



HIGHER THOUGHT INSTITUTE

The Addiction Blueprint

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

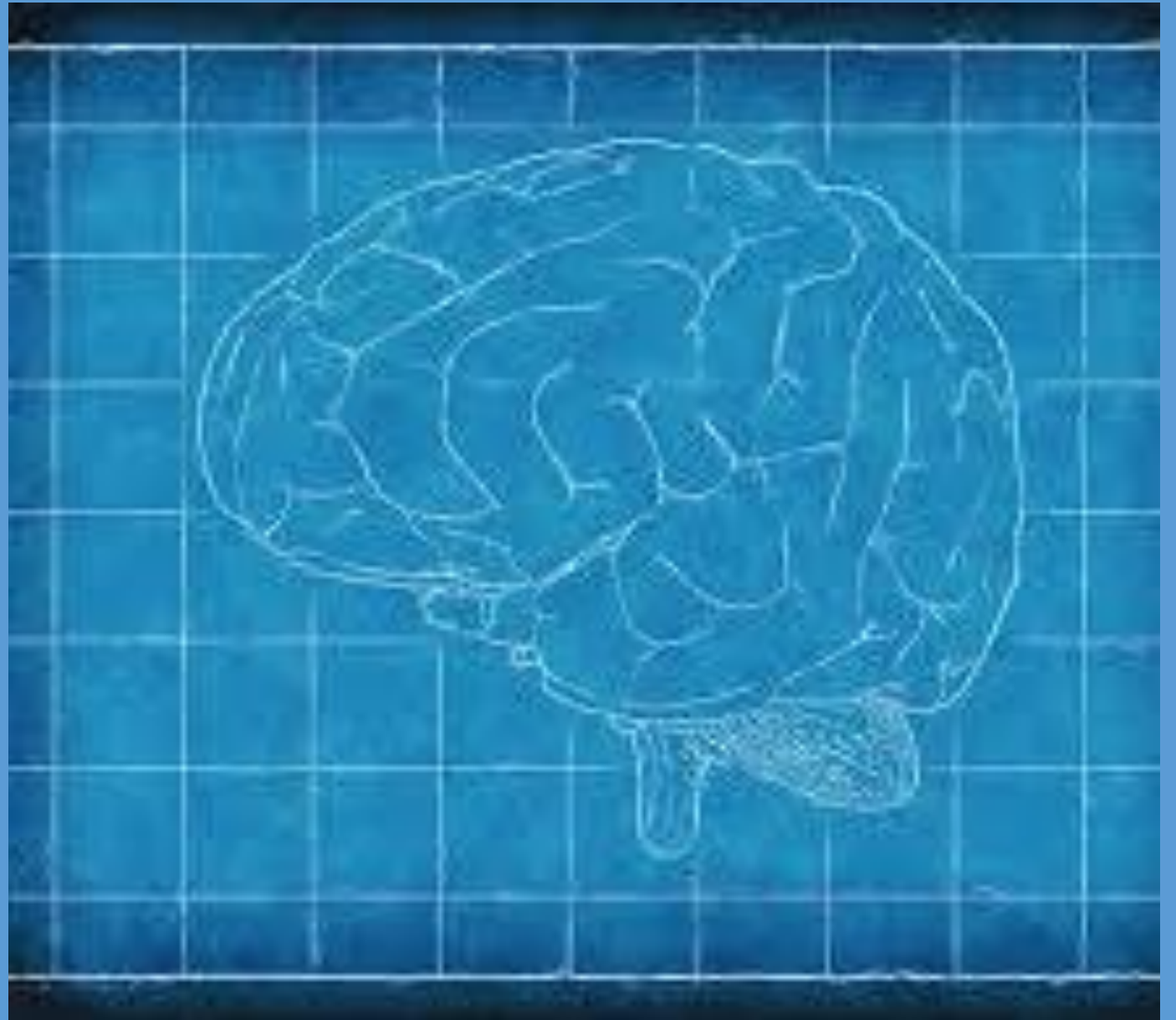
Projection; increase negative stigma

Restriction of perspective (thoughts, feelings, and behaviors)

Separation/disconnect/competition/"them"

Criticism/Shaming

HSP + ACE + SUPPRESSION
+ STRESS = ADDICTION
BLUEPRINT



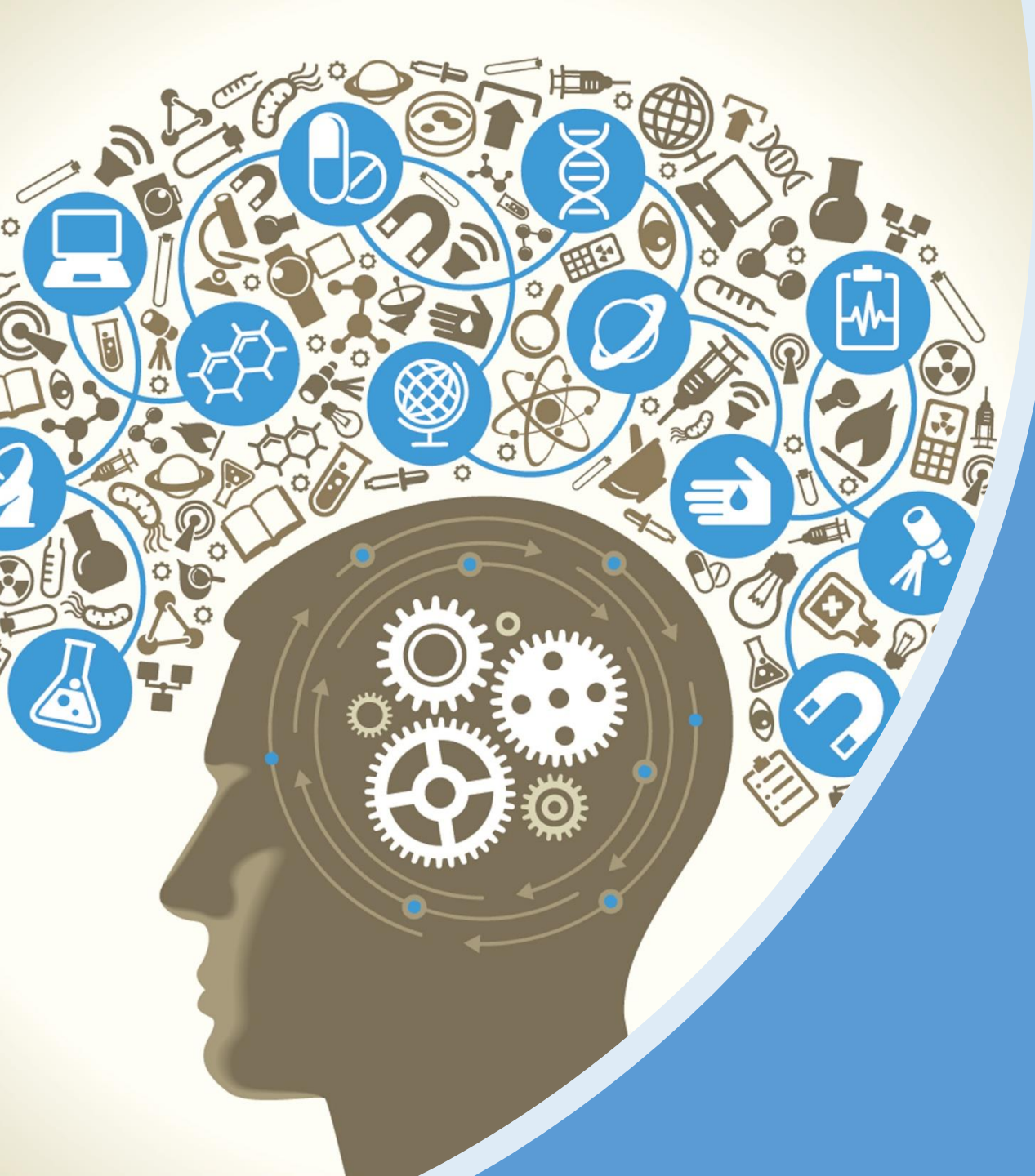


ADDICTION BLUEPRINT = HSP+ACE+Subpression+Stress

1. Highly Sensitive Person (HSP) – Dr. Elaine Aron

The HSP is approximately 20 % of the population. They process information more deeply and in a more impactful way.

Functional magnetic imaging shows that perceptual areas of the brain light up more in HSP. They tend to be more overwhelmed by stimulation. When compared to non-sensitive people, HSP have more psychological issues especially if combined with a difficult childhood. They excel on both ends of the spectrum depending on their early childhood experiences.



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HSP+ACE+Subpression+Stress**

2. ACE (ADVERSE CHILDHOOD EXPERIENCES)

Adverse Childhood Experiences, or ACE, are potentially traumatic events that occur in childhood (0-17 years) such as experiencing violence, abuse, or neglect; witnessing violence in the home; and having a family member attempt or die by suicide. Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with substance misuse, mental health problems, or instability due to parental separation or incarceration of a parent, sibling, or other member of the household.



What's your
ACE?



1. I am easily overwhelmed by strong sensory input.
2. I seem to be aware of subtleties in my environment.
3. Other people's moods affect me.
4. I tend to be very sensitive to pain.
5. I find myself needing to withdraw during busy days, into bed or into a darkened room or any place where I can have some privacy and relief from stimulation.
6. I am particularly sensitive to the effects of caffeine.
7. I am easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by.
8. I have a rich, complex inner life.
9. I am made uncomfortable by loud noises.
10. I am deeply moved by the arts or music.
11. My nervous system sometimes feels so frazzled that I just have to go off by myself.
12. I am conscientious.
13. I startle easily.
14. I get rattled when I have a lot to do in a short amount of time.

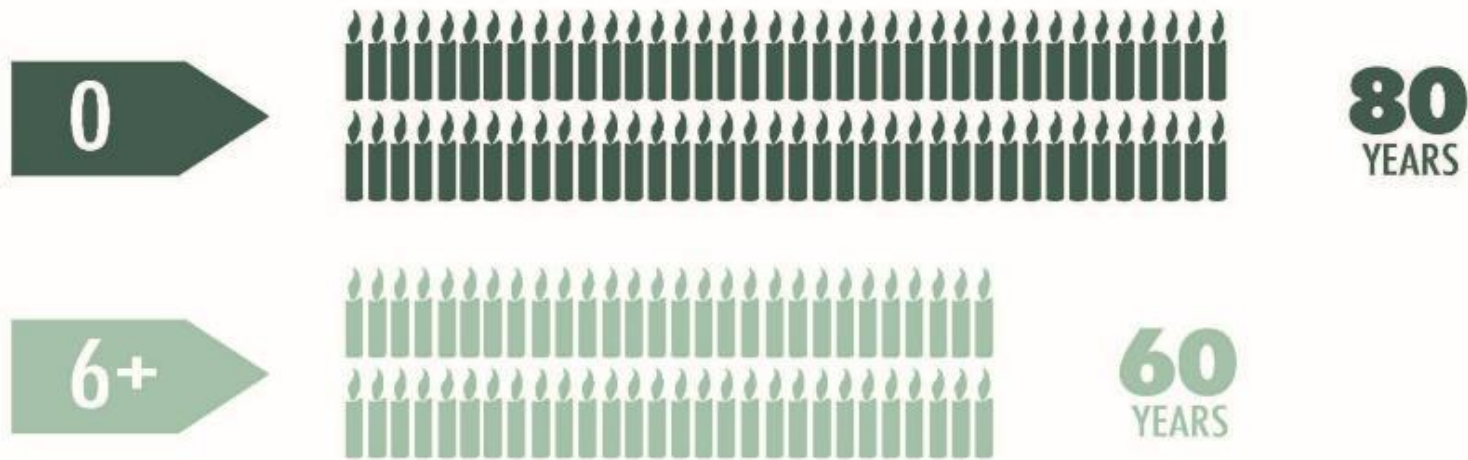


15. When people are uncomfortable in a physical environment I tend to know what needs to be done to make it more comfortable (like changing the lighting or the seating).
16. I am annoyed when people try to get me to do too many things at once.
17. I try hard to avoid making mistakes or forgetting things.
18. I make a point to avoid violent movies and TV shows.
19. I become unpleasantly aroused when a lot is going on around me.
20. Being very hungry creates a strong reaction in me, disrupting my concentration or mood.
21. Changes in my life shake me up.
22. I notice and enjoy delicate or fine scents, tastes, sounds, works of art.
23. I find it unpleasant to have a lot going on at once.
24. I make it a high priority to arrange my life to avoid upsetting or overwhelming situations.
25. I am bothered by intense stimuli, like loud noises or chaotic scenes.
26. When I must compete or be observed while performing a task, I become so nervous or shaky that I do much worse than I would otherwise.
27. When I was a child, my parents or teachers seemed to see me as sensitive or shy.

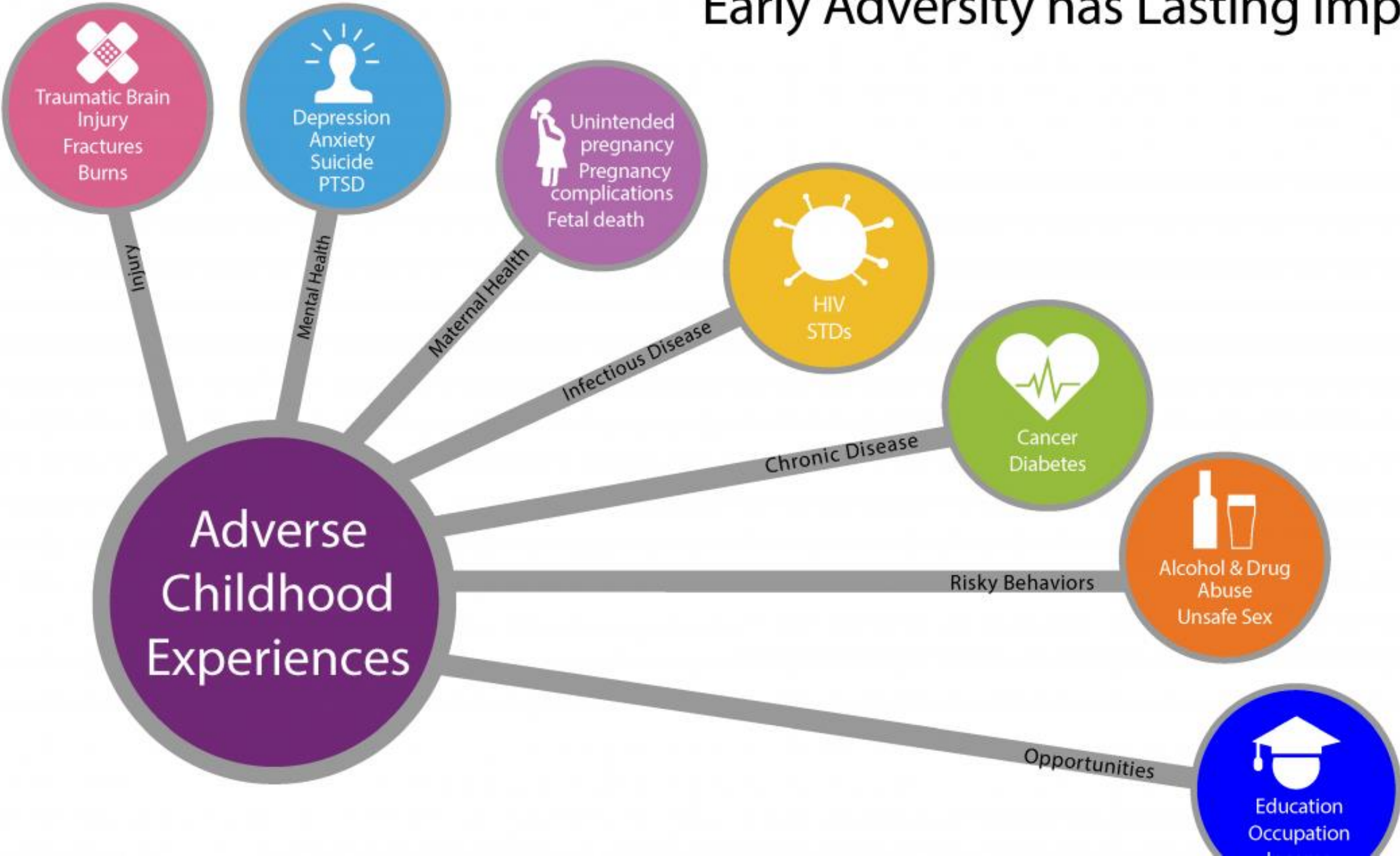
HOW *do* ACES AFFECT OUR SOCIETY?

LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



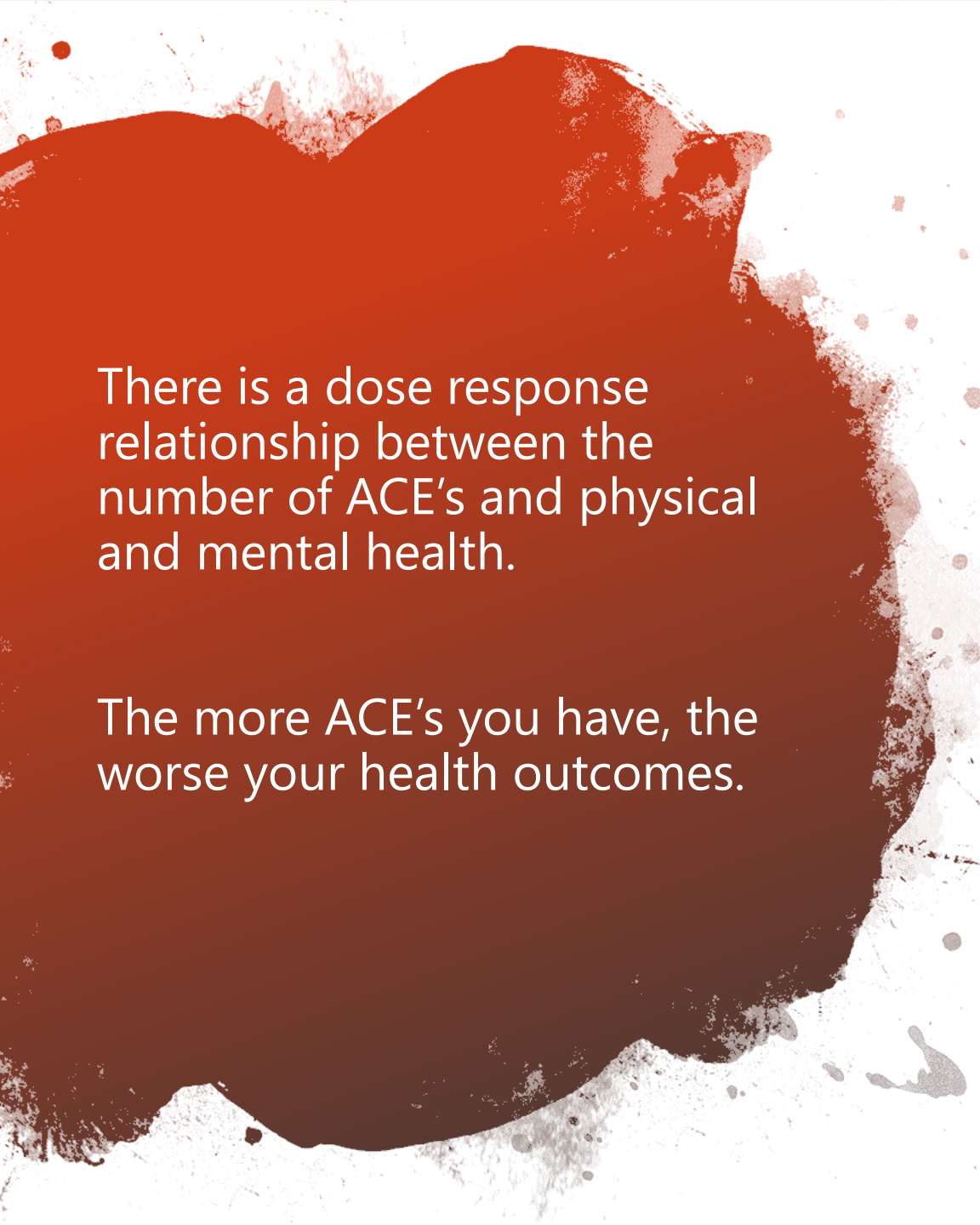
Early Adversity has Lasting Impacts





ACE is very common

- 67 % of population has at least 1
- 1 out of 8 people have 4 or more



There is a dose response relationship between the number of ACE's and physical and mental health.

The more ACE's you have, the worse your health outcomes.

4 or more ACES you are -

- 2.5x's more likely to develop Chronic Obstructive Pulmonary disease
- 2.5 x's more likely to develop Hepatitis
- 4.5 x's more likely to develop Depression
- 12x's more likely to struggle with suicidality

7 or more ACES you have -

- Triple risk of lung disease
- 3.5x's risk of ischemic heart disease



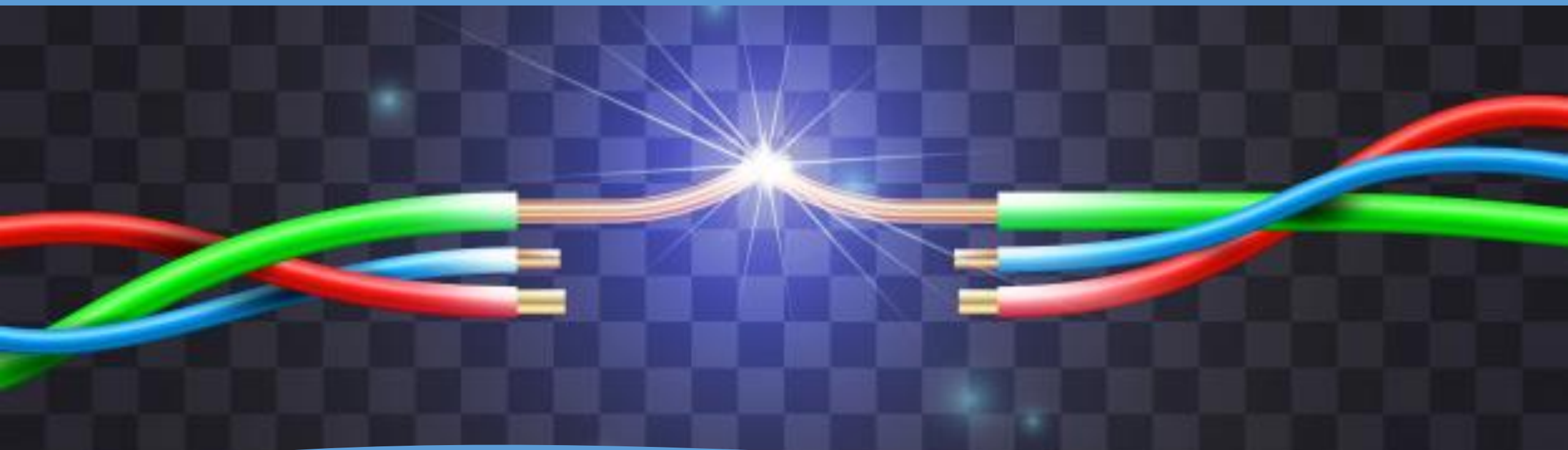
**ADDICTION BLUEPRINT =
HSP+ACE+Suppression+Stress**

3. SUPPRESSION

Psychoanalysis-the conscious inhibition of unacceptable memories, feelings, desires, or impulses.

Psychology- the restraint or repression of an idea, activity, or reaction by something more powerful.

We will suppress emotions, thoughts and behaviors that are too overwhelming and/or we do not have the emotional ego strength to tolerate. Suppression can happen through forced forgetting, distractions or numbing.



This coping mechanism, if used on-going, not only creates a dissociated mind (between conscious and subconscious) but it also creates a disconnect between the mind and body.

Since emotions are pure energy, this disconnect 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.

Addiction itself is a pervasive pattern of suppressing/distracting/numbing painful feelings and conflicts.

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

Chronic suppression takes on an “addictive” cycle and leads to dissociation.



Ways to suppress/distract/numb feelings-

- **Drug/Alcohol**
- **Self-Mutilation**
- **Medication/Pills**
- **Sex**
- **Intellectualizing**
- **Shame**
- **Drama King/Queen**
- **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**

Ways to suppress/distract/numb feelings-

- **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 _____**

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	

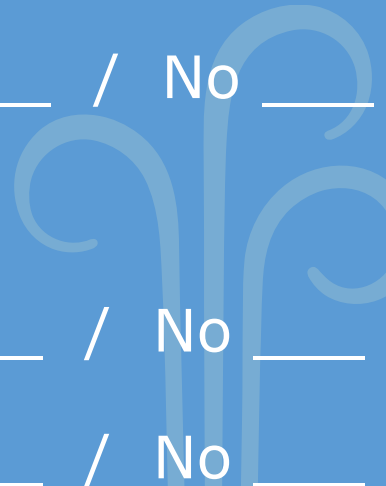
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4. STRESS- a physical, mental, or emotional factor that causes bodily or mental tension. Stress can cause or influence the course of many medical conditions including psychological conditions such as depression and anxiety.

-MedicineNet

Change itself can cause stress- both positive change and negative change.



1. Do you worry about the future?
Yes ___ / No ___
 2. Do you sometimes have trouble falling to sleep?
Yes ___ / No ___
 3. Do you often reach for a cigarette, a drink, or a tranquilizer in order to reduce tension?
Yes ___ / No ___
 4. Do you become irritated over basically insignificant matters?
Yes ___ / No ___
 5. Do you have less energy than you seem to need or would like to have?
Yes ___ / No ___
 6. Do you have too many things to do and not enough time to do them?
Yes ___ / No ___
 7. Do you have headaches or stomach problems?
Yes ___ / No ___
- 

8. Do you feel pressure to accomplish or to get things done?

Yes ___ / No ___

9. Are you very concerned about being either well-liked or successful?

Yes ___ / No ___

10. Do you perform well enough in life to satisfy your basic needs?

Yes ___ / No ___

11. Do you get satisfaction from the small joys or simple pleasures of life?

Yes ___ / No ___

12. Are you able to really relax and have fun?

Yes ___ / No ___

Total score (sum of all 12 items):

What your score means

If your score is 4 or more, you may be under significant stress and you could benefit by participating in a stress management program

A close-up photograph showing two hands, one from a younger person and one from an older person, gently holding a bright red heart. The heart has the words "Pass it On!" written on it in white, sans-serif font. The background is a soft, out-of-focus field of yellow flowers, creating a warm and positive atmosphere.

Pass
it On!