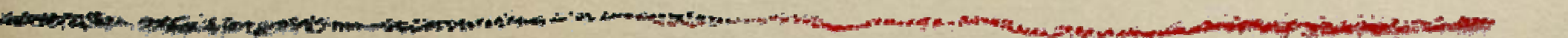


Confusing the Outside With the Inside

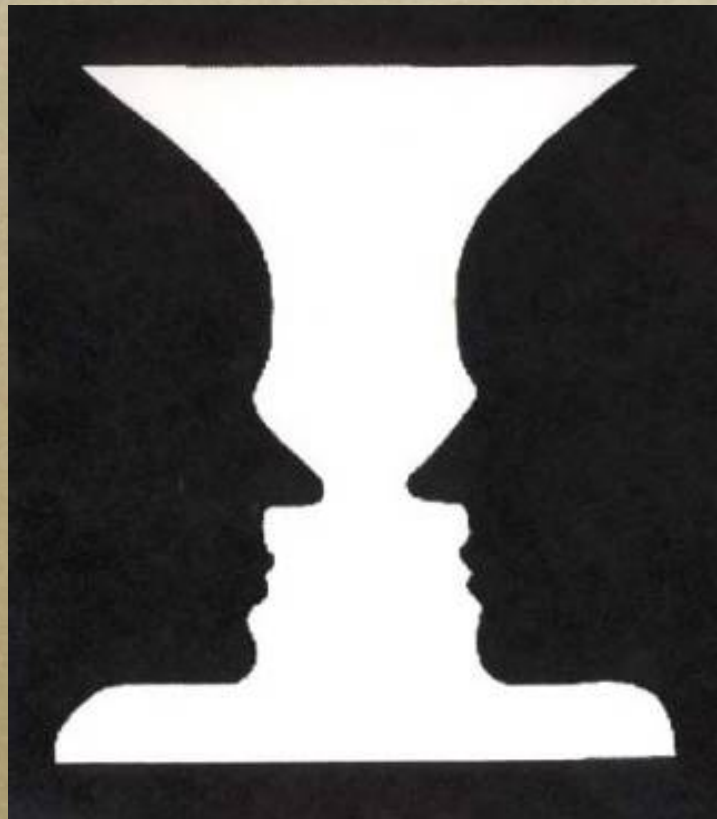
A Two-Tiered Model of Addiction



Marty S.
November 4, 2006

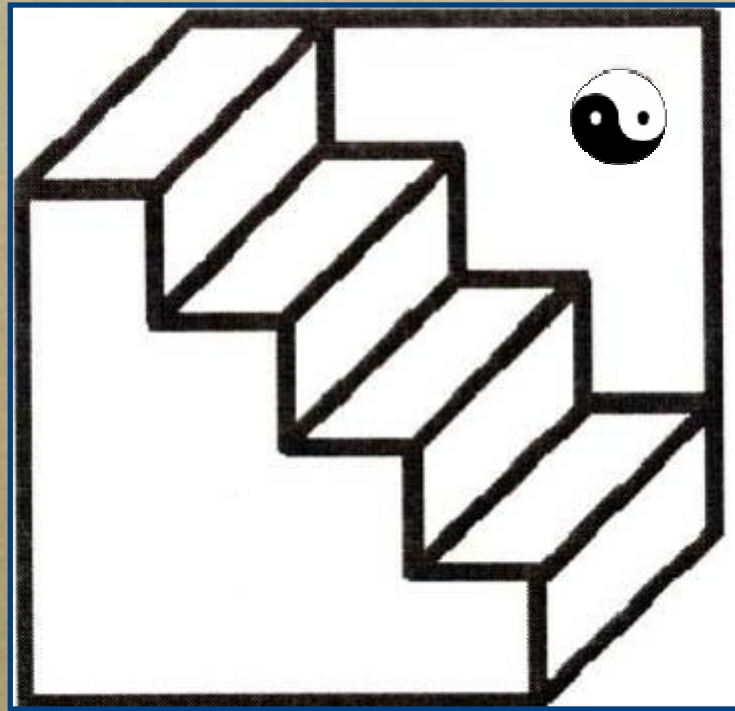
Background to Foreground

Distorted Perceptions



Background to Foreground II

Distorted Perceptions



Barriers to Recovery

- Inertia
- Fear
- Ignorance
- Will

Battered Body Syndrome

Basic Recognition Theorem

If you push a system hard enough
and long enough..

or hard enough all at once,
it will break or break down

Battered Body Syndrome II

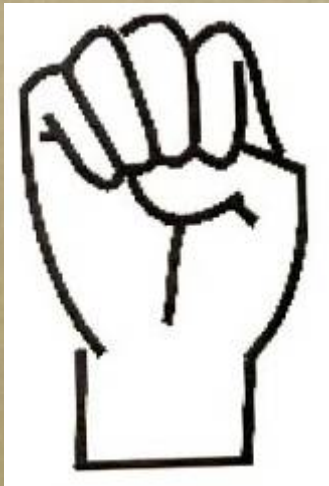
Essential Corollary

A compressed body hurts (running the system hot)

- Good News:
We don't have to hurt anymore.
- Bad News:
Decompression is scary!

Decompression and Liberation

Compression



Decompression

Liberation



Trauma & Shock

Basic Insecurity

- Trauma Defined
- Shock Defined

Trauma

Basic Definition

Maximum arousal
of the sympathetic nervous system
by pain or the threat of pain

Shock

Basic Definition

Inadequate tissue perfusion
(lack of blood flow to the brain)

Shock (Cont.)

Treating or Preventing



Losing Control

Tillich, Laing and the Loss of Ontological Security

- Ultimate Condemnation
- Ultimate Meaninglessness
- Ultimate Annihilation
- Chaotic Nonentity

First Things First?

Maslow & Circulatory Sufficiency



Tronic & Spitz

Multimedia Clip

QuickTime™ and a
Photo - JPEG decompressor
are needed to see this picture.

Infant Depression

The Byproduct of Neglect



Trauma

Classifications

- I Direct experience of trauma
- II Witnessing or hearing of traumatic events
- III Traumatization through being informed of trauma
- IV Traumatization through representations of trauma
(TV, movies, video games)

The Ontological Question Children Ask Themselves

“Can I **trust** those on whom I **depend** for survival to **control** my external and internal environment so that I am and remain safe and secure?”

If the answer is “**no**” or a **highly conditional “yes”** children know they are in trouble..

How to Create an Adult Child

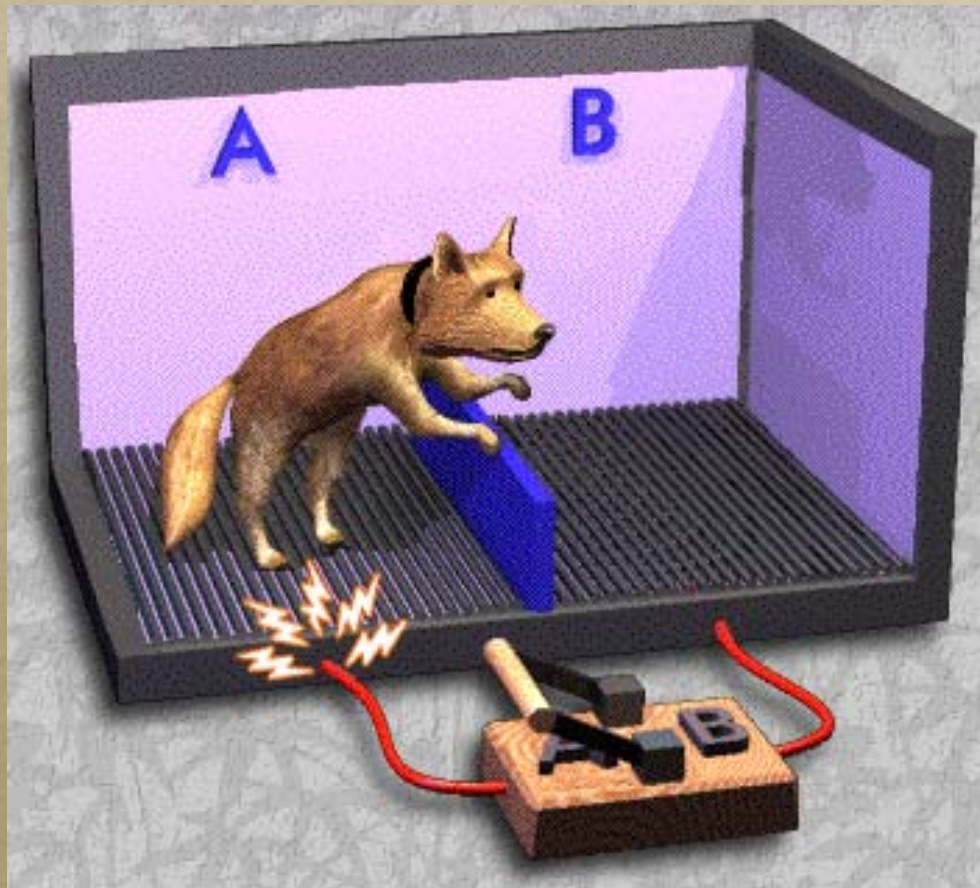
The Traumatic Effects of Family Alcoholism

“3 P” Psychology

- Paralysis
- Perseveration
- Pathological Attraction

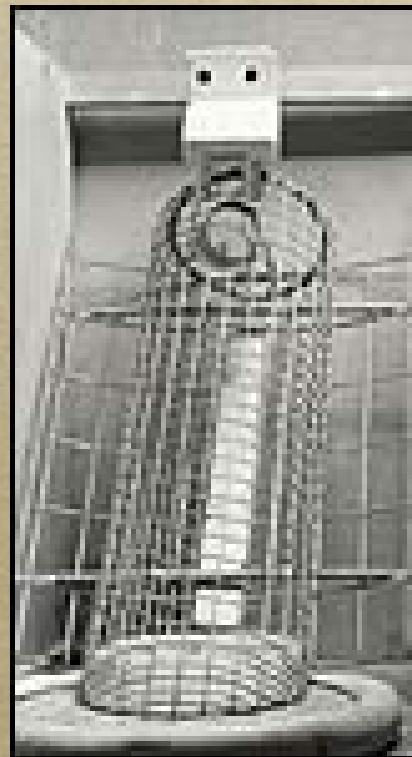
Learned Helplessness

Paralysis



Drastic Deprivation

Experimental Neglect



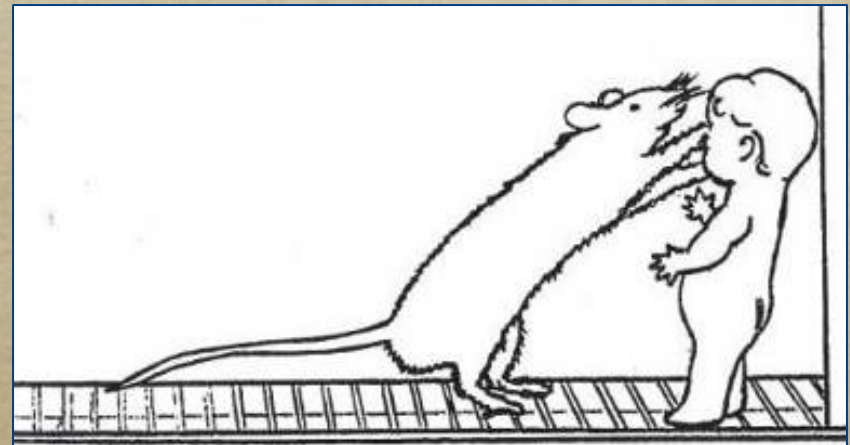
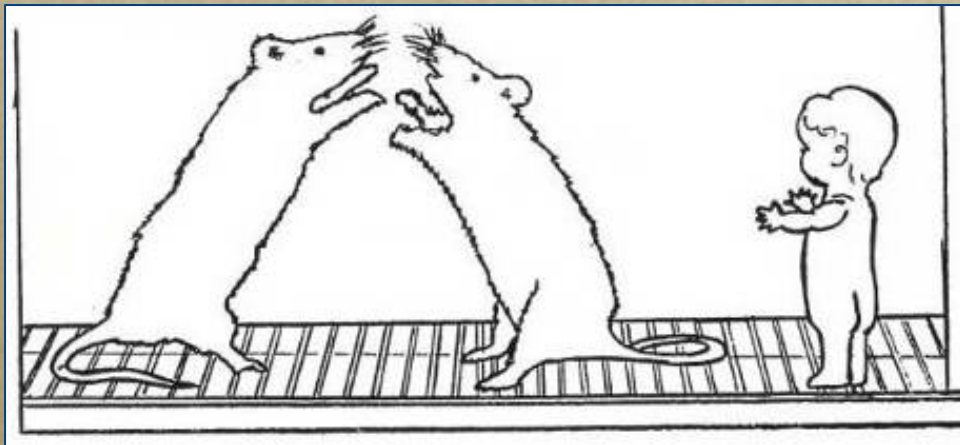


Family Loyalty

Stockholm Syndrome

A Triumph of Science

Misplaced Aggression



Why We're Afraid to Let Go of the Past

We can't afford to forget..

...what we don't want to remember.

The Battered Inner Child

Hide and Go Seek

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally.

How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" (Mr. and Ms. Hide) becomes our main task.

Clearing up Some Key Concepts

- Disease
- Disorder
- Habit

Clearing up Some Key Concepts II

Disease

Infectious

Injury/Damage

- Black Lung
- Diabetes

Clearing up Some Key Concepts III

Disorder Compared to What?

An Ordered Response
to a Disordering Stimulus

- The Pathology of Normalcy

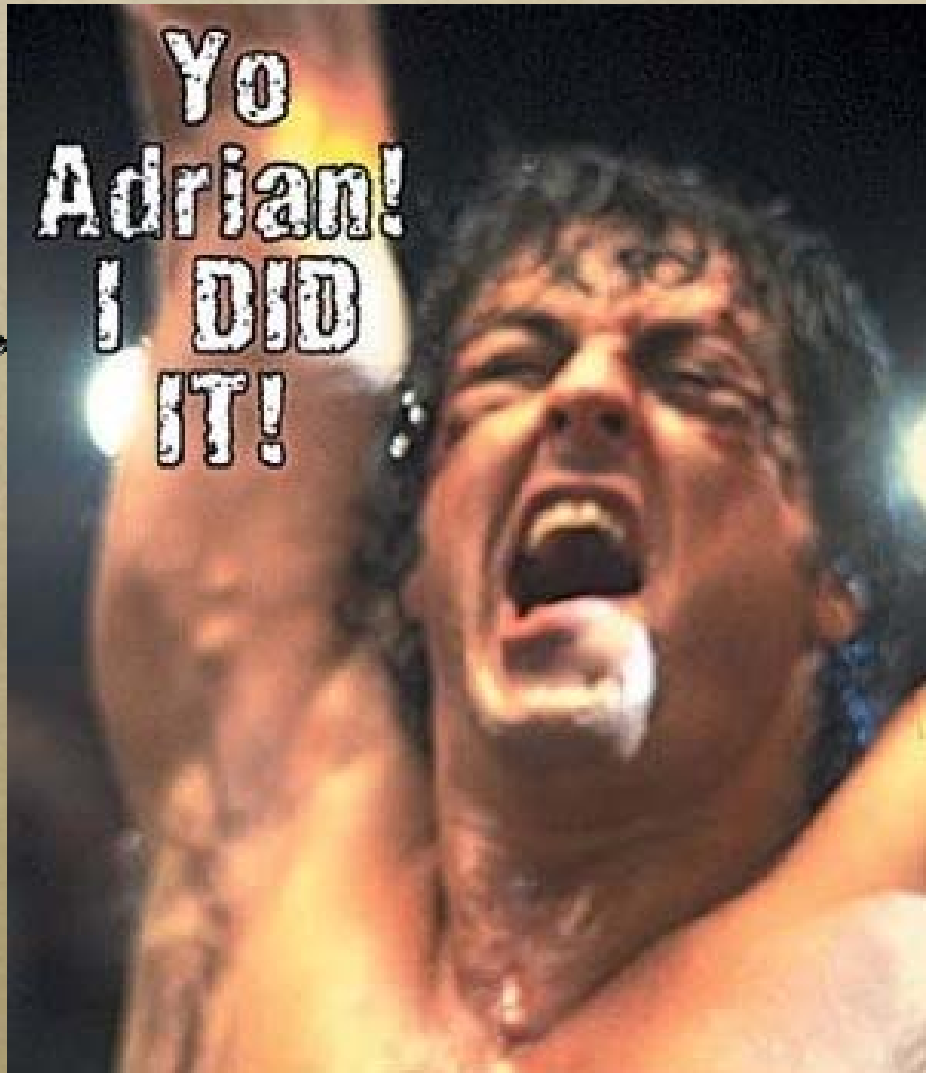
Clearing up Some Key Concepts IV

Habit

Internal Deformity

Eternal Futility

(the struggle to get it right)



Disavowing the Inner Child

The Rocky Balboa
School of Recovery

Disavowing the Inner Child II



“Go away kid, ya bother me”

Family Combat at it's Extreme

The Hardened Soldier



5 Orders of “Dyscontrol”

Nervousness (anxious and tense)

1. Neurotic (hysterical/obsessional)
2. Naked Aggression
3. Psychosis
4. Psychogenic Death/ Suicide

“Playing the Pain” to Stay Insane

The Walking Wounded

- Amnesia
- Ambulatory Shock
- Stupor/ Blackout
- Coma

Taking a Trip to the Drugstore

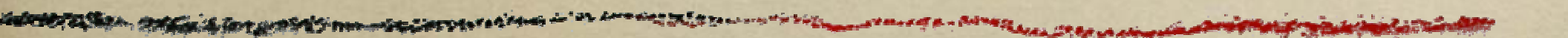
Filling Our Scripts at the Pharmacy Inside

Five pharmacological functions that matter

1. Arousal
2. Sedation/Inhibition
3. Analgesia/Painkilling
4. Thought regulation (stop, start, focus)
5. Pleasure (as an antidote to pain)

Giving Memory It's Sting

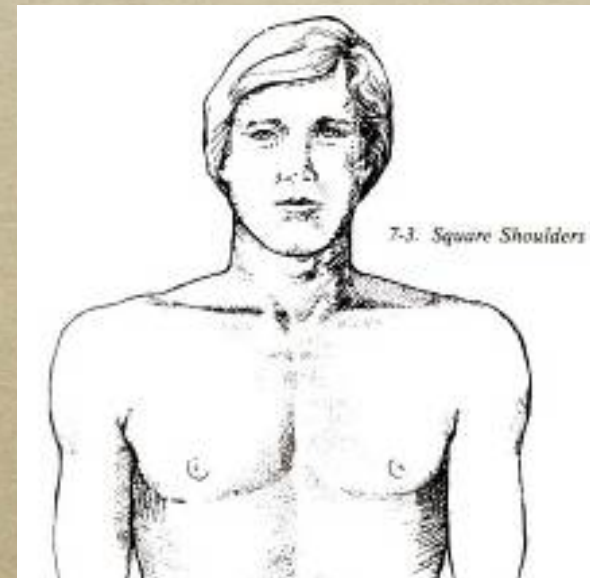
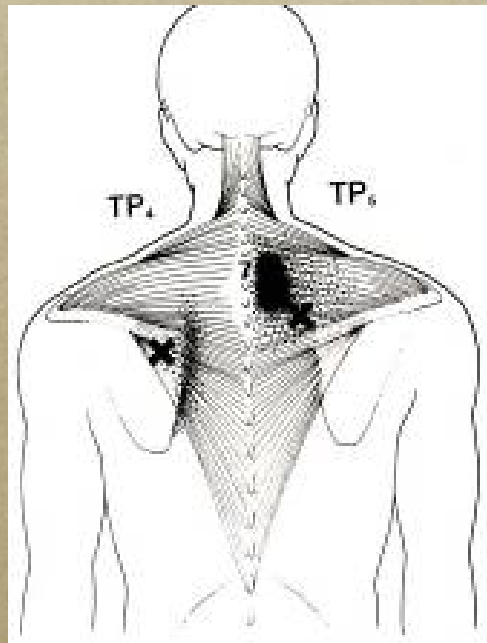
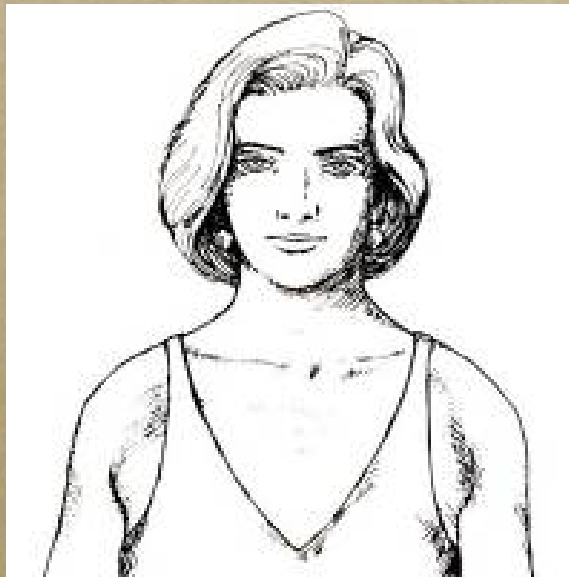
Tracing the Sources of Pain



- Muscles and trigger points
- Sphincters and the gut
- Stress and strain in the spine
- Organ damage

Matter Over Mind

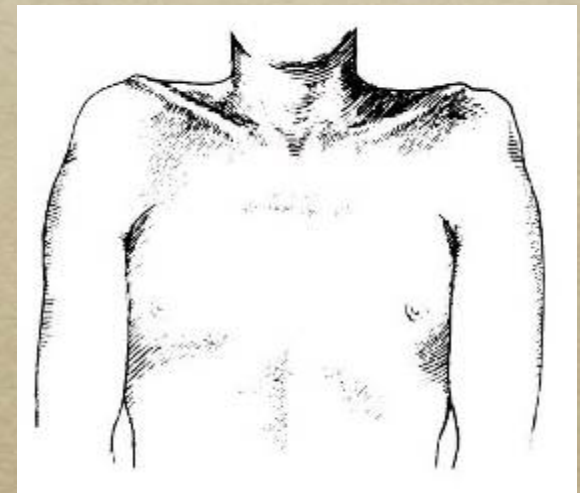
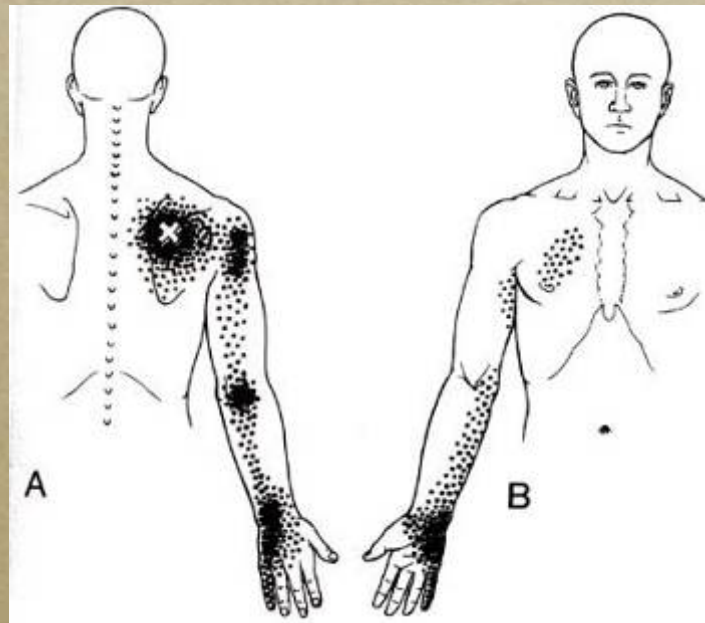
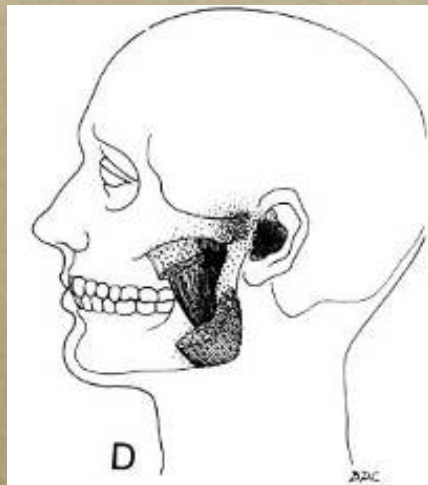
The Tensed Body



Illustrations from the book "Bodymind" by Ken Dychtwald, Publ. Jeremy P. Tarcher, Los Angeles, 1977

Matter Over Mind II

The Tensed Body



Illustrations from the book "Bodymind" by Ken Dychtwald, Publ. Jeremy P. Tarcher, Los Angeles, 1977

PTSD, Essential Characteristics

- Hypervigilance/ Hyperalertness
- Hypereactive
- Extremely Low threshold for restimulation
- Traumatic intrusions

Traumatic Intrusions

The Internal War

- Distorted perceptions
- Spiritual dejection
- Tensed body

Avoiding the Memories

The Screening Material Method



Daily worries & anxiety

.....

Phobias, obsessions, fantasies, dreams & taboos

.....

Flashback material

Tropisms

“Damned if You Do, Damned if You Don’t

Heliotropism

Light

Geotropism

Gravity

Chemotropism

Chemicals

Galvanotropism

Electric Current

Rheotropism

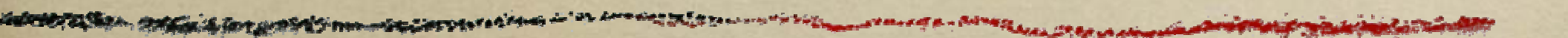
Movings retinal Images

Sterotropism

Influence of Solid Bodies

Avoiding the Memories II

“Some people want to use you” -Annie Lennox



Other people as objects of addiction

Mutual Addiction Dyad (MAD)

Mutual Addiction Triad (MAT)

The more the merrier..

Denialism

The Ultimate “Dyisease”

Denial of:

- Content
- Affect (feeling/sensation)

Uncovering Buried Memories

Dissociation and the Unconscious (Hilgard's Model)

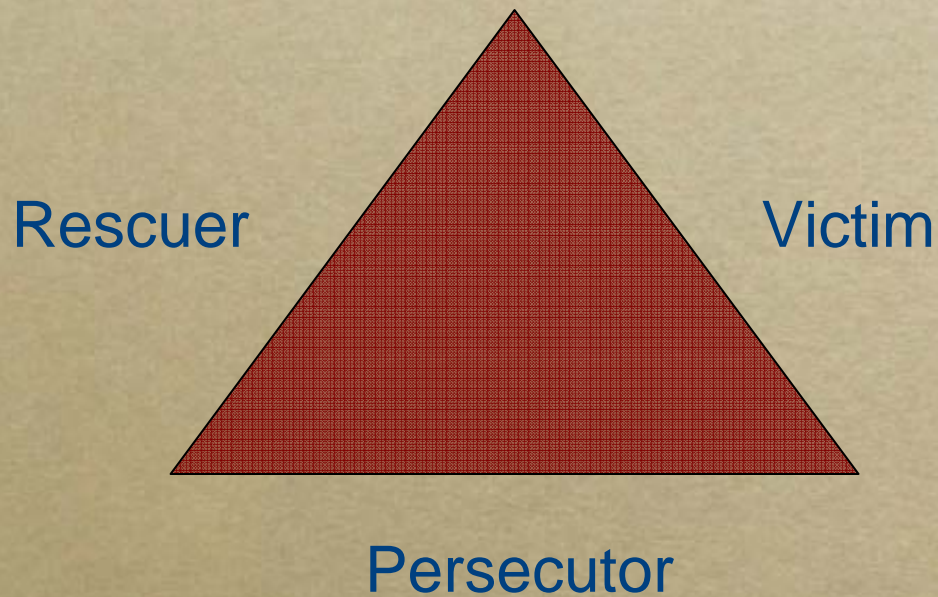
**Unavailable
to
Consciousness**

**Available
to
Consciousness**

**Available Indirectly
to Consciousness
Only Through Flashbacks**

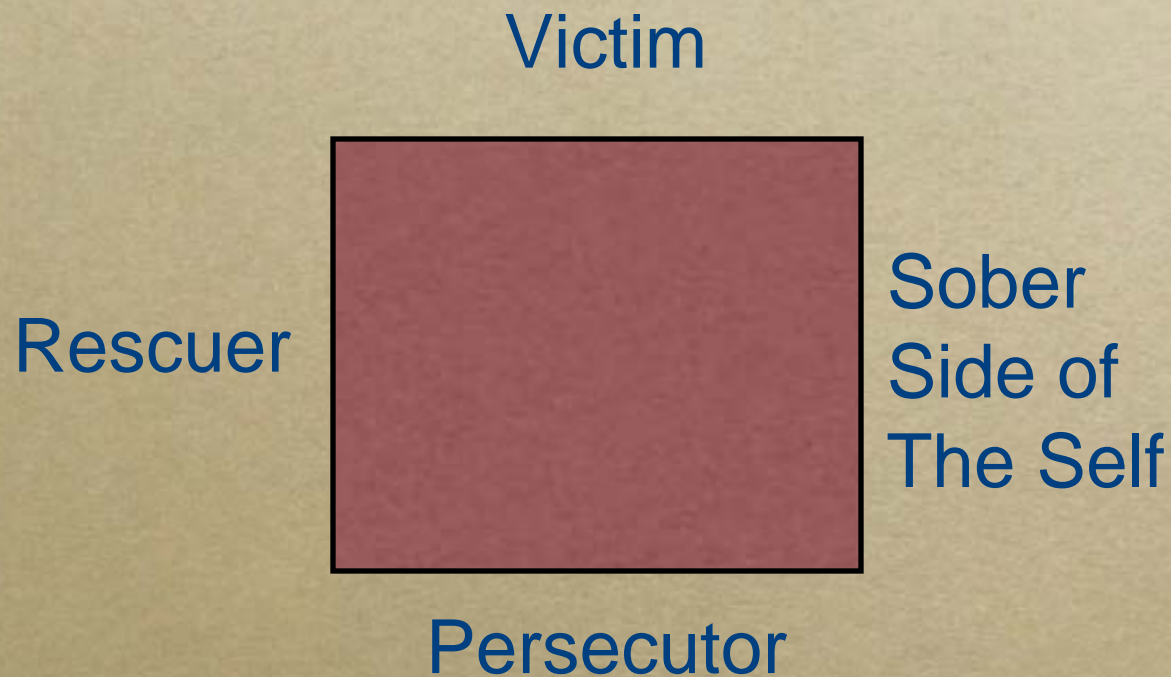
The “Drama Triangle”

Basic Roles of Internal Addiction



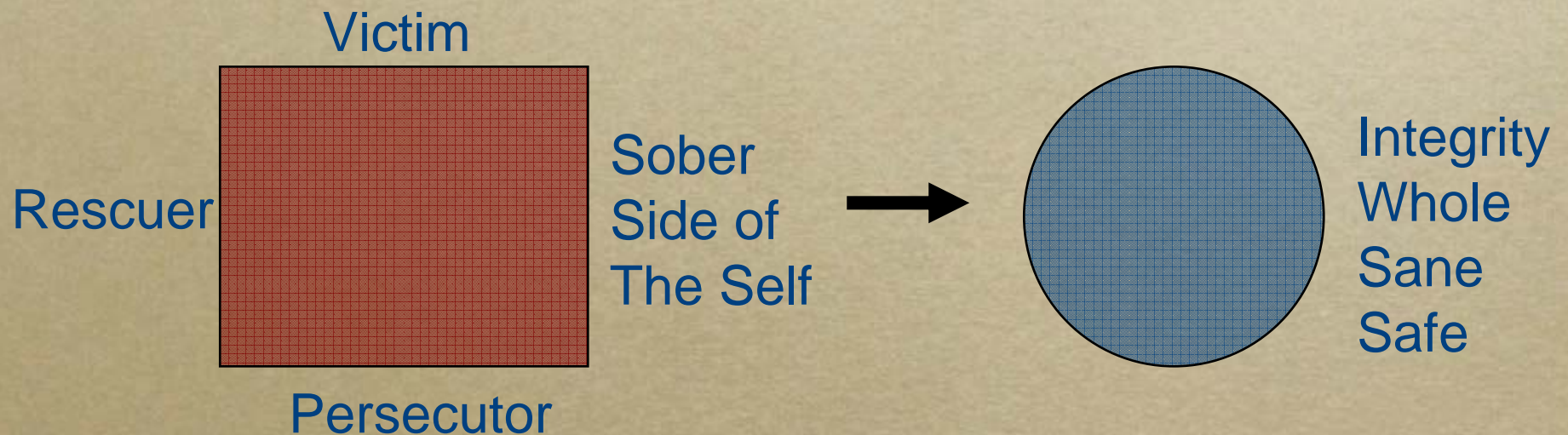
Another Possibility

Progress



Goal of Recovery

From Emotional Intoxication to Emotional Sobriety



Connecting the Dots

Completing the Cycle of Domestic Violence

Undetected and Unacknowledged Behaviors

Female Victim

- Overt Victim
- Covert Victimizer

Female Victimizer

- Overt Victimizer
- Covert Victim

Male Victim

- Overt Victim
- Covert Victimizer

Male Victimizer

- Overt Victimizer
- Covert Victim

Struggle and Fail

The “Bipolar Roller Coaster”

Getting a “Rush”



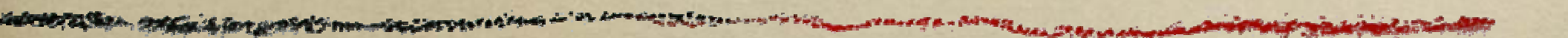
The Feeling Zone (unhurried thinking)



Crashing

The Brain in Conflict

Why We Can't Keep Our New Years' Resolutions



New Brain/Neo Cortex/Experimental/Declarative.

Mid-Brain/ Caught-In-Middle Brain/Habits/Conditioned-Automatic

Old Brain/Hind Brain/Instinctual/Hardwired

Instinct-training interlocking (incorporative mechanism)

“Spectors From the Past”

Traumatic Intrusions

- First line- Internal
- Second line- External
- Third line- External

Uncovery/Recovery

1. Dissociation - Reassociation
2. Entrancement - Detrancement
(stop watching the movies
at the back of the cave)

Stages of Reassociation

1. Dissociated symbolic
2. Emotive disclosure
3. Disembodied recitation
4. Conscious neutral narration