Developmental Model Of Recovery
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0. Just don’t booze or use!
1. Deal with Feelings - ID, clarify, express feelings
2. Cognitive Restructuring: Change thinking
3. Continued Recovery: dealing with codependency and other addictions, compulsive behaviors, core beliefs, etc.
Co-Dependency is the CORE to All Addictions:
The Main Drug of Co-Dependency is **Nicotine**.
Abuse, Enmeshment, Shame, Fear, of Abandonment, Unmet Dependency Needs

Complications of Addiction

a. Low Self Esteem
b. Physical Problems
c. Relationship Problems
d. Spiritual Degeneration
Developmental Model Of Recovery

With ADDICTION the model is reversed and the behavior (DO) determines the feelings and thought.

Must have some CNS activity to have a feeling as in model #1.

The Limbic system of addiction forces behavior at the level of instinct. Addicts function according to model #2, functioning “A Priori” before thought; DO, FEEL, THINK.

- **#1 Normie**:
  - THINK
  - FEEL
  - DO

- **#2 Addict**:
  - THINK
  - FEEL
  - DO

- **Denial**
  - Repressed Emotions
  - Compelled Behavior

- **Core Beliefs**
  - Shoulds
  - Musts
  - Demands

- **Core Issues**
  - Stuck Feelings

- **Compulsive Driven Behaviors**
A Development Model of Recovery

THINK
FEEL
DO

CORE BELIEFS
CORE ISSUES
COMPULSIVE BEHAVIORS

IDENTIFY, CLARIFY, AND EXPRESS FEELINGS

COGNITIVE RESTRUCTURING
CHANGE THINKING

CONTINUING RECOVERY

0 1 2 3 4 5
Years

TRAUMA

Abuse
Unmet Dependency Needs
Fear of Abandonment
Enmeshment
Low Self Esteem
Shame

Co-Dependency & Other Addictions
Compulsive Behaviors
Core Issues - Core Beliefs
Spiritual / Existential Philosophical Development, Experience, or Awareness