Hole in the heart.

Filling the hole.
UNDERDEVELOPED
SPIRITUALITY

CHOICES BY SENSES
CHOICES BY self-centered nature

There is a hole
In your spirit and
You are allowing the mind
And body to shed
Destructive dependencies.
Letter from Carl Jung in which he explicitly creates an analogy between addiction and hell: I am strongly convinced that the evil principle prevailing in the world leads the unrecognised spiritual need into perdition, if it is not counteracted either by real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society, cannot resist the power of evil, which is called very aptly the devil. “Alcohol” in Latin is “spiritus,” the same word for the highest religious experience as well as for the most depraving poison.
Spiritual Solution

- For a significant number of people the “spiritual solution” of alcohol eventually leads to a spiritual solution for alcoholism. The philosopher William James, in *The Varieties of Religious Experience*, wrote that the real cure for excessive drinking is passionate religion.

- Upon a spiritual foundation, the recovering addict can begin making the practical changes in his or her life that are necessary for real transformation.
Drinking’s power to transform an addict into a different person is addressed directly by Alcoholics Anonymous, and this organization certainly represents one of the most powerful approaches to alcoholism ever developed. By emphasizing avoidance to the first drink, AA urges the Addict to prevent the destructive effects of alcohol from ever getting started.

Twelve Steps makes clear, the addict must understand that he or she is powerless over alcohol. A person who abuses or has a dependence on alcohol, needs a Sponsor, someone who has 5 years in recovery to help the individual deal with the issues daily that keep the individual using to avoid the pain.
What is your pain?

- My beautiful, successful Son drinks because he
- Goes home to 7000 sq. ft.
- House and there gets stinking
- Drunk because he has no family waiting there. Guess what? He lost two families from drinking and becoming violent – Domestic violence. So his pain is self created.
Financial Pain

- Economy declines. Son finds that he is short $25,000 monthly to cover his bills. His answer to the financial problem is to open 6 bars over town on the properties that he already owns.
- Observe: This is an alcoholic’s way of thinking. The chemical brain disease is at work.
Self-centered behavior

- The addict must choose to engage in an activity that is emphatically stigmatized both legally and morally by society at large, and that carries the possibility of severe penalties. All these steps require choices. They are conscious choices, because this opens the possibility that different decisions can be made in their place.

- Choice is really the foundation of healing. These choices must take place at every level of an individual’s existence, from the conscious thoughts that direct behavior in the larger world to the biochemical choices made by millions of cells throughout the body.

- The addict is frightened and depressed about what has already happened to them. They are not fully conscious of that fact.
Substance Dependency

Substance dependency is also...

...chronic

A chronic disease may progress slowly, is constant and lasts for a long period of time. Other chronic diseases include diabetes, heart disease, emphysema and arthritis. Because the disease can be slow and subtle, the dependent person and people close to him or her may not be aware of the changes caused by the disease.

...progressive

The disease of substance dependency is relentless and persistent. Gone unchecked, the dependent person moves from an early stage where the substance appears helpful and seductive to an uncontrollable craving. In the late stages of the disease, the dependent person's body starts to give up. Many physical problems arise. Mental, emotional, physical and spiritual strength is zapped. Because the disease is progressive, the dependent person's condition becomes more severe over time.

...eventually fatal

If the dependent person continues to abuse his or her substance, the addiction will eventually lead to a shorter life span.

- Death due to overdose.
- Death due to suicide.
- Death due to auto, water or fire accidents.

Death due to liver, heart, kidney, pancreas or lung failure.

Do you believe substance dependency can be deadly? ☐ yes ☐ no... Explain your answer.
DEAL WITH FEELINGS

How do you deal with each of your emotions? What is the intensity of each emotional state and how do you manage it?
One of the first steps in identifying, understanding, and recognizing feelings in yourself and others is learning how to give names to your emotions. The same emotion can have several names depending on whether the feeling is mild or more intense.

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Mild</th>
<th>Moderate</th>
<th>Extreme</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sad</td>
<td>disappointed</td>
<td>gloomy</td>
<td>devastated</td>
</tr>
<tr>
<td>Afraid</td>
<td>nervous</td>
<td>scared</td>
<td>terrified</td>
</tr>
<tr>
<td>Desire</td>
<td>wish</td>
<td>want</td>
<td>crave</td>
</tr>
<tr>
<td>Disgusted</td>
<td>dislike</td>
<td>contempt</td>
<td>revulsion</td>
</tr>
<tr>
<td>Angry</td>
<td>annoyed</td>
<td>indignant</td>
<td>furious</td>
</tr>
<tr>
<td>Guilty</td>
<td>regretful</td>
<td>sorry</td>
<td>self-hating</td>
</tr>
<tr>
<td>Shamed</td>
<td>embarrassed</td>
<td>unworthy</td>
<td>humiliated</td>
</tr>
</tbody>
</table>
Feelings

The feelings disease

Substance dependency is referred to as a disease of feelings. Often, individuals have grown up in emotionally unhealthy families where feelings were not expressed openly. They never learned how to express feelings honestly. Others lost their ability to openly deal with feelings as their addiction to alcohol, cocaine, marijuana or other drugs took its course.

Some substance dependent people play a “feelings game.” “What feelings can I pretend I’m having to make the right impression?” or “How can I use this feeling to make him feel this way about me?”

A different approach to the feelings game is to hide feelings which are swelling inside: “I can’t show her how angry I am,” or “I’m not going to let her see how frightened this makes me feel.”

The feelings bag

There are so many different kinds of feelings you can experience. And often you mix two or more of them together. You may experience two opposite feelings about a single event. For example, you may feel relieved about being here in treatment and at the same time have feelings of fear and anger.

• Afraid
• Aggressive
• Agonized
• Angry
• Anxious
• Apologetic
• Arrogant
• Bashful
• Bored
• Cautious
• Cold
• Confident
• Curious

• Disappointed
• Disgusted
• Ecstatic
• Enraged
• Envious
• Exhausted
• Frightened
• Frustrated
• Grievous
• Guilty
• Happy
• Horrified
• Hot
• Hurt
• Hysterical
• Indifferent
• Innocent
• Jealous
• Joyful

Here is a feelings bag. Circle those feelings you experience most often. Put an X through those you rarely feel. Add feelings you have that aren’t listed.

Take a look at your bag. What do you think?
### Some facts about feelings

<table>
<thead>
<tr>
<th>Feelings Follow Change</th>
<th>Feelings often come about when changes are taking place. When you rethink, redo, reorganize or rearrange, feelings just happen.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feelings Don’t Just Disappear</td>
<td>If feelings are ignored, they don’t just go away. Feelings stick around and take other shapes and forms. Often, they do damage to your physical or mental health.</td>
</tr>
<tr>
<td>Feelings Can Be Sneaky</td>
<td>Often your feelings come in disguises. You can mislabel your emotions. For example, you can feel you are angry when you are really afraid, or you can feel you are sad or confused when you are really angry.</td>
</tr>
<tr>
<td>Feelings Can Lead to Relapse</td>
<td>If you do not learn to accept and express your feelings honestly and appropriately, you may be tempted to use the temporary, ineffective and damaging alternative of mood-altering drugs.</td>
</tr>
<tr>
<td>Others Don’t “Make You” Feel a Certain Way</td>
<td>The feelings you experience belong to you. Your feelings may be influenced by others, but your feelings are solely your responsibility.</td>
</tr>
<tr>
<td>Feelings Can Change</td>
<td>No matter how strong they may be at first, feelings can change.</td>
</tr>
</tbody>
</table>
Frozen feelings

Because of your drinking and using, you may not have established a healthy manner of recognizing and accepting your own feelings or finding acceptable and rewarding ways of sharing feelings with others. Your feelings may appear to be frozen.

Don't think you have to rush out and find your feelings. Identifying, owning and expressing your feelings in a healthy manner comes naturally as you work the Twelve Steps – one day at a time.

Every person goes through life in various stages of personal knowledge and acceptance of his or her feelings. You can start where you are today and grow a little with each new experience.

Defrosting your feelings will bring on a wide range of emotions. But remember, recognizing and accepting your emotions is an important part of your ongoing recovery.

Describe a feeling that was frozen before you started your recovery. How have you become aware of it?

__________________________________________________________________________________________________________________________________________

__________________________________________________________________________________________________________________________________________
Four big feelings

Some feelings seem “bigger” than others. These big feelings of shame, grief, anger and fear are especially important for addicted people to recognize as they recover. Sharing these feelings with someone is usually the best way to keep from leading to a relapse or other problems.

What is shame?

Shame is an inner sense of being basically bad, inadequate, defective or unworthy. It is judging yourself, and giving yourself a failing grade. Shame says “I am bad. I am worthless. I am not enough.”

Shame often goes hand in hand with addictive behavior. It grows as the addiction grows. Yet, shame is very difficult to recognize in others and particularly in oneself.

Shame is often disguised as other emotions or behaviors. It stays hidden and continues to grow.

Do you experience feelings of shame? □ yes □ no… What form does your shame take?
The effects of shame

Since shame hides in other emotions, it is difficult to spot, particularly in ourselves. If a person filled with shame could look accurately in a mirror, here is what he or she would see:

- I feel so lonely and isolated inside.
- I really want to be liked and loved; to be special in other people's eyes. I can only tell whether I'm a good and worthy person by how others react to me.
- I cannot trust others because I cannot trust myself. Therefore, I need to manipulate what they think and do.
- I am always feeling nervous and anxious about everything. That's why I need to stay in control. I can't allow things just to take their course.
- I must not let others know who I really am. I must continue to fool them into believing I am someone that I am not.

What shame messages do you give yourself?

-

-

Replacing shameful thoughts

Read the following messages over and over. Let them start to replace the shaming messages inside you.

- When I am wrong, I can promptly admit it. I don't need to hide from being human.
- I am a good person. I have unique and special gifts from my Higher Power.
- I can laugh at myself. It's okay to make mistakes; everyone does.
- I can let go of my expectations of other people. I cannot control other people's feelings or behaviors. I am only responsible for me.
- It is okay when people disagree with me or act as if they don't like me. I know I'm okay.

Write down the message you will begin to give yourself to replace your shaming message.

-

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What is grief?

Grief is emotional suffering caused by a loss, real or imagined or anticipated. Grief is separation from a significant relationship. Grief can be felt over both large and small losses. Some examples:

- Loss of a loved one
- Loss of a marriage or relationship
- Loss of a job
- Loss of alcohol or other drugs

Grief is normal. Grief is healthy. Grief is inevitable.

- Loss of a home
- Loss of physical abilities
- Loss of a contract
- Loss of a coworker
- Loss of a pet
- Loss of a possession with sentimental value

- Loss of good health
- Loss of security

The greater the loss is to a person, the greater the grief.

When a person experiences a loss, grief is the normal and healthy way to respond.

Describe three losses you have felt in your life.

1. 

2. 

3. 

Getting through your grief

- Focus on today. Don’t look too far back or too far into the future.
- Don’t isolate. It’s important to stay active and in touch with others.
- Ask for help from your Higher Power.
- Remember you are not alone. Talk about your grief to your sponsor, to your friends and at meetings.
- Don’t pursue despairing thoughts. Clear them out of your mind, replacing them with positive ideas, positive pictures.
- Beware of your old “short cut” to happiness. Drugs and alcohol will never offer real help. Remember what your life was like when you were drinking and using.
- Invest your time and energy into dealing with grief.

Acceptance

Accept your grief. It is an honest emotion. Work your way through it with the help of your Higher Power, meetings, using the Twelve Steps and your friends.

If you avoid or hide from your feelings of sadness and grief, you will be unable to reach the peace and serenity you deserve.
What is fear?

Fear is a feeling that is common to all people, but particularly to those who are substance dependent. Often alcohol and other drugs are used to hide from fearful situations or nagging anxiety. The secrets and lies that surround the abuse of mood-altering substances cause fear to play a major role in addicted people’s lives.

In many cases, the fear freezes the person from taking action and the fear just gets larger and larger. In time the fear and anxiety are so common that they are always present without any particular event or circumstance attached to them. Recovering people have found that as their lives move toward a base of honesty and spirituality, their feelings of constant dread are lifted. However, in early recovery the fear of living without the use of alcohol or other drugs is great. In addition, their lives under the influence, may have created many immediate problems. To face such challenges sober can be frightening.

Here are some suggestions for dealing with fear:

► Recognize and accept that fear is normal and is a part of everyone’s life.
► Admit your feelings of fear to people who are close to you; talk about them.
► Identify the reasons for your fear and take appropriate action.
► Ask for help from friends, your sponsor, family and at meetings.
► Concentrate on progressing toward rigorous honesty.
► Exercise your body and your mind.

Describe a situation that causes you fear on a regular basis.

Describe how you believe you will act and feel in the same situation when you are practicing a program of recovery.
Anger isn’t just one emotion, but

- A family of emotions that are related to each other both in our brain and in our behavior.

- Anger>>>FEAR>>loss of a relationship, loss of a position, loss of control, fear of abandonment, loss of money, loss of property>>>>FEAR of the UNKNOWN.

- Ways of managing anger:
  - Wear a rubber band around you wrist. Upon feeling overwhelm with an anger feeling, pop yourself.
  - Journal your thoughts and feelings 3 x’s a day. Note the behavior that was the results of those thoughts and feelings.
  - Identify the thoughts and feelings that result in negative consequences.
  - Make a proactive plan to deal with the problem thoughts and feelings.
When you have the same types of thoughts over and over, you create thinking patterns. Thinking patterns are habits of thinking and responding becomes automatic.

Don’t say “That’s just the way I am.” That self-talk is wrong. You have just come to believe that it is the way you are. The problem is, once your thinking responses are automatic, you don’t question whether those thoughts are the most effective way to deal with things.
Powerlessness (continued)

A Portrait of Feelings

Powerlessness can creep into how you feel about yourself. If you were painting a self-portrait of inner feelings today, how would it look? Do you go to bed at night or wake up in the morning with feelings of sadness or shame or grief? What about the things you wanted to accomplish long ago that still remain undone? What feelings are left inside you when your actions go against what you know is right?

Use the space below to share the way you really feel about yourself today. Use these lines to paint with your words a self-portrait of feelings.

________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
Powerlessness (continued)

Negative Consequences
Examples of losses common in substance dependency:
- a marriage
- a family relationship
- a friend or friends
- a job
- financial security
- good grades
- a professional opportunity
- an educational degree (high school, college, etc.)
- a driver's license or a professional license
- time (in months or years)
- personal dignity
- credit rating
- the trust of others
- a house, a car or other property
- good health
- the health of loved ones
- the experience of parenting

Make a list of three things your substance dependency has caused you to lose. Explain why you continued to use after these negative consequences.

1. I lost... 
   I continued to use because...

2. I lost... 
   I continued to use because...

3. I lost... 
   I continued to use because...
OTHER SIGNS OF ALCOHOLISM

- Difficulty in sleeping
- Loss of sexual potency
- Avoiding AA/NA meetings
- “Not that bad yet”
- NO SPONSOR
- Changing jobs
- Drinking alone
- Opinion of AA/NA
Becoming Aware of Your Inner Maps

- “As a man thinketh in his heart so is he.” Proverbs 23:7
- We look at the world through our maps. Our maps are formed by our thoughts. We seldom stop to look at our thoughts or at our maps.
Contemplation Stage:

- You are starting to think about the negative consequences your irresponsible thinking and behavior have created in your life.
- List your losses.
The Event leads to the thoughts. The thoughts cause the behavior.

EVENT

SPECIFIC THOUGHTS

Feelings & Beliefs

REMORSE

BEHAVIORAL RESPONSE
Some of your thinking errors may be habits you have fostered for many years. People around you are used to the way you think and behave.

As you begin to work on your thinking errors, how will the people closest to you react? Will they support your efforts to be more honest and responsible or will they fight you every step of the way?

Here are three people in my life who will not support me when I start to rid myself of thinking errors and start thinking and behaving in a more responsible manner:

Person #1: ___________________________ Will react by: ___________________________

Person #2: ___________________________ Will react by: ___________________________

Person #3: ___________________________ Will react by: ___________________________

This is how I will handle their reactions:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

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