive *segment* (optional):

Why?

33-50% with Spiritual conflict
50+ wanted a Spiritual component

but...

25% would not stop an intervention that was uncomfortable

Computer based assessment

95% of the population believes in God

Only 1.5% of published articles in psychiatry include any spiritual factor

My beliefs

There is a God

Inclusive Christian perspective

Improved emotional/psychological health

Universal spiritual truths

Incomplete so, may be a likely need for other involvement

Why?

Every available resource

Partnership considerations

Discussion/Reflection:

Should you consider a Spiritual approach?

How does this affect your choice of a partner for the journey?
(Perhaps the best result is a secular therapist working with spiritual content.)

Change (Spiritually inclusive)

Spiritual pain (as a motivator)

My thoughts about this as a tool for helping me change:

Cautions (revisited):

Have no regrets

Be open-minded

Hold any anger

Hold any self-blame

Don't question your ability

Discussion/Reflection:

Evaluation / Assessment (Including a possible spiritual component)

My "Emotional To Do" List:

5. Addictions 2

(video: 19 minutes)

The Medical Model

Chronic disease

Progressive

Genetic

Cross addiction

Treatable

Addictions are NOT:

Stupidity

Lack of willpower

Immorality

Genetic predisposition plus use of the “substance”

Addictions are treatable

Need a physician who knows how to treat this illness

Discussion/Reflection:

What is your reaction to the statement: *Addictions are genetically predisposed chronic medical illnesses that require exposure to a substance or activity to be activated?*

What do you think about the fact that addictions are not stupidity, lack of willpower or immorality?

What about the thought that you need competent care, education and probably professional partnership for this process?

Diagnostic criteria - (make note of the specific features you might identify with):

Dependency diagnosis:

Abuse diagnosis:

Other criteria:

Secrets-

“Blackouts”-

Medical complications-

Prior treatment or recommendations to stop-

Cross addiction-

Personal concern-

Discussion/Reflection:

Can you identify with any of the diagnostic criteria for dependency and/or abuse?

Do you think you have a problem with addictions?

“Expectations of Change”

Your expectations?

Some individuals want to know how to cope with changes, not how to change.

My expectations – I am hoping that you want to change.

Some change has to happen or things will be the same

Challenge to change while feeling miserable

Discussion/Reflection:

Are we in agreement on the expectations of change?

What are your thoughts on the fact that I will be working with you, encouraging you, and empowering you to make some changes in your life?

(SEGS2 - has some redundancy but is not a bad reminder and reinforcement. It also sets the stage for "Prerequisites for Change" and the next addiction presentations, as well.)

6. Self-Esteem and Goal Setting 2

(video: 32 minutes)

Review:

You are doing the right thing
Uncertainty about how long it will take
There is hope and Human Value

Tools:

Journaling

Partnering

Change is possible

Pain as a motivator

Have no regrets

Be open for now

Contain any anger

Hold any self-blame

Not question our ability

(Spiritual aspects of the journey and why they might be important)

Change - but be careful of assumptions and expectations

How much do I just want to be nurtured instead of changing?

Clash of expectation - (perhaps greater in emotional health care)

Wanting to be understood and cared for

Limited in capability

Personal responsibility (aleness) of this situation

Changing is one of the only things in our control

Use pain as a motivator

You are in distress AND being asked to change...

For things to BE different—
WE need to be different!

(Reference to *Friendship* presentation - notes are below)

Discussion/Reflection:

What are your thoughts about the potential “clash of expectation”?

Do you have a support network?

Do you see how we (as care providers) come to hope for and expect change for you?

Can you see how your life is in your control only?

Cautions:

Don't map out your plans too quickly

At least be flexible

Ideas of “emotional health”:

High quality of relationships

A sense of purpose, direction and meaning in life

Life satisfaction and fulfillment

Successful societal functions

Coping skills for effectively dealing with fear, anxiety, discouragement, etc.

Get rid of the emotional “baggage”:

Abuse

Physical

Sexual trauma/rape

Emotional

Major traumas

Major losses

Discussion/Reflection:

Doubting our first impulses
Welcoming feedback

Prerequisites for change:

1. Choosing life
2. Proper perspective on guilt and shame
3. Letting go of the victim role
4. Self-development

(Review repeatedly)

Discussion and Reflection:

1. Have I chosen life?
2. How will I deal with crisis situations?
3. Am I consumed with guilt or shame?
4. Do I consider myself a victim?
5. Do I have self-esteem or self-confidence problems?

Spiritually inclusive segment:

“Medicine without spirituality is suspect and spirituality without medicine is suspect.”

Discussion/Reflection:

Are you open to this approach?

Can you accept that this information will be presented by me?

Spiritual assumptions and expectations

Questions:

What is God saying to me?

Has any spiritual crisis encouraged or precipitated this journey?

How will God weave into each step of this process?

How will I reconnect with God? (If I'm currently feeling estranged)

How will God play a role in helping in this journey?

Does a concept of a “dark side” or some representation of “evil” (If you have one) help or hinder this journey?

Will God “heal” my emotional affliction?

Is that at all in my control?

Does God instantaneously or miraculously heal or help me make the changes and effect my own healing?

Are there situations where it might be emotionally healthy yet spiritually unhealthy to pursue a certain course? Or, the opposite, that is, emotionally unhealthy yet spiritually healthy to do so?

Discussion/Reflection:

My own spiritual questions:

Scriptural support:

Spiritual conflicts:

Prayer / reflection / meditation / solitude:

Spiritual advisor(s):

Discussion and Reflection:

(Prerequisites for change)

1. Have I chosen life?
2. How will I deal with crisis situations?
3. Am I consumed with guilt or shame?
4. Do I consider myself a victim?
5. Do I have self-esteem or self-confidence problems?

Other reflections/questions?

7. Addictions 3 (video: 8 minutes)

Healthy Decision Making and ‘Prerequisites for Change’

Healthy decisions were not “modeled”

Prerequisites for Change

The choice to live

Shame and guilt

Victimization

Self-development

Discussion/Reflection:

Encouraged consideration to view / complete other presentations:

Choosing Life: Safety in Emotional Crisis

Guilt and Shame

Victimization

Self-Development

8. Choosing Life: Safety in Emotional Crisis

Safety Notes

(video: 16 minutes)

My thoughts about coming to an emergency room or hospital in a crisis:

An emergency or crisis point for me would be:

Additional notes:

9. Guilt and Shame 1

(video: 17 minutes)

Notes:

Power and purpose of guilt and shame:

Definitions:

Guilt:

Shame:

Description of how my Shame and Guilt “looks” and/or “acts”:

An alarm: crisis / emergency:

Discussion/Reflection:

Have you ever experienced guilt or shame?

Do you have a hard time letting go of them?

Have you (or people in your family) experienced the crisis, the alarm, of guilt and shame?

Guilt

Notes:

Ideal "Court":

What can go wrong:

Personal experience of "Innocence":

Discussion/Reflection:

Has a sense of guilt ever improved you?

Have you ever been falsely accused? How did you handle it?

How would you rate your confidence in your innocence?

"Guilt trip":

Feelings of guilt may or may not have anything to do with reality!

May or may not have anything to do with the expectations of others!

May have nothing to do with being a better person!

Distorted guilt - interferences with our potential:

If feeling overly guilty

If feeling not guilty enough

Discussion/Reflection:

Does your “guilt trip” play appropriately?

Has “guilt trip” ever played when it shouldn’t?

-Or failed to play when it should?

A child’s experience:

A child’s less-than healthy situation / experiences:

“Invalidating environment”

Genuinely accepts guilt

Underdeveloped sense of appropriate anger

Underdeveloped verbal ability

False judgment is accepted

Loss of trust in a sense of right and wrong

Silence can also be invalidating

Discussion/Reflection:

Did you have any experiences of guilt during development (growing up)?

Good?

Bad / false accusations?

Do you recall “selling out” or “giving up” to “keep the peace”?

Were there times that you remember when you defended your innocence?

Discussion/Reflection... cont:

Are there feelings and actions that you would like to defend now as you look back on them?

Did you grow up in a silent or invalidating environment?

How would you rate the level of unconditional love and acceptance while growing up?

Spiritually inclusive segment:

Reflection:

Seeing God like our authority figures?

Unconditional love?

Experiences in spiritual communities?

God:

Perfect love

Perfect justice

Never incorrectly judged

Every judgment is made in unconditional love and acceptance

-With the express purpose of making us better people

Discussion/Reflection:

The "Ideal"?

Grace

Forgiveness

Love

Unconditional acceptance

10. Guilt and Shame 2 (video: 13 minutes)

Shame

Notes:

Permanent shame is one of the most damaging and limiting of all experiences:

Also extremely common (You are not alone!)

So it needs careful consideration!

Power and purpose of shame:

Character Counts” (ethical behaviors):

Trustworthy
Respectful
Responsible
Fair
Caring
Citizenship

The “Golden Rule”

Shame as an alarm for not living up to my own standards

Discussion/Reflection:

What is the healthy side of shame as a way of learning standards of behavior?

Ethical Standards Development”

“Modeling” (seeing things) as a primary form of learning

Less-than healthy environments:

“False self”

“Superhuman”, “Human Doings”

“Subhuman”

Challenge: claiming our own truths / expectations

Shame and guilt are not character traits and are changeable

Discussion/Reflection:

Were you exposed to any unhealthy modeling or teaching about ethical behaviors?

Can you identify with this concept of “false self”?

Does it make sense that it would be easier to deal with the result of unhealthy experiences rather than a fundamental character trait?

Considerations:

1. Appropriateness of feelings (sensitivity)
2. Duration

Appropriate sensitivity:

Discussion/Reflection:

Do you have an appropriate sensitivity to guilt and shame?

Is your sensitivity too high or too low?

Appropriate duration:

Temporary and motivating factors only

There should be some time limit!

Saps our energy for becoming a better person

Discussion/Reflection:

Do you believe the notion that guilt and shame should be temporary, motivating factors only?

Do you agree and does it make sense that most of our days should be guilt and shame-free?

Would it be okay to let go of some of your shame/guilt?

Spiritually inclusive segment:

Aspects of guilt (review) and now, shame

Broken but loved

Choice vs. Chosen

How are we to use guilt and shame to be better people?

Forgiveness

Grace

Love

Discussion/Reflection:

How could shame affect our experience of God?

How could God help heal that shame?

Would it be okay to let go of shame and guilt (if you feel you can choose)?

Would it be okay to “be healed” or to be “chosen” (if you feel like you cannot choose)?

11. Guilt and Shame 3 (video: 16 minutes)

Letting Go of Shame

Change will feel different – beware of “emotional reasoning”

Techniques:

1. It is acceptable to let it go (temporary motivating factor only):
2. Accepting your humanness:

Discussion/Reflection:

Are humans perfect?

Are you human?

Is imperfection equal to brokenness?

Is imperfection equal to unacceptability?

3. Emphasizing your value:

Discussion/Reflection:

What creates value for people?

We all have limitless value – we all are equal!

Discussion/Reflection:

Are you willing to see yourself as a precious, fundamentally valuable human being?

4. Reject the lies! – The “Practice” approach:

Discussion/Reflection:

How can you practice thinking differently?

How can you fight emotional reasoning?

What reminders and “practices” can you think of?

What “lies” were told to you?

Would it be okay to see them that way and let them go?

5. The “Ticketed” approach:

Discussion/Reflection:

How does it feel to be accepted?

How does it feel to gain entry?

6. A “Rights” approach:

Discussion/Reflection:

Generate your own personal list of rights:

Discussion/Reflection:

Compare your list to other “Personal Bill of Rights” examples (links on MyTherapySession.com)

7. The “Declarations” approach - Declaration of Human Worth and Value:

Discussion/Reflection:

Make a Declaration of your own Human Worth and Value

8. Affirmations

Short and Positive

Repeat and practice

Discussion/Reflection:

Create your own affirmations

What ideas do I have about how I will practice using them?

9. Guilt/shame exercise (Found at Mytherapysession.com)

Discussion/Reflection:

10. Nurturing the inner child

11. Confronting

Discussion/Reflection/Visualization:

Picture and nurture yourself as a child.

Imagine confronting the person who laid the shame on you.

12. Sounds

Water

Bell

Music

Others

Discussion/Reflection:

13. Have a “Shame-Free” day!!!

14. Poetry

15. Stories and writings

Discussion/Reflection:

Spiritually inclusive segment:

Letting go of shame:

God loves us

God values us

God wants us mobilized for action

Songs

Meditation

Discussion/Reflection:

Has your religion helped or hindered your shame?

Does God accept and love you?

Can you accept God's love?

12. Guilt and Shame 4 (video: 16 minutes)

Letting Go of Guilt

Techniques:

1. Pay the price:

Accept and be changed by the experience

Apologize

Discussion/Reflection:

Paying back

Restitution

Apology

2. Willingly dismiss it:

Discussion/Reflection:

Practice dismissing guilt.

3. Physically discard it:

Discussion/Reflection:

Practice discarding guilt.

4. Visualizations

Give it back:

Discussion/Reflection:

Practice giving the guilt back to the person who laid it on you.

5. Self-Forgiveness

Discussion/Reflection:

Practice forgiving yourself.

Claim “enough” punishment.

6. Accepting ourselves:

“Be”

Discussion/Reflection:

Practice “being”.

7. Claiming innocence / freedom:

Discussion/Reflection:

Practice claiming innocence / freedom.

Claim “another chance”.

8. Have a “Guilt-Free” day!!!

9. Poems / Stories / Artistic expression / Movies

Discussion/Reflection:

What are three things (at least) that you could do today to let go of your guilt (and shame)?

1.

2.

3.

Spiritually inclusive segment:

Letting go of guilt

10. Confession and forgiveness

Discussion/Reflection:

Practice confession and forgiveness

11. Adjusting the sensitivity or duration of our conscience

Religious contributions

God as judge and love

God's help in change

Grace

Faith

Mercy

Reconciliation

Restitution

Discussion/Reflection/Meditation:

How can these ideas help you let go of guilt?

Grace

Love

Mercy

Restitution

Confession

Forgiveness

Other suggestions?

What are three things you could do today to let go of guilt (and shame)?

13. Letting Go of the Victim Role 1

(video: 15 minutes)

Definition:

Features:

- 1.
- 2.
- 3.

Your choice is to

-

OR

-

Ownership:

Discussion/Reflection:

What are your reactions so far?

Is there any anger?

You have been and only you can drive your journey!

Not deciding is deciding not to decide, so there is no such thing as not deciding.

Only you know yourself well enough to drive.

You have to take ownership!

Discussion/Reflection:

How much am I willing to take responsibility for my current situation (rather than blame someone else)?

In whose control is my recovery and/or health?

Deal with “victim” mentality:

1. Fairness
2. Expectation of apology or payback
3. Trust is needed for a fulfilling life
4. Defensiveness vs. striving for something
5. Self-pity and entitlement

Discussion/Reflection:

How much are you expecting:

An apology?

Some payment (with interest)?

Things to be “fair” or “right”?

How defensive are you?

How much are you consumed with hurt or self-pity?

Are you feeling entitled?

Victim “Sensitivity”

Victim “Duration”

Discussion/Reflection:

What do you think about the idea that being a victim should be a temporary, motivating experience rather than a permanent state of being?

Do you have any thoughts about how long you expect yourself to be a “victim”?

Is it okay to let go of being a victim?

14. Letting Go of the Victim Role 2 (video: 16 minutes)

Cost Benefit Analysis -

Write down the thought, behavior or emotion that you might want to change:

Pros and cons about keeping it:

Discussion/Reflection/Practice:

Weigh out the pros and cons

Disputations - an argument against the way we thought things were

Find short and positive statements

Discussion/Reflection:

What disputations, or arguments, can you come up with?

Be patient and persistent with yourself

Beware of “emotional reasoning” (thinking that because it doesn’t “feel” right, it must be wrong)

Change “feels” wrong, at least at first

Discussion/Reflection:

Is it at all consoling to realize that you now have more control than you once thought?

Any questions about the pros and cons exercise?

Any questions about disputations?

Spiritually inclusive segment:

Letting go of the victim role

Potential to blame God – why did he let this happen to me?

Learning not to blame others (including God) or ourselves

Growth through pain

We are each created equally

God can fill only empty vessels

The point of healing is stronger than it was to begin with

Discussion/Reflection:

15. Self-Development 1 (video: 20 minutes)

Building “Self”

Definition: “An inner sense of who we are”

Unstable sense of self:

Stable sense of self:

Swiss cheese “self”:

“Self-Self Objects”

Memories

Affirmations

Meaningful

Change us

It is ok, even inevitable and needed to build “self”

Discussion/Reflection:

Is it okay to build a positive and realistic sense of self?

Has too much negative stuck?

Would it be okay to wash away the negative?

Would it be okay to peel off the non-stick coating for positive comments?

Can you accept that, deep down inside, there is an innocent and wholesome child who is capable of learning and accepting affirmation, of loving and being loved?

Analogies:

Negative:

“SCUM”

S _____

C _____

U _____

M _____

Positive:

“LGS”

L _____

G _____

S _____

Allow the LGS to stick

Other approaches:

DBT

Journaling

Reflecting

Reading

Others

Influences:

People close to us

Tend to devalue the positive comments

Amplify the negative

More neutral / distant relationships

Comparisons:

“Inferiority Complex”

Opportunities for contribution are stifled by comparison

Misguided to focus on being only the best when there is so much good to be done!

“Emotional Shielding” – protection of “self”

Discussion/Reflection:

SCUM

LGS

Comparison

Influences

Protection of “self”

16. Self-Development 2 (video: 17 minutes)

Self-Esteem

What is self-esteem?

Definitions:

“Esteem” - Regard, respect, the condition of being honored, well regarded, admiration, delighted approval and liking, pride, worthiness, dignity

“Self-esteem” – Our own perception of being acceptable and lovable, self acceptance then reinforces other’s comments, dignity and self-respect of ourselves.

Minority or unpopular vs. Uniqueness

Dangers of building “self esteem” on external things (“self” vs. “other” esteem)

Foundations in:

Core values

Principles for living

Checks and balances

Meaning and purpose

Ups and downs

Think Safety!

Discussion/Reflection:

Is it okay to accept, even affirm yourself?

Do comparisons get in your way?

Do you have any other problems accepting these ideas?

The description of the journey's road surface:

Interplay of guilt/shame issues, victimization and self-development

Enhanced ability to make healthy decisions

"Self" development is foundational for many other things

Spiritually inclusive segment:

Building “self”

Concern about (but the not same as) “pride”, “selfishness” or “self sufficiency”

God’s love

God as LGS

Love others as you love yourself

“Me and God make a majority”

Discussion/Reflection:

Does God love you?

Is it okay to accept that love, even remember, memorialize and revel in it?

What has gotten in the way of your willingness to accept that love from God?

What has gotten in the way of your ability to accept that love from God?

How does this fill your “swiss cheese” self?

Are you acceptable, lovable, created and blessed by God?

17. Addictions 4 (video: 16 minutes)

I might have a problem and I might be able to do something about it.

Desire vs. wanting to change

Having to stop is not good enough – change starts with a desire, or wanting to make a change.

Discussion/Reflection:

Do you want to be here?

Do you want to change?

Do you want to stop?

(*Self-Esteem and Goal Setting 3* encouraged after this presentation if these concepts are unclear or needs reinforcement.)

Transtheoretical model:

Precontemplation - Contemplation - Preparation - Action - Maintenance (Relapse)

Contemplation stage

Grieving loss(es): (The losses I might need to grieve are:)

Discussion/Reflection:

Do you feel responsible for this loss? Remove self-blame first if necessary.

What do you stand to lose by letting go of your addiction? What losses do you perceive?

Start saying goodbye to each.

View *Loss* presentation if necessary (not included with this presentation, but available separately).

Motivations to change:

Pros

Cons

Age-based motivators

Discussion/Reflection:

Contemplate the various reasons for change -

List positive reasons (pros) -

List negative reasons (cons) -

What are your age-based motivators?

Discussion/Reflection:

Can you say you do have a problem?

Can you say you are going to do something about it?

Spiritually inclusive segment:

Spiritually based motivators:

Discussion/Reflection:

18. Self-Esteem and Goal Setting 3

(video: 25 minutes)

Review:

The “need to change” is not good enough!

Caution about changing for others

The key is in wanting to change for you

Take caution about fleeting desires to change in crisis

Discussion/Reflection:

How much do you really want to change vs. a “need” to change?

If things got better, would you still want to change?

Honor the choices you have made so far:

A move, a change – to a different place emotionally

What would you lose?

Is a move really a change?

My choice comes out of knowledge about other places.

My choice comes out of desire and ability to move.

I did it.

Conclusions:

Discussion/Reflection:

What are my primary motivators for change right now?

Where am I emotionally right now?

What will I be giving up or leaving if I do go on this journey?

Have I ever actually set out to move somewhere else emotionally?

Have I gotten discouraged and “returned home” to “safe ground” rather than looking for different ways or asking for more help to succeed?

How much do I want to go on this journey?

How sure of my abilities am I right now?

What other resources will I need?

What is important to me?

If I were facing the end of life, what would I regret about the choices I’ve made until now?

Do I like what would be inscribed on my tombstone?

What is the meaning and purpose of my life?

Cognitive approach:

Emotional reasoning:

Labels:

“Failure” or “Loser”-

Being “In control”-

Prerequisites for change:

Transtheoretical Model-

Precontemplation:

Contemplation:

Preparation:

Action:

Maintenance/relapse:

Discussion/Reflection:

Consider possible losses in making changes in your life:

What are possible motivators for making these changes?

Spiritually inclusive segment:

Spiritual “need to change”-

Legalism:

Spiritual motivations:

Control:

Failure:

Transtheoretical model:

Discussion/Reflection:

Do you suffer under an imposed legalistic form of spirituality?

If so, what has been the impact of living within that?

How is it different to want to follow God and move toward love than to have to be good or perfect?

Are you loved by God?

Could God be helpful in changing your desire?

What are your thoughts about being “in control” or a “failure” in the context of God’s wisdom and love?

How could an inclusion of our spiritual selves enhance our progress in the Transtheoretical model?

19. Addictions 5

(video: 21 minutes)

Review

I have a problem and I am going to do something about it!

Preparation

Timing and resources

Fear / concerns:

Only one with this problem

No one will understand

12-Step Programs

Concerns:

Going to a “meeting”

Secrets

Spiritually-based

Intense

Stress may lead to cravings

Availability of substances

Peer led

Advantages:

You are not alone

Hope

Willingness of others to help

Positive peer pressure

Foundation of membership is vulnerability

Room full of resources

Emergency plans

Fun

Works

Free

Ways to deal with the negative:

Discussion/Reflection:

Are you planning on including “12-Step” organizations in your plan or would you be willing to consider it?

What would be your reasons not to?

What would you be giving up if you did not?

-Check out a meeting or two

Spiritually inclusive segment:

Reflections on spiritual aspects:

“12-Step” Spiritual Benefits

20. Addictions 6

(video: 15 minutes)

“Spar’em” approach

“Spar”-”To fight with words or box lightly”

- S - Strengthen your resolve
- P - Plan
- A - Anticipating the worst
- R - Relapse prevention and management
- E - Emotional aspects
- M - Medication considerations

The “S” in the “Spar’em” approach - Strengthening your resolve:

Discussion/Reflection:

What are your ideas on how to strengthen your resolve and find encouragement?

Ideas on how to strengthen your resolve:

- Help from friends and family

- Journaling about progress

- Develop rewards
 - Regular
 - Mostly built on doing the right thing

- Get enough sleep

- Develop interests and hobbies
- Diet and exercise
- Develop relationships with “clean” people

Discussion/Reflection:

What are some practical ways you can build resolve and encouragement?

How to minimize discouragement:

Influences:

People for us

People against us

“social transplant” may be needed!

Those people in the middle

Err in the direction of safety!

Discussion/Reflection:

Who are the people who are clearly not supportive?

Are social transplants needed?

Be cautious with your words

Discussion/Reflection:

How are you going to handle interactions with the people who are not clearly for or against you?

How will you control your words to maximize your success?

Spiritually inclusive segment:

How to strengthen resolve:

Faith community

Spiritual mentor

Caution of influences even in faith community

Prayer

Meditation

Quiet time (specific plans)

Scripture

Relationship with God

21. Addictions 7

(video: 19 minutes)

The “P” in the “Spar’em” approach – Developing a Plan

Cues and associations (triggers)

Discussion/Reflection:

What are some of your cues or “triggers” that you are aware of?

Associations (“Triggers”)

When did you engage in the addictive behavior?

End of the workday

Evenings

“Relaxation” times

Celebration

Where? –

Places where the addiction either took place or was obtained

What?

What other substances are involved (cross addictions)?

What else is associated with (or raises the risk of) the behavior? –

Smells, tastes, thirst, hunger, sleepiness, boredom,
stress/anger, sounds (music)

Who? -

Clearly destructive influences:
(The “Social Transplant”)

“Middle people”

Conversations

Other associations and the process of dealing with triggers

Discussion/Reflection:

Using the above examples, and others, list all of the triggers you can think of:

Plans for encountering triggers:

What can you do differently at risky times?

How can you avoid places where the addiction took place?

How can you avoid buying the substance?

How can you eliminate or alter experiences that trigger the behavior?

Smells

Sounds

Music

Tastes

Thirst

Hunger

Sleepiness

Boredom

Stress

Anger

Others

Who?

How can you deal with the clearly destructive social influences and/or “middle people”? What can you say to them or how can you change your conversations with them?

Others?

What other triggers need to be dealt with?

Note the Process

- Write things down
- Plan strategies on paper, with others, etc.
- Carry through with the plan

Discussion/Reflection:

Cravings:

Most are short lived

Best handled with distractions

Develop substitutions

Develop interests

Interpersonal Involvement

“Causes” reflection

Craving is now not your desire! – It is a trick.

Discussion/Reflection:

What will you do in the event of a short-lived craving?

What can you do in the event of the more long-standing ones?

What to do with any “opportunity” (unwelcome exposure) to your addiction:

Discussion/Reflection:

What will you do when the substance or addictive activity is there in front of you?

Written statements:

It is your responsibility to refuse any “opportunity” (even if it comes from a physician)!

Discussion/Reflection:

Develop your written statements

Write letters to those providing the addictive substance

(Links to example letters at www.MyTherapySession.com if needed.)

Spiritually inclusive segment:

Spiritual based planning

“Spiritual trust”

“Willing” to let go

“HOW”

Honest

Open

Willing

Initially may be scary

May see our lives as unmanageable

No concept of how we might alternatively “manage” our current situation

Added challenge(s)

Want to turn to the addictive “solution”

“The Miracle”

“One Day at a Time” notion-

Our “Climb”

“Am I on belay?”

“May I climb?”

Quiet time

Surrender

Search for authenticity

Awareness

Acceptance

Embrace

22. Addictions 8

(video: 12 minutes)

“Spar” using your words

Discussion/Reflection:

Practice what you will say.

Practice saying “no”

Finding non-addictive fun

Loss

Redefine what “fun” is

Discussion/Reflection:

What can you do for non-addictive fun?

Ideas for non-addictive fun

Deepening relationships with people

Hobbies and interests

Library

Parks

Churches

Internet

Art

Music

Other creative things

Discussion/Reflection:

The “A” in the “Spar’em” approach - Anticipating the worst

Prevent emergencies

Before using

Go to emergency room or psychiatric facility

Attend meetings / sponsorship

“If” and after relapse

Triggers progressive illness

Clouds your mind

Misdirection of attention

Discussion/Reflection:

Does it make sense to accept help in emergencies?

Does it make sense to access an emergency service during an emergency?

Would you be able to define an emergency or crisis prior to engaging in the addictive behavior (or before using the addictive substance)?

Reset / restart plan:

Soft reset - more routine and preventative

Breathing

Music

Review of written plan

Others

Hard reset - more radical

Soul searching

Read whole journal again

Works better when you have been maintaining

Others

Discussion/Reflection:

What could some of your potential soft-resets be?

What could some of your potential hard-resets be?

Spiritually inclusive segment:

23. Addictions 9

(video: 13 minutes)

The “R” in the “Spar’em” approach - Relapse Prevention

Discussion/Reflection:

What additional strategies can you think of for relapse prevention?

Relapse Management

Planning does not predict relapse!

1000x better not to relapse but...

How are we going to learn from it?

What was missed?

Learn and build on the experience

What happens if and when we relapse -

We are impaired

We need more help

Guilt and shame cycle

Grieving for better times

Possible sense of hopelessness

What to do -

Reach out to others

How to make the most of “using” dreams

Not “impaired”

Feels just like a relapse

Opportunity to practice relapse management

Cuts down on our resistance to talking about it

Rest physically

Detox if necessary

Learn from it!

Mine for things that may have been missed

Hard resets/restarts

“Side step” – to assist in sorting through the steps of relapse

Are there other possible blocks?

Anger

Guilt/shame

Others

Discussion/Reflection:

What will I do in the event of a possible relapse?

How will I deal with it?

Am I willing to reach out to others? Who might I be able to reach out to?

Will I consider the option to rest more?

Can I learn from it?

Am I willing to look for things that might have been missed?

Will I take into consideration how did I get myself into this?

Will I be able to look at ways at how I will avoid this problem in the future?

What hard resets are available?

Would I be willing to “side step”, or sort through the various steps?

Could there be the possibility of anger? Guilt/shame? Others?

Spiritually inclusive segment:

Relapse prevention

Relapse management

Rest

Temporary motivating role of guilt and shame

Reach out to others

Humble submission, confession and willingness

Prayers

Review our plan

Spiritual lessons during times of need

24. Addictions 10

(video: 8 minutes)

The “E” in the “Spar’em” approach - Emotional Aspects

Emptiness

Pain

-Trauma

-Abuse

-Neglect

Conflict

-Anger

-Other conflicted emotions

Addictions interfere with resolution of psychological pain / conflict.

Halted personal development

Triple sided problem

1. Coping for the current addiction is impaired
2. The developmental “catch up” required
3. The underlying emptiness, pain, or conflict

“Mental Fitness Building”

Anger

Lack of assertiveness

Anxiety

Depression

Others

Discussion/Reflection:

What aspects of these concepts might be causing you the greatest challenges?

What personal development may have been halted as a result of your addiction?

Did you turn to an addiction to deal with some conflict, stress, issue, or some feeling you were not capable of dealing with in healthier ways?

Anger?
Lack of assertiveness?
Anxiety?
Depression?
Others?

What issue is it that you might need to work on?

Seek out feedback from people you trust about these issues.

Growing Up in a Family with Addictions

Discussion/Reflection:

Consider the effects of growing up in a family with addictions.

Do you need to deal with any issues of grieving or loss?

Do you need to come to terms with the abuse or neglect you received as a child?

How do these experiences currently affect your approach to your addiction problems?

Spiritually inclusive segment:

Emptiness

Pain

Conflict

Faith community

Character building

Some other resources available at MyTherapySession.com (could be done now or at the conclusion of this track):

- I want to do the “Anger” module
- I want to do the “Loss” module
- I want to do the “Insomnia” presentation
- I want to do the “Pain” module
- I want to do the “Assertiveness and Boundaries” module
- I want to do the “Stress/Anxiety/Depression” module
- I want to do the “Trauma” track
- I want to do the “Abuse” track
- Others _____

25. Addictions 11

(video: 12 minutes)

I see the psychological aspects as first priority

The “M” in the “Spar’em” approach – Medication considerations

Medication decisions are ideally made in the context of the psychotherapeutic work

Medication options

- “Antianxiety” meds probably interfere

- Antidepressants

- Non-addictive sleep aids

- Anticraving medications

- Smoking cessation medications

Transtheoretical Model

Precontemplation--Contemplation--Preparation--Action—Maintenance

Action and Maintenance Phases-

Discussion/Reflection:

How will you stay on track when things are going well?

What is it like to succeed?

What will it be like to be succeeding?

What are the dangers of complacency? Self-righteousness?
Overconfidence?

How would a stressor or tragedy change your plans?

What would a major success do to your plan?

Might you reconsider a 12-step program?

Benefits:

Discussion/Reflection:

Develop your written plan

MY PLAN

The change(s) I will make are:

Why I am making these changes:

What other benefits do I hope to achieve?

Who will I turn to when I need help?

How will I know I am succeeding?

When do I want to stop?

With what else will I fill myself (other than substances)?

Where will I go in an emergency?

26. Addictions 12

(video: 5 minutes)

Review:

Maybe having a problem

Maybe being able to do something about it

Developing some hope of change

Understanding the expectation of change

Developing a desire to change

Taking ownership of this problem

Developing the capability of making healthy decisions

Making a healthy decision to continue

Grieving any losses

Examining our motivations

Minimizing our exposure to this poison

Strengthening ourselves and our resolve

Cravings or unwelcome exposures

Building motional fitness

Finding fun

12-step programs

Written plans

Understanding resets

Crisis situations

Relapse prevention and management

Are you willing to set a start date for abstinence?

Discussion/Reflection:

What date will you begin abstinence?

27. Addictions 13

(video: 3 minutes)

This is “**The First Day of The Rest of Your Life**”

Build a Life Worth Living

You Deserve It!

I wish you all my best!

(Video intended to be viewed several days into your abstinence)

28. Addictions 14

(video: 3 minutes)

I hope you are happy!

Potential frustrations

Feeling sorry for ourselves

Anger

Overwhelmed

Depression

Quietness

Look for solutions to the underlying concerns:

Consider other resources at MyTherapySession.com

Our “catch up” might be faster than expected

Be encouraged

There are people rooting for you!

It has been my pleasure to accompany you on this journey - Thank You!

Some other resources available at MyTherapySession.com:

- I want to do the “Anger” module
- I want to do the “Loss” module
- I want to do the “Insomnia” presentation
- I want to do the “Pain” module
- I want to do the “Assertiveness and Boundaries” module
- I want to do the “Stress/Anxiety/Depression” module
- I want to do the “Trauma” track
- I want to do the “Abuse” track
- Others _____

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