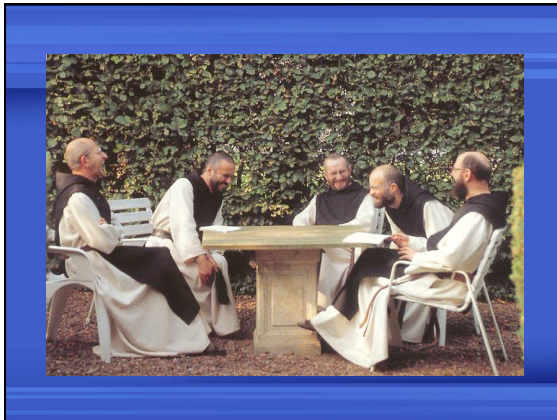


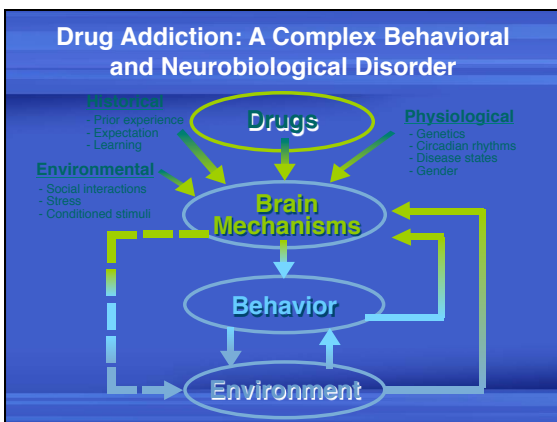
Treatment and the Relapse Cycle of Addiction





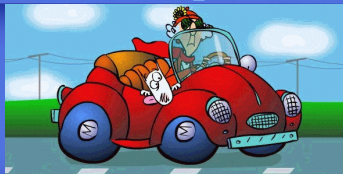






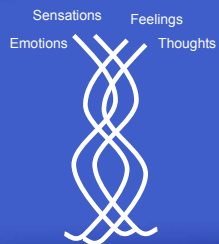
This is why addicts can't just quit
This is why treatment is essential

Relapse



After starting a new diet I altered my drive to work to avoid passing my favorite bakery.
I accidentally drove by the bakery this morning and as I approached, there in the window were a
host of goodies.
I felt this was no accident, so I prayed ... "Lord, it's up to you, if you want me to have any of those
delicious goodies, create a parking place for me directly in front of the bakery."
And sure enough, on the eighth time around the block, there it was!
God is so Good!"

What we are aware of:



What do we do with these things bouncing around in our head?

The diagram illustrates a cognitive process flow. On the left, a vertical stack of four terms: Sensations, Feelings, Emotions, and Thoughts, is connected by a vertical line to a white, tangled knot-like graphic. An arrow points from this graphic to a central box labeled "Become Aware of it". Below this, another box says "Make a judgment about it". From here, three arrows branch out to "Good", "Neutral", and "Bad". Under "Good", it says "Make plans" and "Go for it". Under "Neutral", it says "Fuzz out Boredom Sleep". Under "Bad", it says "Make plans" and "Avoid it".

Act before you think! or Think before you act?

...research by Benjamin Libet (1999) showed ... that people became aware of the intention to act *after* (350-400ms. to be exact) the brain has readied itself to act and *before* (200ms) motor activity. In other words, we can "veto" an action, but our *intention* to act is formulated in the brain before we become aware of it!" (Germer, C.K (2005) p.23)

Learning and neurons

Unused neurons

The diagram shows a 4x4 grid of 16 blue circles representing neurons. On the left, the text "Unused neurons" is above a 4x4 grid of 16 empty circles. On the right, the text "Weak connection when act first learned" is above a 4x4 grid where only a few connections between adjacent neurons are shown. Further right, the text "Connections strengthen with practice" is above a 4x4 grid where many more connections between adjacent neurons are shown, representing a more developed neural network.

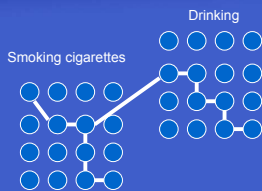
Practice makes perfect

As you practice the linkages become stronger
As the linkages become stronger the sequence becomes faster
As the sequence becomes faster it becomes a reaction
You don't think reactions;
You do reactions



If you're not confused, you're not paying attention.
Tom Peters

Cascade Effect



Relapse Cycle

My Trigger(s) this time: _____

Negative Self Thoughts: _____

I make it OK in my mind by saying to myself: _____

What made this a high risk situation for me?

1. _____

2. _____

3. _____

Feelings: _____

Reminds me of: _____

Afterwards I felt/thought: _____

So I just want to: _____

Harmful act to self or others: _____

Late Feelings: _____