



# Analysis of Addictive Behaviors Impact on Relapse and the Progression of Addiction

Kristen Robinson, BS, LADAC II, NCAC II



## Summary of this Presentation



This session will provide an in-depth analysis of addictive behaviors that often sabotage recovery from addiction.

Participants will be offered information about:

- The 8 Addictive Behaviors
- How to reinforce recovery through activities and tools that can be used with multiple populations and levels of care.

## Summary of this Presentation



- The complex network of each addictive behaviors including specific attributes that interact with each other to exacerbate the probability of relapse.
- The recovery behaviors (opposite of the addictive behavior) which allow an individual to better anticipate the likelihood of and an increased ability to reinforce recovery.

## Learning Objectives



- 1. Participants will be able to identify and assess for the 8 addictive behaviors which will allow their clients to engender recovery.
- 2. Participants will be able to guide their clients in distinguishing specific recovery behaviors to utilize to manage their addictive behaviors in a healthy way.
- 3. Participants will gain an understanding of how not being aware is unhealthy attribute that reinforces addiction and heightened awareness of their unique skill set reinforces recovery.
- 4. Participants will be able to utilize activities that promote change.

## The Problem: We Sabotage Ourselves & Our Clients



- If we only focus on stopping the Drug of Choice (DOC) or the Behavior of Choice (BOC).
- Addictive Behaviors develop with the progression of addiction.
- They remain active during times of non-use as a link to the DOC or BOC.

## 8 Addictive Behaviors



- Sensation-seeking, anxiety-sensitivity, hopelessness, impulsivity, selfishness, shortcuts, negativity, and apathy.

## 8 Addictive Behaviors

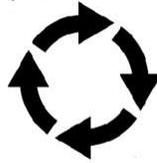


- Sensation-Seeking --- Changing perception of reality
- Negativity --- Bullying, sneakiness, self-harm, etc.
- Anxiety-Sensitivity --- Anxiety solved through unhealthiness
- Shortcuts --- Doing things "my way" or "act as if"
- Selfishness --- "Me" focused and ignore others
- Hopelessness --- Case of the "f" its and no hope
- Impulsivity --- Act without thinking
- Apathy --- Lack of care or concern

# Cycles of Addictive Behaviors



- A person's habits cause triggers that create repetition which create cycles



## Powerful Triggers



- Addictive behaviors are powerful triggers that must be addressed
- If they are ignored or avoided, they become more powerful.

## Powerful Activities



- Knowledge of the addictive behaviors can be utilized to reinforce recovery through activities and tools with multiple populations and levels of care.
- Activities leave lasting impressions and create a strong connection to recovery.
- Activities that are memorable can be powerful enough to effectively interrupt triggers.

## 8 Recovery Behaviors

(Opposite of Addictive Behaviors)

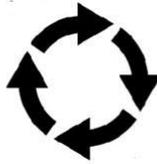


- Living Life on Life's Terms --- Ability to face and address issues
- Radical Acceptance --- Skills that increase acceptance of reality
- Healthy Coping Skills --- Habits that actually solve problems
- Doing Things Correctly --- Following rules and development of healthy habits
- Interdependence --- Balanced focus on self and others
- Hope --- Connection to a positive Higher Power\* and fuel for reaching goals
- Thinking Before Acting --- Mindfulness and awareness of what you are trying to achieve.
- Connection --- Reconnecting to healthy habits, relationships, and priorities.

## Cycles of Recovery Behaviors



- A person's habits cause triggers that create repetition which create cycles



## Activity #1: Three Cups - Part 1



- Cup 1: No Lid or Aluminum Foil = No Insulation from Outside Influences (Control)
- Cup 2: A Single Layer (Lid) = Minimal Insulation from Outside Influences
- Cup 3: Multiple Layers (Lid + Foil) = Redundancy of Insulation from Outside Influences

Addictive Behaviors addressed by this activity are: Sensation-seeking, impulsivity, anxiety-sensitivity, selfishness, and negativity

## The Ice Represents Recovery

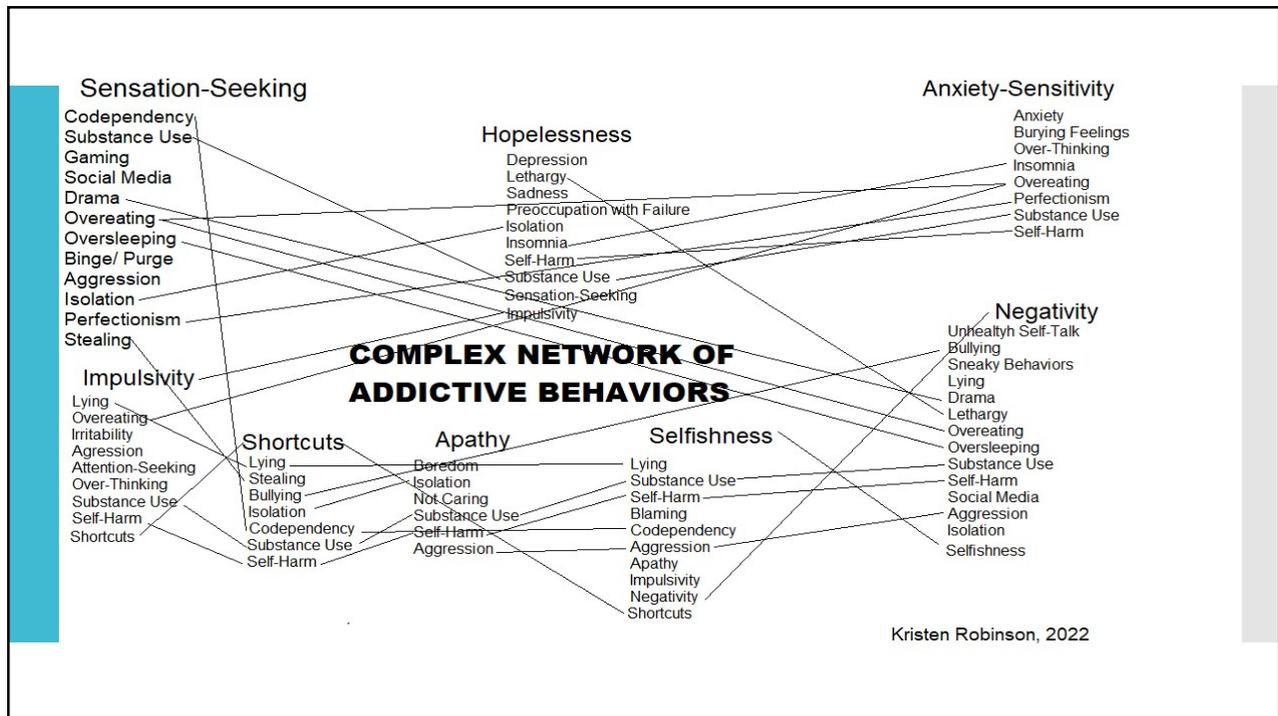


- Unhealthy environments liquefy the ice
- Healthy environments solidify the ice
- During this presentation we will be conducting an activity to see how the different environments impact the ice (recovery).

## Safe Places in Recovery



- Freezers or Portable Coolers = Safe Places in Recovery
- Insulation Redundancy Can Allow our Recovery to Stay **Solid** in between our Safe Places.
- Being Aware of our Main Addictive Behaviors Provides Several Additional Layers of Insulation



## A Complex Problem



- The complex network of each addictive behavior including specific attributes that interact with each other to exacerbate the probability of relapse.
- Specific Attributes of Addictive Behaviors can Interact with Each Other to Exacerbate the Probability of Relapse.

Why  
People  
Use  
Unhealthy  
Coping  
Skills



- "... Not simply masking psychic distress but actually removing the cause of the distress for the time being. Chemical substances...work at a deep level of psychic functioning, blurring the boundaries in the inner world. Splits are abolished, the fragmented worlds become merged."

- Carl Jung

## Why People Continue to Use Unhealthy Coping Skills



- “Once someone has experienced this wholeness, they may well want to experience it again and again. The wholeness that comes with intoxication is an illusory (not real)wholeness with numinous power which dissolves when one sobers up.”

- Carl Jung

## Emotional Regulation Via Addictive Behaviors & Addiction



Addictive behaviors and addiction are created due to

- the impact of temporary relief on the brain from the substance.
- “Splits being abolished”
- Wholeness being created.
- Repetition of use due to “the person wanting to experience it again and again.”
- Powerful effects that end with intoxication which reinforce the need to use again.

## A Complex Solution



- The progression of addiction is impacted by the 8 addictive behaviors that, if identified early, can interrupt or prevent the relapse process. Participants will be able to identify and assess for the 8 addictive behaviors which will allow their clients to engender recovery.

## How to Promote Change



- “Why is it that some people seem to be able to change a habit quickly or bounce back from difficulties, whereas others remain depressed, anxious, or addicted?”

## Why People Choose Healthy Coping Skills



- “Putting forth the effort to learn specific ways to soothe oneself (known as emotion regulation skills) and examining thought patterns (i.e., identifying and reframing deceptive brain messages) are among the best predictors of who will improve when they are feeling depressed.”

- Jeffrey M. Schwartz

## Addictive Behaviors

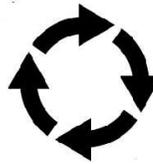


- Behaviors that will allow an individual to continue the likelihood of the progression of addiction and a decreased ability to reinforce recovery.

# Addictive Cycle



## Addictive Cycle



Identify 3-4 Addictive Behaviors

Explore Their Sequence (Example: 1. Anxiety-Sensitivity, 2. Sensation-Seeking, 3. Shortcuts)

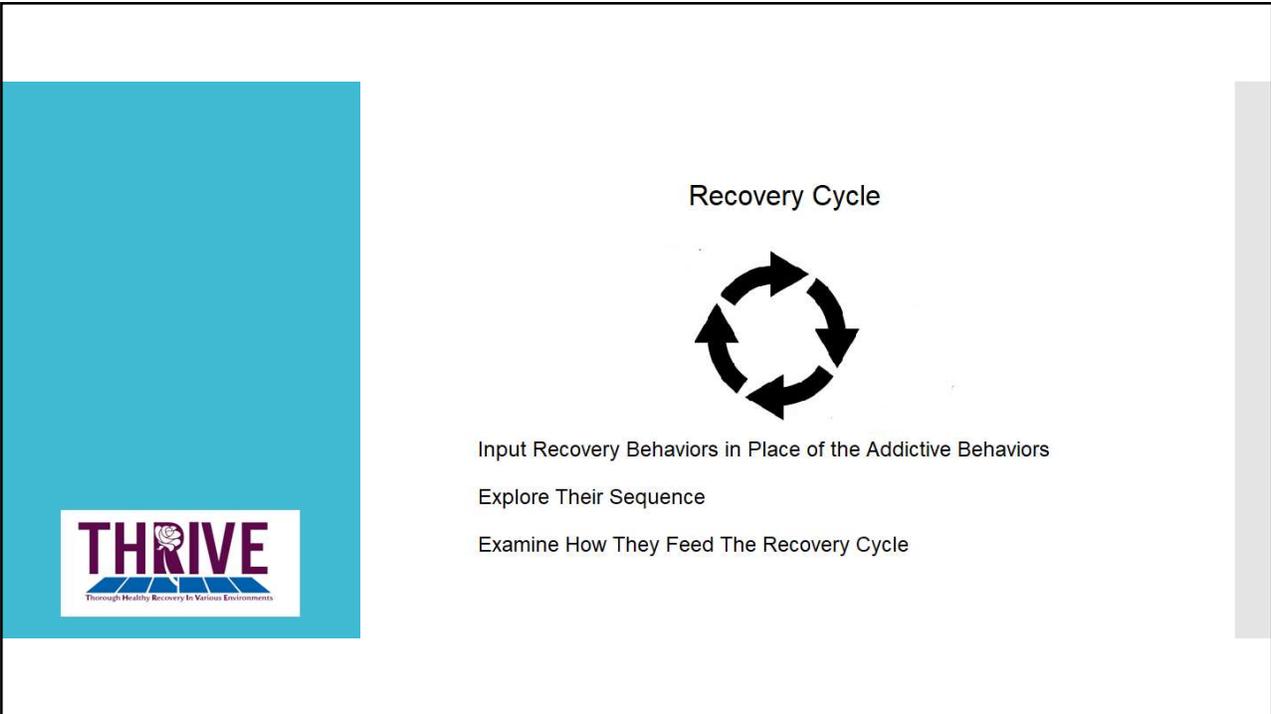
Examine How They Feed the Addictive Cycle



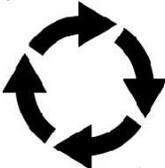
## Recovery Behaviors



- Recovery behaviors are the opposite of the addictive behaviors that will allow an individual to better anticipate and interrupt the likelihood of relapse and provide an increased ability to reinforce recovery.

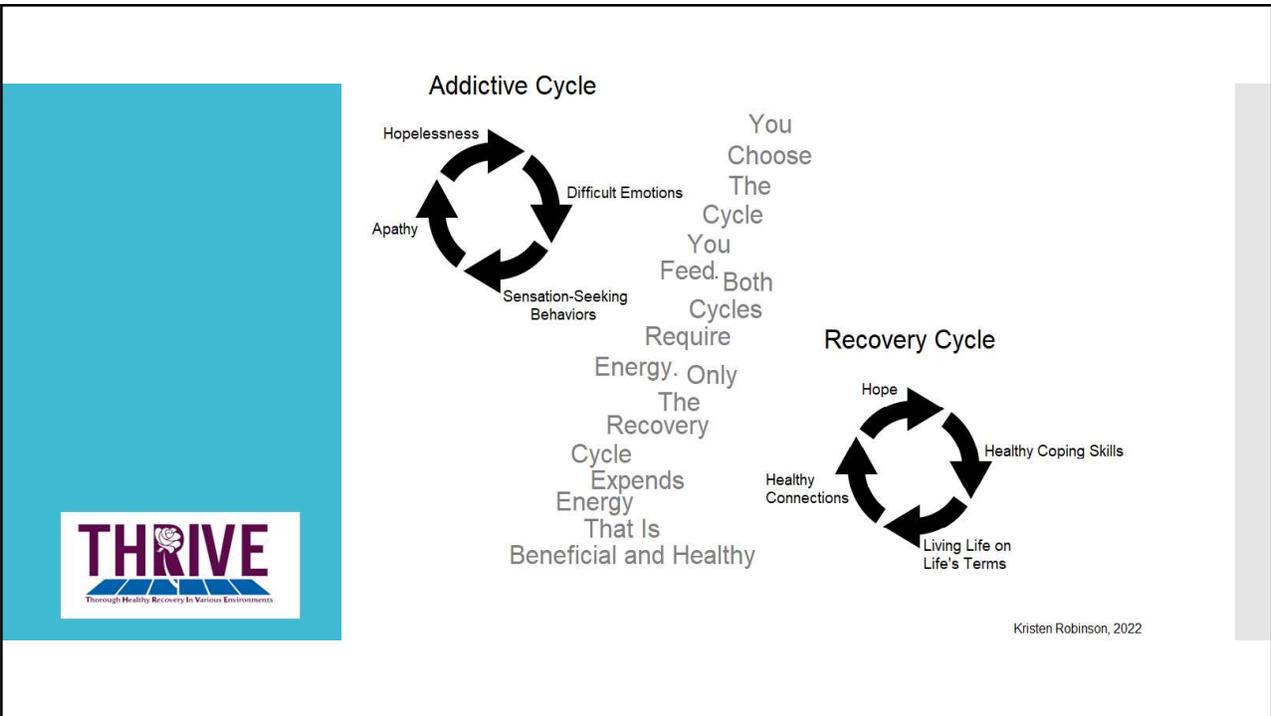


Recovery Cycle



Input Recovery Behaviors in Place of the Addictive Behaviors  
Explore Their Sequence  
Examine How They Feed The Recovery Cycle





## Repair the Cycle



- Often Individuals attempt to reverse or delete the cycle of addiction.
- Recovery involves understanding that it is often more effective to add a habit versus delete a habit
- The recovery behaviors repair the cycle that is already in place – adding the healthy components and motivation to a cycle that was once unhealthy and driven by an unhealthy coping skill.
- Effectively disrupting the addictive process and providing clients with a guide to recovery behaviors to utilize to manage their addictive behaviors in a healthy way.

## Activity #1: Three Cups - Part 2



- Unhealthy environments liquefy the ice
- Healthy environments solidify the ice
- Recovery involves anticipation of how the environment will impact the ice.

## Utilize Knowledge to Reinforce Recovery



- Awareness of access to elements that can solidify recovery.
- Be aware of where your recovery is...  
Is it safe?

## Exposure



- Unhealthy conditions impact the solid foundation.
- Healthy choices, conditions, and community refill and refocus.
- More in Part 3, but now on to Activity 2

## Activity #2: Habit Building



Addictive Behaviors addressed by this activity are: Sensation-seeking, impulsivity, anxiety-sensitivity, selfishness, shortcuts, hopelessness, and negativity. (All of them)

## Habituation 101



- The initial experience increases or decreases likelihood of repeating behavior, action, etc.
- If the initial experience either leads to or prevents the formation of a connection to the behavior or action.
- Triggers are created by the brain to cause the behavior or action to be repeated which strengthens the connection.
- These connections can become extremely strong, very quickly especially with substances that appear to help the brain cope with certain mental health issues or just daily problems.
- Process behaviors and addictions cause the same brain response and can be addressed much like substance use disorders.

## Habit Formation



- Substances replace the individuals need to utilize emotion regulation skills.
- Deceptive brain messages form
- Little or no effort is put into learning healthy ways to self-soothe or problem solve difficult emotions.

## Habit Redundancy and Building



- Avoidance pattern begins and continues with the individual choosing to ignore thoughts and feed into deceptive brain messages that lead to the creation of addictive behaviors and the progression of addiction.

Formation & Repetition



## Building & Habits Formation Activity



- Repetition builds habits. Repeating unhealthy actions leads to the formation of unhealthy habits over time. The same applies to healthy actions too.
- This exercise is an activity that shows individuals the power of habit formation. It also exhibits a concrete example of both building habits as well as dismantling them.

## You Cannot “Unlearn”



- It is impossible to make the brain “unlearn” or forget the initial experience of the behavior or action.
- Consequences, especially extremely uncomfortable issues can decrease a strong connection.
- However, the brain still has a connection to the behavior or action.

## You Can Create New Connections



- There is no way to rid the brain of a strong connection to an unhealthy behavior or action.
- A person can intentionally pay attention to creating a new, strong(er) connection to a healthy behavior or action that will crowd out and or decrease the unhealthy connection.

## Intention, Attention, & Repetition



- Unhealthy or Healthy we build habits action by action.
- Unhealthy or healthy is led by our intention and attention.
- Intention and attention help to protect the repetition.
- Consequences help to teach the importance of healthy habits and how they are imperative in toxic environments.

Recovery is  
Versatile &  
Growth  
Minded



- Anything that fueled unhealthy behaviors, actions, and/or addiction can also be able to fuel recovery.

## Environments



- Toxic environments that once fueled addiction can now fuel recovery by providing in-depth information about what the individual should do to address the situation.

## Habits & Community



- Isolation is a trait of addiction
- Whether a community is unhealthy or healthy impacts the environment of an individual.
- Awareness of type of community and its being the foundation of recovery

# Intention Without Attention & Repetition



- Great intention does not equal strength and support



## Activity #2 Discussion



- What did you think about the activity?
- What ideas did you have for your group or population?
- Questions or comments?

Activity #3:  
"Chuuch" by  
Joel Osteen  
and Slim Thug



Addictive Behaviors addressed by this activity are: Impulsivity, anxiety-sensitivity, selfishness, hopelessness, shortcuts, negativity, and apathy.

Video



See Activity #3 Handout

## “Chuuch”



- Addiction's worst enemy is community and being around people who are healthy.
- Understanding that addiction isolates individuals from people and priorities that they once cared about.
- Recovery involves understanding the importance of inviting and surrounding oneself with the right type of people.
- Recovery also demands that the individual accept the impact that others have on recovery because the community that is selected will either inspire or discourage recovery.
- The main analogy is “you cannot soar with eagles if you are hanging out with chickens.”

## “Chuuch”



The song's message includes:

- Birds of a feather flock together.
- You can predict where you will be in 5 years by looking at the people you associate yourself with.
- You can hold yourself back with the relationships that you choose - concentrate on what others want and do
- Forgiveness of self and others is an effective way to help yourself succeed in recovery.
- Developing boundaries for people in your life.

“Chuuch”



THRIVE recovery skills help to view experiences of the past differently such as:

- obstacles become stepping stones to success.
- learning how to be grateful in any situation.
- The ability to learn from anything and everyone.

## Activity #3 – Discussion



- What did you think about the activity?
- What ideas did you have for your group or population?
- Questions or comments?

## Activity #1 – Part 3: Discussion



- What did you think about the activity?
- What ideas did you have for your group or population?
- Questions or comments?

## Conclusion



- The relapse process increases the progression of addiction, if identified early, can interrupted or prevented the relapse process.
- There are recovery skills that can be implemented to address addictive behaviors and disrupt the addictive process.
- Not all coping skills are equal.

## References



- Mary Addenbrooke, Jung and the Labyrinth of Addiction
- Jeffrey M. Schwartz, You are Not Your Brain
- Leonardo Davinci
- Three Cups
- Chuuch by Joel Osteen and Slim Thug
- Patricia Conrod Four Addictive Traits, University of Montreal

## Contact Information



- Kristen Robinson
- [mrsrobinson920@icloud.com](mailto:mrsrobinson920@icloud.com)
- (865) 321-3896