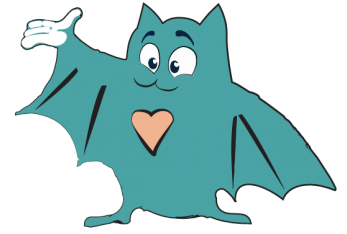


TRANSFORMING THE ADDICTIVE MIND

(FOR USE IN THE *MINDFULLY MOVING FROM TRAUMATIC CHAOS TO COMPASSION* PRESENTATION)



DIRECTIONS:

1. We will role play the *client*, the *therapist*, and the *observer* in this activity.
2. The coordinating worksheet pages for this instruction page are from the workbook, *Transforming the Addictive Mind* (pages 37 - 45).
3. You will be sent to Zoom break out rooms in groups of 3 or 4, depending upon the size of our class.
4. All group members are to fill out the Causes and Conditions Dialogue (page 37).

Remember, when writing in the voice of your addictive mind, use your non-dominant hand to write. When responding to the addictive mind, use your dominant hand to respond.
5. On page 38, circle your emotions.
6. Once everyone in the group has circled their emotions, each person will choose a role: *therapist*, *client*, or *observer*. If your group has 4 people, there will be 2 observers.
7. The *client* will read out loud their dialogue from page 37.
8. The *therapist* will listen to the language the client is using, skillfully observe their body language and tonation to provide feedback.
9. The *observer* is observing the *client* and *therapist*, taking notes for the purpose of communicating what they observed with respect to the therapist and client's verbal and non-verbal communication cues.
10. The idea is to cultivate mindful awareness within the triad from all angles.

Today's date:

Days sober:

Day 3 Poison: Causes & Conditions

Ask the addictive mind:

- What causes and conditions allow you to thrive?
- What clues do you leave before appearing?
- How can I get to know you and begin to understand what you are trying to tell me?

Mind's Story:

Feelings that arose

ANGER	1 UNNOTICABLE	2	3	4	5 FLOODED
FEAR	1 UNNOTICABLE	2	3	4	5 FLOODED
PAIN	1 UNNOTICABLE	2	3	4	5 FLOODED
JOY	1 UNNOTICABLE	2	3	4	5 FLOODED
PASSION	1 UNNOTICABLE	2	3	4	5 FLOODED
LOVE	1 UNNOTICABLE	2	3	4	5 FLOODED
SHAME	1 UNNOTICABLE	2	3	4	5 FLOODED
GUILT	1 UNNOTICABLE	2	3	4	5 FLOODED
OTHER:	1 UNNOTICABLE	2	3	4	5 FLOODED

Feedback received

Discrepancies between *Feelings that Arose* and *Feedback Received*?

“Patience is bitter...”

Day 3 Antidote: *Patience*

As time passes, we as addicts in recovery develop a sense of pride and joy in our new found sobriety. We feel addiction is something we may be able to overcome. Around this time, we often form a story about those we love. We ask ourselves, our therapist, or group, “Why are they so upset? I am doing all the right things; can’t they see that I am getting better?”

This “frustration” is our own unwillingness to accept our responsibility for the causes and conditions which left our loved ones emotionally pained. Perhaps we are unaware that our behaviors and actions have left them traumatized, our lies and deceptions have left them bewildered. Trust in the relationship is fractured. They are going through a mourning process; the person they thought you were is gone. They are still hesitant, afraid to embrace the person they now see.

We cannot shame ourselves for our betrayals. It is not constructive; it inhibits growth in recovery. To take responsibility, we have to completely acknowledge, without pretense, the magnitude of the pain we have caused others. The frustration we feel when we see the pain in our loved ones is not *them* causing it in us. It is a reflection of our own internal process.

...but its fruit is sweet.”

—JEAN-JACQUES ROUSSEAU

No one can make you feel anything. We are all responsible for our own mind states.

Recovery is a practice of patience. Mastery will not come in one day. Practicing patience involves being kind and gentle with those you have betrayed and with yourself. It is only through patience and practice that we can clean up the wreckage of our past. Being patient with those we love means we understand our actions have proved us untrustworthy at this time, regardless of where we are in recovery now. Patience is the key with them and ourselves.

Exercise: To shed the delusions of the addictive mind one has to *look within*. **Sit in silence for 5 minutes.** Look within by asking yourself:

- How can I practice patience with someone I love today?
- When I feel frustrated, what does that tell me?
- What is my part in all this?



Notice how your body feels as you sit with these questions. For example, what are you feeling in your shoulders? In your arms? In your legs and feet? What emotions arise within? What thoughts come into your awareness? Give labels to your responses. “Shoulder tension,” “sadness,” “thinking,” “anger,” “frustration.” Once labeled, bring your attention back to your breathing. Notice the rhythm of your breathing. If you find your attention drifting to other thoughts, label those thoughts briefly and bring your attention back to your breath.

When you have completed your meditation, reflect on what you became aware of and write them down on the next page. Include the emotions you felt. Share your reflection with the group and take note of their feedback. There is no right or wrong way to do this. You just simply need to do it.

Today's date:

Days sober:

New Mind's Story:

Feelings that arose

ANGER	1 UNNOTICABLE	2	3	4	5 FLOODED
FEAR	1 UNNOTICABLE	2	3	4	5 FLOODED
PAIN	1 UNNOTICABLE	2	3	4	5 FLOODED
JOY	1 UNNOTICABLE	2	3	4	5 FLOODED
PASSION	1 UNNOTICABLE	2	3	4	5 FLOODED
LOVE	1 UNNOTICABLE	2	3	4	5 FLOODED
SHAME	1 UNNOTICABLE	2	3	4	5 FLOODED
GUILT	1 UNNOTICABLE	2	3	4	5 FLOODED
OTHER:	1 UNNOTICABLE	2	3	4	5 FLOODED

Today's date:

Additional feedback:

What I learned about myself today...

One thing I can do to care for myself tonight...