



HIGHER THOUGHT INSTITUTE

**Understanding and Managing Self
Defeating Behaviors.**

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An Integrated Functional Model

Question: What problem does this symptom solve?

Answer: All chronic addictive patterns are efforts to solve/escape feelings of pain, fear, insecurity etc.

Question: What caused the feelings of pain, fear, insecurity etc.

Answer: Unresolved/suppressed trauma/adverse experiences.

Function Focused Model

Multidimensional model; The “Why?”

Address the “function” of addictions and mental health symptoms, decrease addiction substitution and co-occurring diagnoses

Embrace triggers

Measures of success – decrease in mental health symptoms; increase emotional mastery and self confidence. Resulting in decreasing the need for addictive patterns.

Recovery focused - process

Resume- views relapse (recurrence of use) as an obstacle for a growth opportunity; experiences guilt

Emotional mastery

Therapy plus peer support

Behavior Focused Model

Single dimensional model; The “What?”

Address the “behavior” of addictions only, increase addiction substitution and/or co-occurring diagnoses

Avoid triggers

Measures of success – abstinence; increased behavioral mastery

Relapse focused – results

Restart – views relapse as a failure; experiences shame

Behavioral mastery

Peer support



Function Focused Model

Reframe the Addict self

Identify with emotions AND behaviors

Encourages mind/body integration/association

Disorder, environment and genetics

Compassion/flexibility/proactive/empathy

Introspection; decrease negative stigma

Expansion of perspective (thoughts, feelings, and behaviors)

Collaboration/connection/cooperation/"us"

Coaching/Challenge

Behavior Focused Model

Reject the Addict self

Identify with behaviors

Encourages mind/body disintegration/dissociation

Disease, primarily genetic

Compliance/rigidity/reactive/judgement


Projection; increase negative stigma

Restriction of perspective (thoughts, feelings, and behaviors)

Separation/disconnect/competition/"them"

Criticism/Shaming

Locus of Control Shift (Colin A Ross MD)

- 1. Allows attachment to be maintained.**
 - 2. Gives an illusionary sense of control.**
 - 3. Gives an illusionary sense of Hope.**
 - 4. Gives an illusionary sense of Power.**
 - 5. Explains “Why?”**
 - 6. Provides identity.**
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Reframing the “addict” self or the “saboteur” is a critical part of reversing the locus of control shift and identifying self worth.

**Find/Locate the original self/essence
(verbal art therapy)**



What is trauma?

- Physical Abuse
- Sexual Abuse
- Violence/Assault
- Emotional Abuse
- Death
- Verbal Abuse
- Accident
- Spiritual Abuse
- Bullying
- Rape
- Violent Workplace
- Childhood Neglect of Physical Needs
- Abandonment
- Childhood Neglect of Emotional Needs
- Burglary
- Parents Who Had Poor/Dysfunctional Coping Skills Chaotic/Dysfunctional
- Car Wreck
- Abortion
- Domestic Violence
- Divorce/Break Up
- Suicide of Loved One
- Loss of Job
- Medical Diagnosis/Chronic Illness/Loss of Functioning
- Infertility/Miscarriage
- Natural Disasters
- War/Combat/Political Violence
- Environment
- Financial Difficulties
- Birth Defects
- High Stress Job
- Pregnancy/Child Birth
- Witnessing Something Traumatic
- Psychiatric Issues and Hospitalization
- Chronic Relapse and Consequences
- Addiction and Related Consequences
- Learning Disability
- Multiple life stressors
- Parental Alienation

Adverse Childhood Experiences (ACEs) Questionnaire

<http://www.cdc.gov/violenceprevention/acestudy/>

Prior to your 18th birthday did you experience:

- 1. Emotional Abuse** - Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
- 2. Physical Abuse** - Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
- 3. Sexual Abuse** - Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?
- 4. Emotional Neglect** - Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
- 5. Physical Neglect** - Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Did it seem as though your parents or guardians didn't take care of you, ie. take you to the doctor if you needed it etc.?
- 6. Loss of Parent** - Was a biological parent ever lost to you through divorce, abandonment, or other reason?
- 7. Domestic Violence** - Was your parent or guardian: Often or very often pushed, grabbed, slapped, or had something thrown at them? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Repeatedly hit for at least a few minutes or threatened with a gun / knife?
- 8. Family Member with Addiction** - Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
- 9. Family Member with Depression or Mental Illness** - Was a household member depressed or mentally ill, or did they attempt suicide?
- 10. Family Member Incarcerated** - Did a household member go to prison?



Visit trf.net for courses and further information on the ACEs.

Addiction is a pervasive pattern of avoiding feelings. Avoiding feelings can look like numbing, denial or distracting.

Addictive patterns are seen in most, if not all, chronic mental health symptoms and diagnoses (process addictions) as well as substance addictions.

People can get addicted to their mental symptoms.



Forms of suppression/avoidance (addictions)

- Drug/Alcohol
- Self-Mutilation
- Medication/Pills
- Sex
- Intellectualizing
- **Shame**
- Drama
- Entitlement
- Denial
- Eating/Not Eating
- Dissociation
- Alter Egos
- Extreme Collecting

- Confusion
- Shoplifting
- Masturbation
- Promiscuity
- Flashbacks
- Memories/Content
- Living in the past
- VRP /Drama Triangle
- Suicidal Ideation
- Somatization
- Anxiety
- OCD Thinking & Behaving
- Hobbies

Forms of suppression/avoidance (addictions)

- **Gambling**
- **Gaming**
- **Pornography**
- **Workaholism**
- **Perfectionism**
- **Shopping**
- **Humor**
- **Fantasy**
- **Religion**
- **Exercise**
- **Homicidal Ideation**
- **Narcissism/Arrogance**
- **Depersonalization**

- **Numbness**
- **Rage**
- **Sadness/Depression**
- **Isolation**
- **Black & White Thinking**
- **Idealization/Devaluation**
- **Magical Childlike Thinking**
- **“Terminally Unique”**
- **Sleeping**
- **Discounting**
- **Smoking**
- **Being Controlling**
- **Other _____**


Emotional avoidance begins with suppression.

Painful emotions that are too overwhelming and/or we do not have the emotional ego strength to tolerate will be suppressed.

Over time, chronic suppression “active forgetting” (conscious), is the foundation for active repression and dissociation (subconscious).

Since emotions are pure energy, chronic suppression/dissociation creates a break down between the mind/body circuitry, forcing the now dysregulated energy “emotions” to be expressed either mentally or physically; at the expense of the other.

Ongoing, this form of emotional dysregulation will have negative consequences; mentally, physically, and spiritually.



Suppression/Dissociation is the core issue that underlies all addictive and self defeating patterns seen in most, if not all, mental health diagnoses and many medical symptoms.



The treatment objective therefore, is to facilitate greater ego strength through mind/body integration and emotional desensitization.

Treatment Objective: To feel my feelings and stay safe.



Spectrum of Emotions

Physical issues and Diagnoses “Acting In”	Unhealthy Stuck Mind - Logic Dysfunctional Under Responding Unintegrated Black and White	Healthy Fluid Mind/Body Balanced/Functional Grounded –Present Integrated Grey	Unhealthy Stuck Body - Behaviors Dysfunctional Over Responding Unintegrated Black and White	Mental issues and Diagnoses “Acting Out”
Headaches/Migraine	Numb	Anger	Rage	Depression
High Blood Pressure	Numb	Sad	Depression	Eating Disorders
Fibromyalgia	Numb	Hurt/Pain	Despair/Hopeless	Anxiety
Chronic Fatigue	Numb	Vulnerable	Helpless	Substance abuse
Chronic Pain	Numb	Happy	Mania	PTSD
Fertility Issues	Numb	Guilt	Shame	Dissociative Disorders
Irritable Bowel	Numb	Fear	Terror/Panic	Process Addictions
Autoimmune	Numb	Lonely	Abandonment	

ADDICTION BLUEPRINT

- 1. Sensitivity -20% of the population (HSP-
Dr. Elaine Aron)**
- 2. “Emotional Stuffer” (suppression)**
- 3. History of Trauma/Adverse Experiences
(ACE’s)**
- 4. Current Day Stressors**



Review Emotional Inventory





For more information please call:

940-229-5000