



Journal:

Addictions (Standard)

18

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

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

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 below)

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?

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

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?

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
Guilt and shame
Victimization
Self-development

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:

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

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

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

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:

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

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 _____

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?

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?

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)

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 _____