GAMBLING
ADDICTIVE PERSONALITY

The anti-alcohol drug prevents the body from “enjoying” the effect of dopamine. Studies have shown that those who follow this treatment gamble less.

The early studies for treating the gambling addiction were based on medication that is used for the alcohol dependence. Researchers have assumed that the gambling leads to the secretion of the same substance.

Half of the volunteers received placebo pills and the other half received medication that treats alcohol dependence. The alcoholics who take these drugs drink less and leave the bars early. The anti-depends prevent the individual to reason clearly.

The scientists will continue their studies on other casino specific games. At the same time, excessive drinking the researchers from the University of Nebraska are studying the betting addiction. The studies here are based on the gambling.
EXCESSIVE WORRY
TO WORRY OR NOT TO WORRY
Components of Addictive Personality

• 1. Obsessive
• 2. Preoccupation
• 3. Tunnel Vision
• 4. King/Queen Baby Syndrome
• 5. Fixed Mind Set
• 6. Impulsive
• 7. Addiction to the “High” of Risky Behavior
ADDICTIVE PERSONALITY
EXCESSIVE WORRY

“My dog is worried about the economy because Alpo is up to 99 cents a can; that’s almost $7 in dog money.”

—JOE WEINSTEIN, COMEDIAN
ADDICTIVE PERSONALITY

• It seems that most affected by the gambling addiction are men, while women represent only 2-3% of all the gambling addicts. This disorder usually develops in early adolescence in men and only later in women.

• *The anti-alcohol drug prevents the body from “enjoying” the effect of dopamine*

• Studies have shown that those who follow this treatment gamble less.

• The early studies for treating the gambling addiction were based on medication that is used for the alcohol dependence. Researchers have assumed that the gambling leads to the secretion of the same substances, like it happens with alcohol. The first results are encouraging. The scientists from Furman University in the USA are the best on this research. The first study was made on the slot machines gambling addicts.

• Half of the volunteers received placebo pills and the other half received medication that treats alcohol dependence. The alcoholics who take these drugs drink less and leave the bars early. The anti-alcohol drug has the role to block the receptors that detect dopamine, a neurotransmitter that gives the feeling of euphoria. In essence, those who take this medicine no longer enjoy that kind of addictive behavior as a normal person does.
Addictive Personality

• It was observed that the Casino gamblers who were under this treatment have bet half of the amount compared to the other volunteers. Researchers say that although the effect is not astonishing it’s still very important.

• **Dependence Prevents The Individual To Reason Clearly**

• The scientists will continue their studies on other casino specific games. At the same time the researchers from the University of Nebraska are studying the betting addiction. The studies here are based on the gambling addiction treatment with the anti-alcoholism drugs. The difference is that they are using drugs that act differently than those of the researchers at the Furman University. The studies here have shown that the treatment used on the alcoholics has the power to cure the self control problems.
ADDICTIVE PERSONALITY

- The experts say that the condition is that these volunteers want to quit the gambling but they are not capable to do so. The volunteers will receive anti-alcoholism pills three times a day for eight weeks. During this period their willingness to bet will be assessed. The selected volunteers are persons that make their schedule according to casino time and how long they play. The researchers will see if the volunteers bet less, if they think of gambling all day long and if the medication has any undesirable side effect. Both studies want to see if those that suffer from the gambling addiction can be cured with these pills or not. The skeptics say that the drugs without the help of a psychologist can not have a great effect. The same is true for those who want to escape the compulsive drinking, say those that oppose the drug therapy.
• Who are these people? What flaws do they have? These are GOOD PEOPLE with risky behavior.

• Risky Behavior:
  • It is a behavior that puts you at risk for a bad consequence. An example is smoking puts you at risk for cancer, being overweight puts you at risk for a heart attack, breaking the law puts you at risk for going to jail, and so on.

Read more:
http://wiki.answers.com/Q/What_is_a_risk_behavior#ixzz1H34UsnRc
What happens?

• Jay Giedd, MD, performed much of the brain-imaging research highlighted in the analysis in his role as chief of brain imaging in the child psychiatry branch of the National Institute of Mental Health (NIMH).

• Giedd tells WebMD that the way the brain develops creates a period of risk-taking vulnerability that is greatest around puberty.

• "That is when the balance is tipped most in favor of high emotions and risk taking," he says. "The key parts of the brain involved in controlling impulses and risky behavior don't really reach maturity until about age 25."
What happens?

• He adds that risk taking among adolescents is seen in all mammals, suggesting a biologic basis for the behavior that helped the class survive.

• Risky behavior may be in your gene pool. You may have to learn behavior modification in order to control your actions. *Conditioning of your brain* also plays a huge part in your acting out.
With the same thought patterns and habits, an individual conditions mind and behavior. When a situation occurs, the individual response does not change. So, the insanity continues.

Conditioning

- Most drugs of abuse target the brain's reward system by flooding the circuit with dopamine.

**How do drugs work in the brain?**
Drugs are chemicals. They work in the brain by tapping into the brain's communication system and interfering with the way nerve cells normally send, receive, and process information. Some drugs, such as marijuana and heroin, can activate neurons because their chemical structure mimics that of a natural neurotransmitter. This similarity in structure "fools" receptors and allows the drugs to lock onto and activate the nerve cells. Although these drugs mimic brain chemicals, they don't activate nerve cells in the same way as a natural neurotransmitter, and they lead to abnormal messages being transmitted through the network.
Conditioning

• Other drugs, such as amphetamine or cocaine, can cause the nerve cells to release abnormally large amounts of natural neurotransmitters or prevent the normal recycling of these brain chemicals. This disruption produces a greatly amplified message, ultimately disrupting communication channels. The difference in effect can be described as the difference between someone whispering into your ear and someone shouting into a microphone.

• How do drugs work in the brain to produce pleasure? Most drugs of abuse directly or indirectly target the brain's reward system by flooding the circuit with dopamine. Dopamine is a neurotransmitter present in regions of the brain that regulate movement, emotion, cognition,
Conditioning

• motivation, and feelings of pleasure. The overstimulation of this system, which rewards our natural behaviors, produces the euphoric effects sought by people who abuse drugs and teaches them to repeat the behavior.

• How does stimulation of the brain's pleasure circuit teach us to keep taking drugs?
   Our brains are wired to ensure that we will repeat life-sustaining activities by associating those activities with pleasure or reward. Whenever this reward circuit is activated, the brain notes that something important is happening that needs to be remembered, and teaches us to do it again and again, without thinking about it. Because drugs of abuse stimulate the same circuit, we learn to abuse drugs in the same way.
Conditioned Reflexes:

- **YOUR BEHAVIOR IS THE RESULT OF YOUR THINKING.**

- Behavior can be responsible, irresponsible (legal, but potentially damaging to you or to others) or criminal (violating others in ways society prohibits by law).

- You have developed behavior habits over your life time. You have conditioned your mind.

- These behavior habits are called **TACTICS.**

- **Lying, leaving important information out, minimizing, making a mountain out of a mole hill, arguing and being sarcastic to get your way.**

  - **TACTICS ARE PLANNED BEHAVIOR STRATEGIES AND**
  - **APPROACHES INTENDED TO ACHIEVE A GOAL.**
Classical conditioning: Concepts

**Conditioned Stimulus (CS)** does not produce a physiological response, but once we have strongly associated it with an **Unconditioned Stimulus (UCS)** (e.g., food) it ends up producing the same physiological response (i.e., salivation).
Classical conditioning: Application to CBT techniques (1)

- Understand and identify “triggers” (conditioned cues)
- Understand how and why “drug craving” occurs
Operant conditioning: Addiction (1)

Drug use is a behaviour that is reinforced by the positive reinforcement that occurs from the pharmacologic properties of the drug.
Operant conditioning: Addiction (2)

Once a person is addicted, drug use is reinforced by the negative reinforcement of removing or avoiding painful withdrawal symptoms.
Operant conditions (1)

Positive reinforcement strengthens a particular behaviour (e.g., pleasurable effects from the pharmacology of the drug; peer acceptance)
Operant conditions (2)

**Punishment** is a negative condition that decreases the occurrence of a particular behaviour (e.g., If you sell drugs, you will go to jail. If you take too large a dose of drugs, you can overdose.)
Operant conditions (3)

**Negative reinforcement** occurs when a particular behaviour gets stronger by avoiding or stopping a negative condition (e.g., If you are having unpleasant withdrawal symptoms, you can reduce them by taking drugs.).
Initially, People Take Drugs Hoping to Change Their Moods, Perceptions, or Emotional States . . .

Translation—
Hoping to Change Their BRAINS
But Then . . .

After People Use Drugs for a While, Why Can’t They Just Stop?
Because . . .

Their **Brains**
Have Been
REWIREd
by **Drug Use**
THC of marijuana deposits into the myelin sheath. The deposit may dislodge 5 years after an individual stops using and the individual would have a positive drug test results.

Cocaine goes to the synapse and disables the pump for your dopamine and the over flow of dopamine makes the high.

7) That second neuron alters the electrical impulses in other regions of the brain that lead to feelings of reward or pleasure.
8) Transporters on the first neuron draw the dopamine back inside for storage, quieting down the pleasure signal.
Let’s take a look at some general concepts about addiction.

There is a story about a guy who goes up to a drug dealer standing on the corner. The dealer looks at him for a minute and then recognizes him. “Hey man, what’s going’ on? I haven’t seen you in a long time.” The guy says, “Yeah, I just got out of prison.” The dealer says, “Wow, what happened?” The guy says, “Remember the last time I was here? Man, that was some good dope. I went home and got high and got in a big fight with my wife. She called the police and I got busted. She divorced me when I was in prison. I just got out.” The dealer says, “Man that’s rough. What are you doing around here?” The guy looks around quickly and says, “Got anymore?”

This is Addiction.
WHAT WAS HAPPENING BEFORE YOU COMMITTED YOUR ACT OF THEFT, DWI, POSSESSION OF DRUGS, EXCESSIVE GAMBLING, DRUG DEALING, PROSTITUTION?

• 1. Did you have a great loss in your life?
• 2. Did you receive distressing news?
• 3. Did you have a conflict with an authority figure in your life?
• 4. If you are a female, what phase of your menstrual cycle were you in at the time of your act of theft? (Just before menstrual cycle, just after menstrual cycle?). MALES, HOW HIGH WAS YOUR TESTOSTERONE LEVEL? Hormones play a part in your behavior.
You define

• What is the meaning of “Gateway” crime?

Have you found yourself doing other crimes after committing the act for your current legal charge. Explain-- outlining what factors help you to do other crimes. What stopped you from doing other crimes?
Obsession

- noun 1. the domination of one's thoughts or feelings by a persistent idea, image, desire, etc.
- 2. the idea, image, desire, feeling, etc., itself.
- 3. the state of being obsessed.
- 4. the act of obsessing.

• Did you know that extreme cleaning is a sign of obsession?

• Did you know that WORRY is a sign of obsession?
A CULTURE OF CONSUMERISM DRIVES BAND TO TAKE ON THOSE OBSESSED WITH LIVING IN EXCESS
Obsession

• We do not have an addictive personality.

"You won't get me to sit on the couch and discuss my obsession until I straighten things up, Dr. Hunter."
WHAT IS MOM’S OBSESSION?

Mom jailed after tot found drunk

Child endangerment charge filed over incident involving 18-month-old

By PEGGY O’HARE
HOUSTON CHRONICLE

A Houston mother was in the Harris County Jail Thursday after her 18-month-old daughter drank an alcoholic beverage and was found to have a blood alcohol content of 0.09, an amount over the legal limit even for adults to drive.

Lashawnda Evette Allen, 32, of the 5600 block of Yale, was charged Wednesday with endangering a child and faces a bail of $2,000, district clerk records show. The incident occurred Feb. 21.

Allen’s roommate called a Houston Fire Department ambulance to their apartment that day after she returned there and found Allen’s two children acting strangely while their mother was “some distance” away outside the apartment talking to a neighbor, court records show.

Inside the apartment, Allen’s roommate found the 5-month-old child hanging off of her bed with sheets tangled around her waist while the baby’s feet were straight up and her head was down, court records show. The infant appeared to be turning blue.

When Houston police and the ambulance arrived, Allen was “very reluctant” to allow her older child to be taken to the hospital, court records show. After several minutes of discussion, Allen allowed the 18-month-old girl to be taken to LBJ General Hospital, where the child was treated and found to have a blood alcohol content of 0.09, according to a probable-cause complaint.

The next-door neighbor told police she had seen the 18-month-old girl stumbling around near the apartment parking lot, and the child walked to her front door. The neighbor reported she brought the toddler inside and tried to sit the child down, but the little girl “kept falling over and laughing like she was drunk,” court records show.

Alcohol plus caffeine

Allen later told Houston police she had been drinking Four Loko, an alcohol beverage with caffeine that has been banned in several other states. Allen told police she was upstairs drinking and the two children were sleeping in bed next to her, court records show.

Allen told police she put the drink down beside her and fell asleep. When she woke up, she saw her 18-month-old daughter on the floor with the empty can of Four Loko. She told police the child was stumbling around and “looked drunk,” court records show.

Allen told police she did not call an ambulance be-
PREOCCUPATION

• Noun

• preoccupation (plural preoccupations)

• the state of being preoccupied or an idea that preoccupies the mind; enthrallment

• the act of occupying something before someone else

• [edit] Synonyms

• preoccupancy
Preoccupation

• **First Stage of Drug Addiction: Preoccupation/Anticipation**

• Constant cravings for a drug are the very first sign that addiction is taking hold. An overwhelming urge to use the drug of choice preoccupies the user despite other events, responsibilities or relationships in his or her life. Irritability, agitation, fatigue, depression and difficulty concentrating are the warning signs that something is out of balance.
Preoccupation 2nd stage for drugs

- **Second Stage of Drug Addiction: Binge/Intoxication**
- As the drug is introduced into the body more frequently, larger amounts are necessary to continue experiencing the same high. To increase that feeling, excessive indulgence of the drug (binging) pushes the effects of intoxication to dangerous levels. Prolonged exposure results in desensitization, which can result in an overdose as the user attempts to regain the initial euphoria experienced when using the drug for the first time.
Research indicates that reminiscing can contribute to improved mental health among the elderly, yet some forgetting is important to normal short and long-term memory.

A commonly held belief, particularly in Western cultures, is that aging brings inevitable memory decline and often, an unhealthy preoccupation with the past. Is reminiscence an age-related pathology that contributes to depression in the elderly, or when properly channeled, a powerful and useful means of integrating the past into the context of the present? Can a preoccupation with the past take up precious mental storage space and possibly exacerbate a waning ability to store and retrieve new memories?
Preoccupation of Loss of Love one

• Not knowing if your loved one is alive or dead absent or present, knowing or needing you is painfully traumatic. It is the suffering faced when soldiers are missing in action, thousands of bodies vanished after 9/11, a child is kidnapped, a partner is diagnosed with Alzheimer’s, and most recently, it is the anguish facing thousands of Japanese people as they search or wait for news of loved ones.

• Coping with ambiguous loss is identifying your Psychological Family. This is the personal and internal family that you carry in your head and your heart. This family may not be those you live with, or only people related by blood.
Preoccupation

• They are people with whom you have significant emotional ties. They are the people who inspire you, support you, people you carry with you – the Grandma who lives in another country; the best friend who reminds you of your strengths from miles away; the brother that you only see on the holidays.

• Although there is great pain and panic if such a person is thought to be injured, lost or dead, their psychological presence can be a source of strength and resiliency.
TUNNEL VISION

• **Tunnel Vision** results in eye sight that is centrally focused in the direction of the object one is looking at.

• **Irrational** Thinking Styles: Tunnel Vision

• Focusing on only one part of a situation and ignoring everything else. People all have their own individual tunnels. For example, anxious people are often supersensitive to anything that suggests danger, and ignore all the safety signals (which far outnumber the danger signals). People with anger problems tend to notice anything that suggests unfairness or criticism. The trouble here is that pulling isolated things out of context and dwelling on them tends to make them seem much larger and much more important than they really are.
A mind set is not just a collection of beliefs. It is how these beliefs have been arranged into a particular belief structure or a particular way of viewing the world and the experiences we have. The belief structure is what gives rise to opinions, judgments, interpretations and understanding we have about the nature of reality of our experience. However, how we view the experience determines the future experience we have by how we choose to think or not think, act or not act.
Tunnel vision

• Our **belief structure** essentially act as filter for how we perceive and view our experiences. It’s just like putting on different colored sun glasses; what you see is influenced by the color of the lenses. But the effect of mind set goes deeper than just impacting how you see reality for your belief structure is key to creating the reality you experience. Our perception of the experience we have feeds back to the choices we make.
Tunnel Vision

• The experience we have is a fact. It is what is. The experience we have is independent of what we think about it. Our perception is what gives rise to opinions, judgments, understanding and most importantly, the interpretations we have about the nature of reality of our experience. How we view the experience determines the future experience we have by how we choose to think or not think, act or not act.
KING & QUEEN BABY

You Were Born With a Self Indulgent Nature (Sin) Nature

Selfish Willy
KING & QUEEN BABY

• Now, these are the six manifestations of the King Baby Syndrome;
  * The King
  *the Princess
  *the Ego Tripper
  *the Falsely Humble
  *the Perfectionist &
  *the Clinging Vine
King Baby, you see, has a tendency to remember his wife's vows and forget his own! At work, if he happens to be lucky enough to have employees, he terrorizes them, demands of them complete obedience. He's adept at twisting knives, cutting people up and humiliating them and making them frightened, insecure about their jobs. And he does this because it makes him feel better: it makes him feel more powerful. The King then is selfish, he is arrogant, and he's omnipotent. He demands everything and gives nothing in return. People must be absolutely obedient to his every whim - that's the King Baby.
PRINCESS BABY

- Princess Baby: Now the King Baby has a female counterpart. We can call her the Princess baby. She's easy to recognize. She might sweep into the room a half-hour late and everyone must drop everything they're doing and notice her. Everyone must bow down to her. Her great need is to be the constant centre of attention everywhere she is. Frequently, she speaks and laughs in a loud and (in) what she thinks is an arresting, interesting. She demands absolute respect from her family and children. She whines and whimpers when all of her demands are not met promptly and with proper gratitude for your having the privilege of serving her. And the Princess is in deadly competition with her daughters.
EGO TRIPPER

- Ego Tripper: A person getting high on himself or getting high on the praise or adulation that he gets from others. The Ego Tripper always seems to be maneuvering himself into a position where others are telling him how great he is. The Ego Tripper is good at the polished put-down. Sometimes he makes himself high by putting others down, and you find him all over - in the classroom, in the pulpit, behind a lectern - you might even find him at A.A meetings. Frequently, he identifies with a cause that is basically good - produces what is good - and usually, he's an effective type of guy or gal and, it's hard to tell him from the real thing. You can tell who he is because he's always there, always in a position to get the praise. The Ego Tripper always manages to benefit more than anyone else from the cause or pursuit that he's identified himself with.

A typical Ego Tripper is a Mr. A.A type guy that makes all the meetings, knows all the answers. Everyone tells him how great he is, how many people he's helped. He speaks up at the meetings. He is always ready with advice. He goes from one group to another, soaking up the praise, making out with the new vulnerable female members. Sometimes he doesn't even manage to stay sober. History abounds in Ego Trippers and their accomplishments, somehow, always seem to be an interruption of evolution. Anyone who gets puffed up by standing taller by putting others down is an Ego Tripper.
FALSELY HUMBLE PERSON

- Falsely Humble Person. This type of alcoholic says, in one way or another, "I'm no good; I've failed at everything I've tried; I'm a noxious worm. Please, everybody, step on me. I deserve to be stepped on. In fact, if you don't step on me you're no damned good either". He tells us how humble he is; if you won't put him down, he puts himself down.

He starts out by saying that he's the worst drunk in the world or the worst addict in the world, and if nobody will buy that, he says that he's worse than the worst drunk in the world. He might say he's crazy, a psychopath, or something. He always goes around saying that he doesn't deserve all this wonderful help he's getting but just scratch him a little bit and, underneath, you'll find a self-loving, omnipotent, arrogant human being - an egomaniac too. Kind of a disguised one but a valid one nonetheless.
The Perfectionist. At first glance, the Perfectionist really looks good. The Perfectionist comes on like a good, solid all American type citizens. If it's a woman, her house is the cleanest house and most orderly house in town. As a matter of fact, it's too clean, it's too well regulated and heaven help whoever has the temerity to dirty it or disrupt it. If it's a woman, the Perfectionist demands that everyone conforms to her idea of what godliness is. She not only demands perfection in herself, she demands it in others. The Perfectionist sincerely believes either that he or she has achieved Godhood already or, at the least, is perfectly capable of achieving Godhood. When the Perfectionist feels bad it's because he or she has failed in some way to be perfect, and so the Perfectionist always feels bad and always makes others feel bad because, quite simply, we are not perfect. We are not God and if you have the delusion that you are perfect, that you are God then, of course, you are going to feel bad whenever you find out that you are not - which is going to be most of the time.
MALE PERFECTIONIST

• The Male Perfectionist seems to be a good employee, at first glance. He always comes to work on time, he's honest, usually loyal and he's rigid. He never makes a mistake. It probably takes him twice as King Baby A Lecture by Bob Long to do the job, but he never errs because to do so would be inconsistent with his own idea of his own godliness. It usually turns out that he's not really a good employee at all. He doesn't work well with others or for others and it's almost impossible for anyone to work for him, because, unfortunately, no two good perfectionists have exactly the same idea of what perfection or godliness is. That's that Perfectionist.
Clinging Vine

The last variety of King Baby we'll discuss is what we call the Clinging Vine. People who are Clinging Vines make excessive and overpowering demands upon other people. The Clinging Vine says, "You do it for me; I can't do it". This symptom sort of overlaps some of the others. Clinging Vine types flatter you. They might tell you you've saved their lives that you're really great, that they couldn't exist without you. These types can often be very pleasant people, if you like someone who doesn't present much of a challenge. If you are married to someone like this, it's a lot like being married to a little boy or a little girl. They might misbehave but they do pretty much what you want them to do, if it means they will get your approval. Clinging Vine types will dance any tune for your smile. Trouble is, after a while, you notice they are demanding more and more and more of you. And eventually it becomes clear that these demands are insatiable. Unhappily, most of us have done this sort of thing - demanded and demanded and demanded, until our sick dependency has become unbearable to others.
IN CONCLUSION...

• Those of us who demonstrate one or more of these behaviors share a common delusion, and that delusion is a feeling that the world revolves around us, that we, actually, are the centre of the Universe.

Now, if we really were the centre of the Universe, if all people and all things did revolve around us, and if we could dominate other people and successfully make all those demands upon them, then we could probably go through life fairly comfortably - if we didn't happen to have a conscience. But the truth of the matter is, people are simply not going to bow down and knuckle under to us, and this is the reason why we should try to quit playing the King Baby game. It simply and plainly is not realistic and we are the ones that are bound up in it. Really we are slaves to all those people that we think are slaves to us.
SUGGESTIONS FOR CHANGE

• If you do these four things:

Number One:
Accept your need for change, face up to it and consciously and deliberately commit the act of change, willing and honestly.

Number Two:
Let God or something bigger than yourself run the Universe and you assume your proper role.

Number Three:
Interact with other people on an equal level in groups such as Alcoholics Anonymous.

Number Four:
Realize deeply that you are only one of God's children, that you or any one of you are equal but that humankind is greater than you. And make a commitment to be in the service of your brothers and sisters and to live in whatever way is consistent with your experience of the life force.

IF YOU DO THESE FOUR THINGS, THAN YOU ARE TRULY OVERCOMING YOUR KING BABY SYMPTOMS AND YOU ARE FREE.
FREE TO BE YOURSELF, FREE TO BE HONEST AND TRUSTING WITH OTHER PEOPLE, FREE TO START REALLY SWINGING WITH LIFE.

After all this time of misery and unhappiness, to start having some real fun.

• Points from lecture by Bob Brissett
HOW DO OTHERS PERCEIVE YOU?

- **KyLe-**
  May 27 2008 3:20 PM
  Hey King Baby Syndrome, I just bought you as my PET!
  Click here to find out how much I think you're WORTH!
MODULE B-1

• Learning Objectives:

• 1. Complete the “Change Ruler.”

• 2. Discuss the importance of a change you may select.

• 3. Discuss your level of confidence about making the change.

• 4. Examine your readiness to make the change.

• 5. Begin thinking about a plan of change you will complete during this course.
Rulers for Planning Changes

• Think of a change in your behavior or habits that you would like to consider.

• WRITE IT DOWN.
IMPORTANCE RULER

• How important is it to you to make this change?
• If 0 was “not important” and 10 was “very important” what number would you give?
• _______________________________________________________________________

• 0  1  2  3  4  5  6  7  8  9  10

Write down the number.
CONFIDENCE RULER

• If you decided right now to ____________, how confident do you feel about succeeding with this?

• If 0 is “not confident” and 10 is “very confident.”

• ____________________________________________

• 0 1 2 3 4 5 6 7 8 9 10

» WRITE DOWN THE NUMBER.
Readiness Ruler

• On this line below, which point best reflects how ready you are at the present time to make the change?

• 0 1 2 3 4 5 6 7 8 9 10

• Not at all Thinking Planning and I have made
• Ready to about it. And making a the change
   » » commitment and I’m working
   » » hard to
   » » maintain it.
(Never thought about it)
THE FIVE R’s
five reasons not to change

• *Reveling— Just want to party
• *Reluctance – “I don’t need to change.”
• *Rebellion— “You can’t make me change.”
• *Resignation—”I’m going to stay as I am.”
• *Rationalization

RATIONAL - LIES
BARRIERS

Procrastination
Fear
Lack of commitment
Minor set-backs

Resentments
Impulsiveness
Indecision
Hopelessness
Alcohol/drug use
HOMEWORK ASSIGNMENT

You have a #1 priority task, show how you procrastinated.

Show a diagram of your procrastination.
MINDSET

family
work
bills

DRINKING AND DRUGS, CRIME

IMPLICIVE BEHAVIOR
Definition of Mindset:

• Mentality: a habitual or characteristic mental attitude that determines how you will interpret and respond to situations.

• In decision, theory and general systems theory, a mindset is a set of assumptions, methods or notations held by one or more people to create new behavior or to accept prior behavior.
IT IS NOT OUR FEET THAT MOVE US ALONG—
IT IS OUR MINDS.

*Ancient Chinese proverb.*
Your Mind-Set

- James Allen, as quoted in his book
- “As a Man Thinketh.”
- Mind is the Master power that molds and makes,
- And Man is Mind, and evermore he takes
- The tool of thought and shaping what he wills,
- Brings forth a thousand joys, a thousand ills,
- He thinks in secret, and it comes to pass;
- Environment is but his looking glass.
- PROVERBS 27:3, “For as he thinks in his heart, so is he.”
- Your body follows your mind (thoughts).

First it is important to recognize that even if “everyone” thinks of stealing, not everyone has the same reaction to such a thought.

Everyone thinks of escaping the pain of life but not everyone gets drunk or gets high.

Two Missing Links - Violation of Self and Empathy for others.

- The most common crimes are personal possession of drug(s), escaping job stress by drinking and driving, robbery, burglary, automobile theft, drug trafficking and shoplifting. Offenders employment histories consist of mostly low wage jobs with frequent periods of unemployment.

- Late in the 1990s Merton’s earlier sociological theories showed very low education levels of offenders. Many could not read or write above elementary school levels.

- This counselor’s experience shows offenders have low emotional/intelligence quota. Two of the missing links appeared to be lack of comprehension of violating self, others and empathy.
Mental Attitude

• Mindset is the fixed mental attitude or disposition that predetermines a person’s responses to and interpretations of situations. Behind every action is a thought and behind every thought is a belief. To make a change the individual needs to attack the problem at one of these three points. The most obvious place to start is the thought. It is by the daily practical training of your mind that you can encourage good thoughts and actions to arise. Watch your mind always very carefully. Be vigilant. Be on the alert. Do not allow waves of irritability, jealousy, anger, hatred, lust to arise from the mind. If you place a big mirror in front of a dog and keep some bread in front, the dog at once barks at its reflection in the mirror. It foolishly imagines that there is another dog. Even so, man sees his own reflection only through his mind-mirror in all the people but foolishly imagines like the dog that they are all different from him and fights on account of hatred and jealousy.
Mind Plays Games With You.

• The mind will encourage you to respond to your thoughts about getting high or getting drunk. The mind wants always to be doing something. A play at cards has nothing in it but the attachment and attention that gives pleasure. Your mind from infancy has fallen into the pernicious habit of seeking pleasure outwardly and it shall ever persist in doing so, unless you give it something superior to be amused with, a greater form of pleasure or delight.

•
Perception

• An individual views the world from a subjective frame of reference, an orientation known as phenomenological. It is phenomenological in that it pays attention to the individual way in which people perceive their world. * This “subjective reality” includes the individual’s beliefs, views, perceptions, and conclusions. Behavior is understood from the vantage point of people’s cognitive perspective. People can be understood by seeing through the “spectacles” by which they view themselves in relationship to the world.

Boy with a hammer.

- To A little boy with a hammer everything looks like a nail.
Do you see two faces on the stem?  Do you see an old lady and a young lady?
Fixed Mind-set
Intelligence is static

Leads to a desire to look smart and therefore a tendency to...

CHALLENGES
...avoid challenges

OBSTACLES
...give up easily

EFFORT
...see effort as fruitless or worse

CRITICISM
...ignore useful negative feedback

SUCCESS OF OTHERS
...feel threatened by the success of others

Growth Mind-set
Intelligence can be developed

Leads to a desire to learn and therefore a tendency to...

embrace challenges

...persist in the face of setbacks

...see effort as the path to mastery

...learn from criticism

...find lessons and inspiration in the success of others

As a result, they may plateau early and achieve less than their full potential.

All this confirms the deterministic view of the world.

As a result, they reach ever-higher levels of achievement.

All this gives them a greater sense of free will.
Impulsive Behavior

• Impulsive Behavior is when one acts without acknowledging whether the outcome of his/her behavior will bring negative or positive results.
Based upon statistics on car crashes, binge drinking, contraceptive use, and crime; it can be inferred that adolescents and college-age individuals engage in more risky behavior than children or adults (Steinberg, 2004). A number of theories have been advanced in trying to understand why this happens, but so far few have actually been empirically proven (Steinberg, 2007).
Risky Behavior
loss of business
loss of job

• Business woman expresses her anger while on her cell phone. image by Andy Dean from Fotolia.com
• What Is Aggressive Behavior?
• Read more: http://www.livestrong.com/article/136097-what-is-aggressive-behavior/#ixzz1HVb82lK5
• Many young adults engage in risky online behavior that makes them easy targets.
RISKY B

• Social Anxiety Presage
The short Answer....

• that impulsive behavior is a problem for you if the “cost” of it is greater than the benefit you get from it. **What is your pay-off for your crime (behavior)?** What personal conflict inside of you are you fulfilling?

• Another way to say this is when we get the mind-set of “I need, I want, I deserve, I can’t wait” to get something, or to solve a problem or to get our needs met by violating self and others----IT COST YOU!
The short Answer....

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Addiction to drug Lifestyle

- My boyfriend relapsed on crack and violated his parole and is currently in prison. I started dating him not knowing he was in recovery so when he relapsed imagine my surprise! Anyway, the more we speak about his addiction the more it becomes crystal clear that he is not only addicted to crack but to the lifestyle that accompanies it. He is ashamed to admit it but he enjoys the excitement that goes along with finding ways to get money to get the crack. After he sells everything he has he resorts to petty crime...shoplifting and hustling. The crack addiction I understand as I worked at a drug rehab but I never really encountered the "lifestyle" addiction. Anyone have experience with this?

- shiva65
- 03-14-2006, 03:23 AM
- Yes the lifestyle can be one that you can get so "accustomed" too , it 's the thrill of coping, hustling, making money, etc........ then there is an ugly side also ...... your loss of values too keep the "high" up...... most people who get into "recovery" find now they are bored.. it's adjusting to the slow lane after running fast for soooo long and learning how to live a WHOLE new life.....

Just encourage your boyfriend to live in recovery.... (meetings etc)>

Good luck
As Significant others see you....

- TZT4$ure4Life
- 03-14-2006, 05:03 AM
- That is so true!!

I do find that with my X he is so use to that life style I wonder sometimes will he ever learn to live a regular real life...

He onced told me, my life was boring...........

I will take boring anytime....

It is so hard, but yes it is part of it, its like they get triggered by the hustle of finding the money for the next fix.....
It becomes as much of an addiction as the drug....

Just know that you cant save him.. I am sure you do know that...
Sometimes we want to but just cant....

Blessings
Tina

- Shelby
- 03-14-2006, 09:00 AM
- It's not only a lifestyle but a subculture unto it's own. There are usually no jobs, no bills to pay, no home upkeep, no time schedule. I know my ex (20+ year crack addict) enjoyed the lifestyle. He would get just as high off of the scamming, conning, stealing, as he did off the drug itself. The drug plays the role of masking out responsibility and conscience. Until the desire of this lifestyle is broken, the addiction will continue.

- Eternal Hope
Alcoholic Drinking Damages the Brain

- Tolerance
- Withdrawal
- Chronic brain changes

DRUG USE.....

DRUG DEPENDENCE

- Binge drinking
- Craving
- Behavioral and cognitive decline
- Loss of control

Alcohol Dependence
It Only Takes ONE Time
HOW MUCH WILL YOUR FAMILY MISS YOU?

The Vicious Cycle

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