

The Adult Child in Today's Fast-Paced World: **How to Stay Sane in an Insane World**

Keynote Address

ACA International Convention

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February 28, 2015

Redondo Beach, CA

20 QUESTIONS:

Are You Hooked On Fast?

Your Behavior

1. Do you want to slow down, but you cannot? Have you lost control?
2. Do you keep adding activities without taking any away?
3. Do you work longer and longer hours, but don't ever finish?

Your Behavior

4. Do you treat other problems: sleep, anxiety, depression?
5. Do you act first and think later?
6. Do you check your email and reach for your phone first thing and last?

Your Feelings

7. Do you feel internal pressure to live fast and act fast, which becomes a craving to “connect” more rapidly?
8. Do you feel empty if you are not in constant action?
9. Do you feel nervous without your tech gear in hand or pocket?

Your Feelings

10. Do you feel the beep of your phone as a comfort that gives you a shot of adrenalin?
11. Do you feel you belong when you are rushing, stressed and in action?

Your Thinking

- 12. Do you believe you have no limits and you are entitled to live without limits?
- 13. Do you believe you should think, feel, react, and behave instantly?
- 14. Do you believe you will fall behind if you slow down?

Your Thinking

15. Do you believe success equals *fast* and *faster* and slowing down is failing?
16. Do you believe you should only feel good, only feel high; other feelings are a sign of failure?
17. Do you believe stress is the price of success and chaos is normal?

Your Thinking

18. Do you believe that the “new intimacy” is through technology; less time for off-line relationships is the price of success?
19. Do you believe instant action is a virtue and you can overcome anything with enough willpower?
20. Do you believe all change must be big to count?

20 GUIDELINES FOR SLOWING DOWN: HOW TO UNHOOK FROM SPEED

Your Behavior

1. You ask for help; you seek a mentor who believes in slowing down for guidance and support
2. You develop a recovery action plan
3. You begin to make small steps toward change

Your Behavior

4. You learn to pause, to reflect on your behavior, feelings and thinking
5. You ask yourself “what am I doing?”

Your Feelings

6. You feel the reality of limits and face the feeling of failure
7. You become aware of feelings, and learn to listen to them
8. You trust that the high of impulsive action is NOT the feeling you seek

Your Feelings

9. You develop a wider range of new feelings.
10. You come to trust that deep, intimate human “connection” exists in a slowed down, quiet state

Your Thinking

- 11. You believe in the reality of limits
- 12. You learn to recognize and challenge your belief in entitlement
- 13. You challenge your belief in will power

Your Thinking

- 14. You believe in the value of small steps and a slower sense of time
- 15. You believe in a new definition of success; your best effort within a structure of limits
- 16. You believe in the value of delay, endurance and the concept of “enough”

Your Thinking

- 17. You believe that growth and change are not instant; that “quick fixes” reinforce the thinking of fast and impulsive action
- 18. You believe in the value and necessity of reflection as a part of health and success
- 19. You challenge your all-or-none thinking
- 20. You give new meaning to “service”

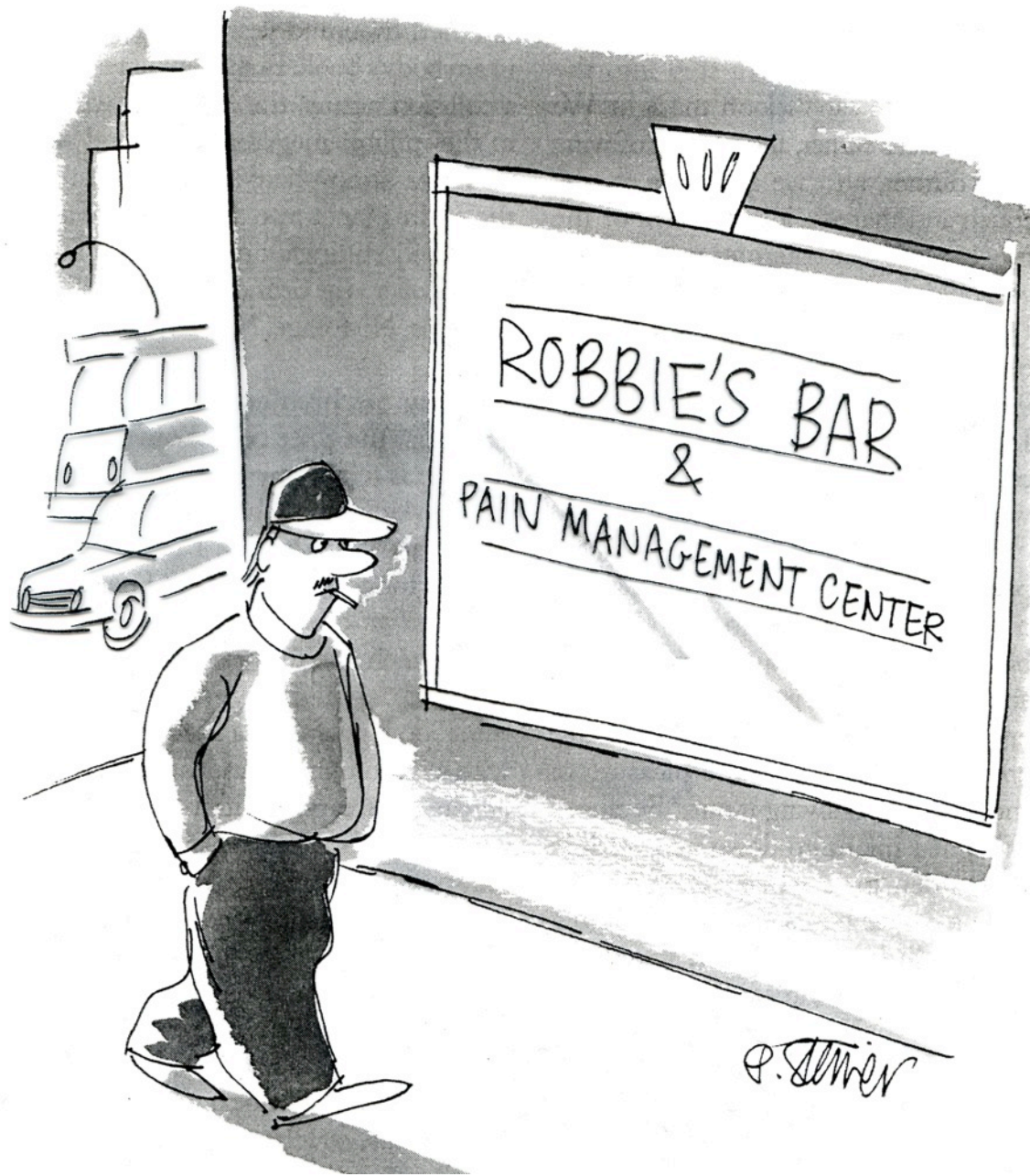


"Don't be silly. If something's worth doing, it's worth doing fast!"

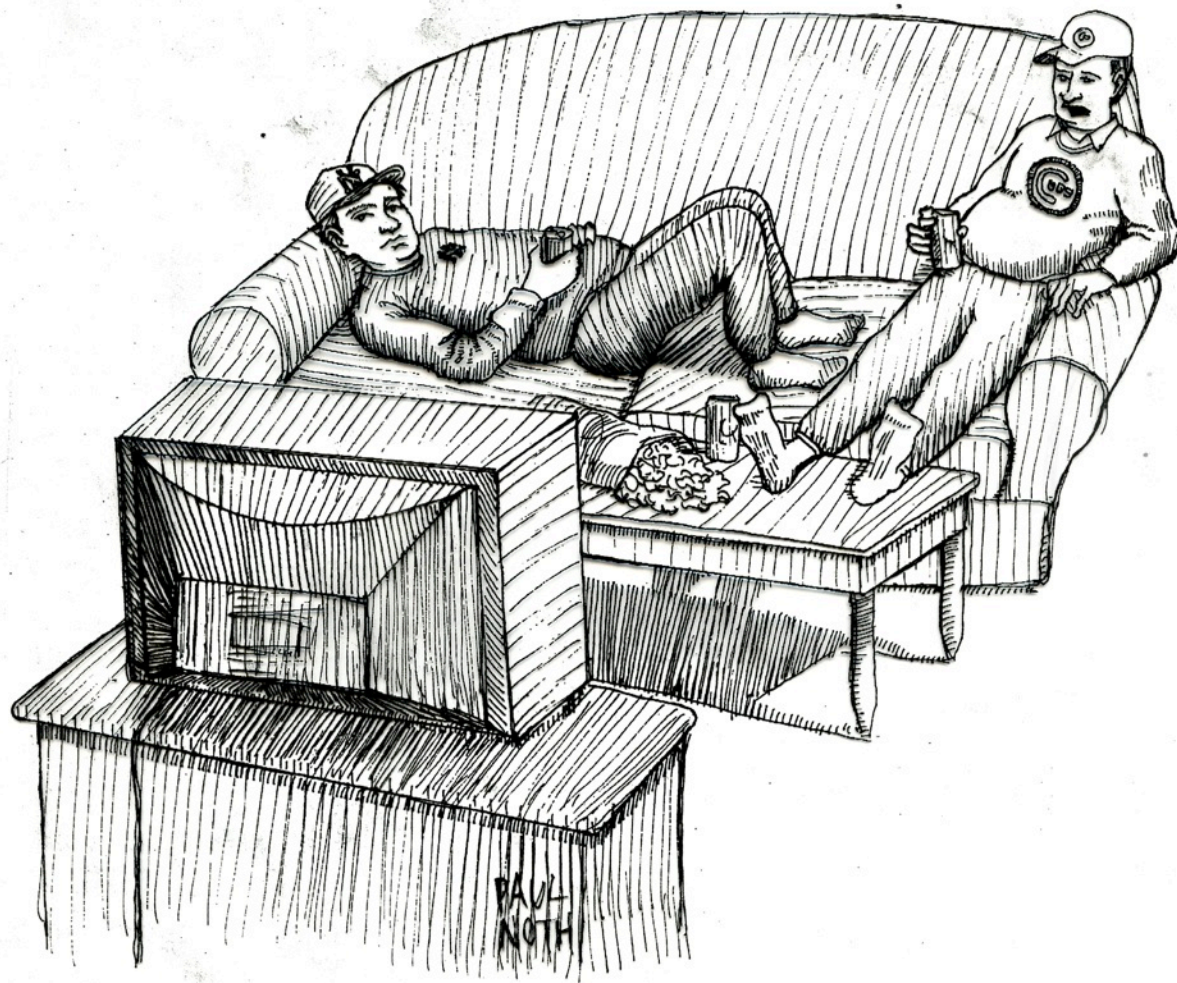
THE NEW YORKER, NOVEMBER 22, 1999



"Sidney's doctor has cut him down to one glass of wine at dinner."

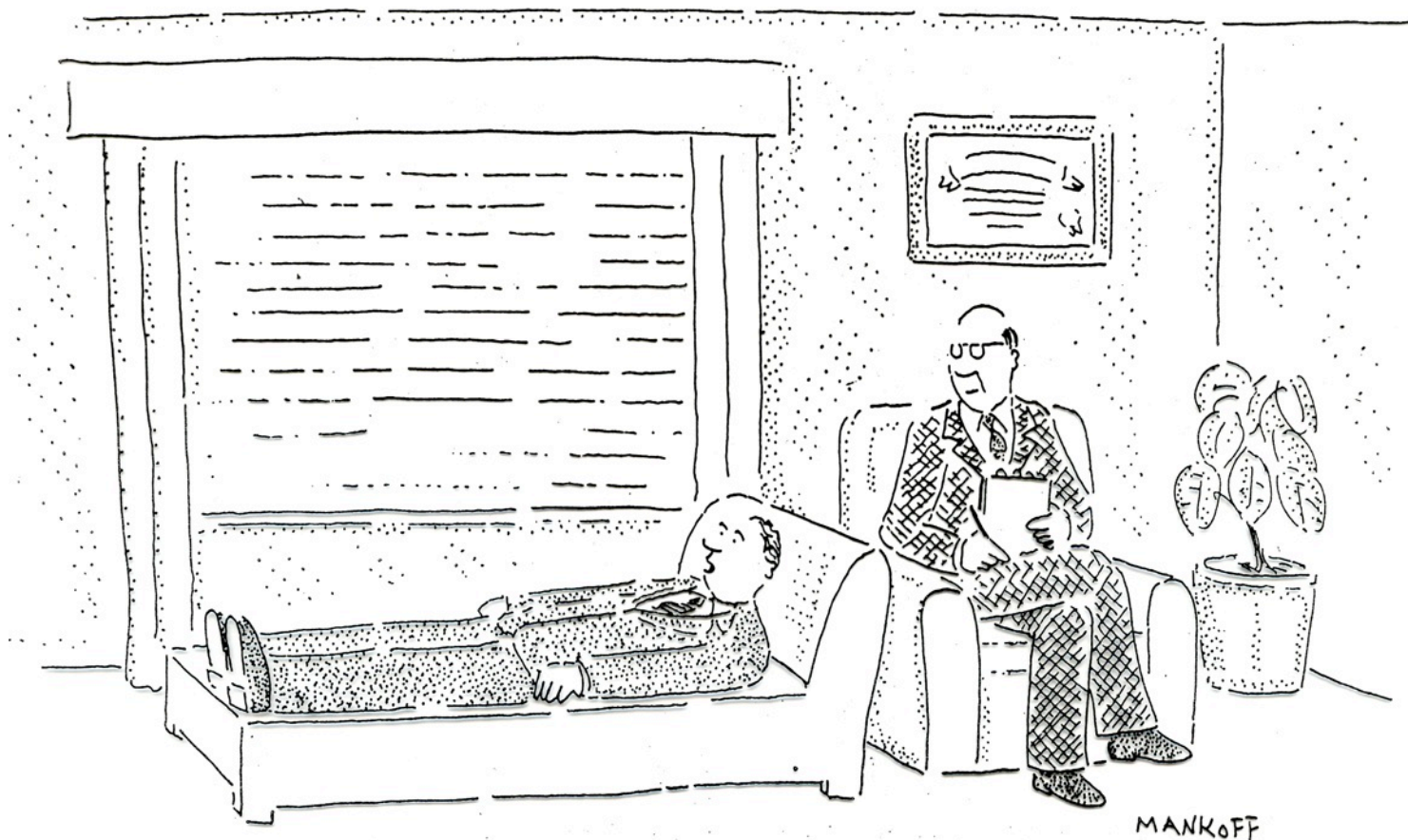






*"Hey, if you could take a drug that made you
better at watching TV, wouldn't you?"*

THE NEW YORKER DECEMBER 3, 2007



"Look, call it denial if you like, but I think what goes on in my personal life is none of my own damn business."



"To be frank, officer, my parents never set boundaries."

The New Yorker, August 27, 2007