Confusing the Outside With the Inside

A Two-Tiered Model of Addiction

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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 profusion
(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 Stimulis

• 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

Matter Over Mind II
The Tensed Body

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 “Dysease”*

Denial of:

- Content
- Affect (feeling/sensation)
Uncovering Buried Memories

*Dissociation and the Unconscious (Hilgard’s Model)*

- **Unavailable to Consciousness**
- **Available Indirectly to Consciousness Only Through Flashbacks**
- **Available to Consciousness**
The “Drama Triangle”

Basic Roles of Internal Addiction

- Rescuer
- Victim
- Persecutor
Another Possibility

Progress

Victim

Rescuer

Persecutor

Sober Side of The Self
Goal of Recovery

From Emotional Intoxication to Emotional Sobriety
Connecting the Dots
Completing the Cycle of Domestic Violence

Undetected and Unacknowledged Behaviors

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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 - Detrangement (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