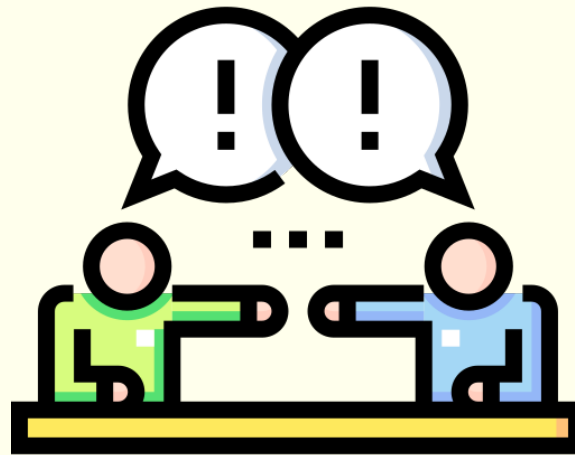


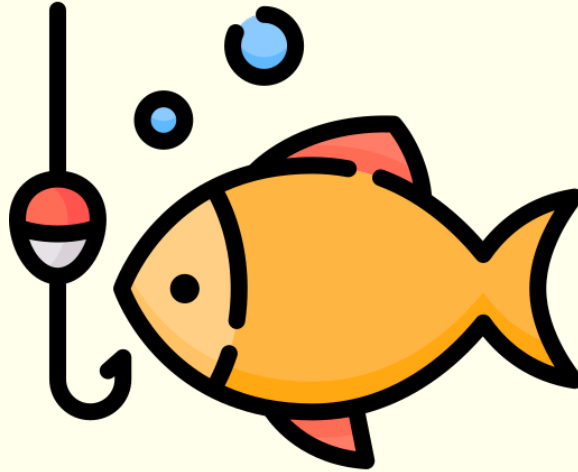
COMMUNICATION & HOOKS

**Kate Roselle
MA, MBA, LPCC**

COMMUNICATION WHEN ADDICTION IS PRESENT?



HOOKS



AVOIDING HOOKS

Allow time and space

Speak from logic center and not from emotional mind

Imagine you're speaking to a colleague

Observable behaviors

Remember what addiction needs for survival



COMPONENTS OF GOOD COMMUNICATION

Non-emotional

”I” statements

Feelings words

Listening



"I" Statement, or "You" Statement?



NAMING YOUR FEELINGS



FORMULA

1. I feel_____
2. When you_____
3. Because_____
4. I will/I won't_____



ALTERNATE FORMULA

1. I see _____

2. I feel _____

3. I hope/expect _____

4. I will _____



DISCUSSION & QUESTIONS

