

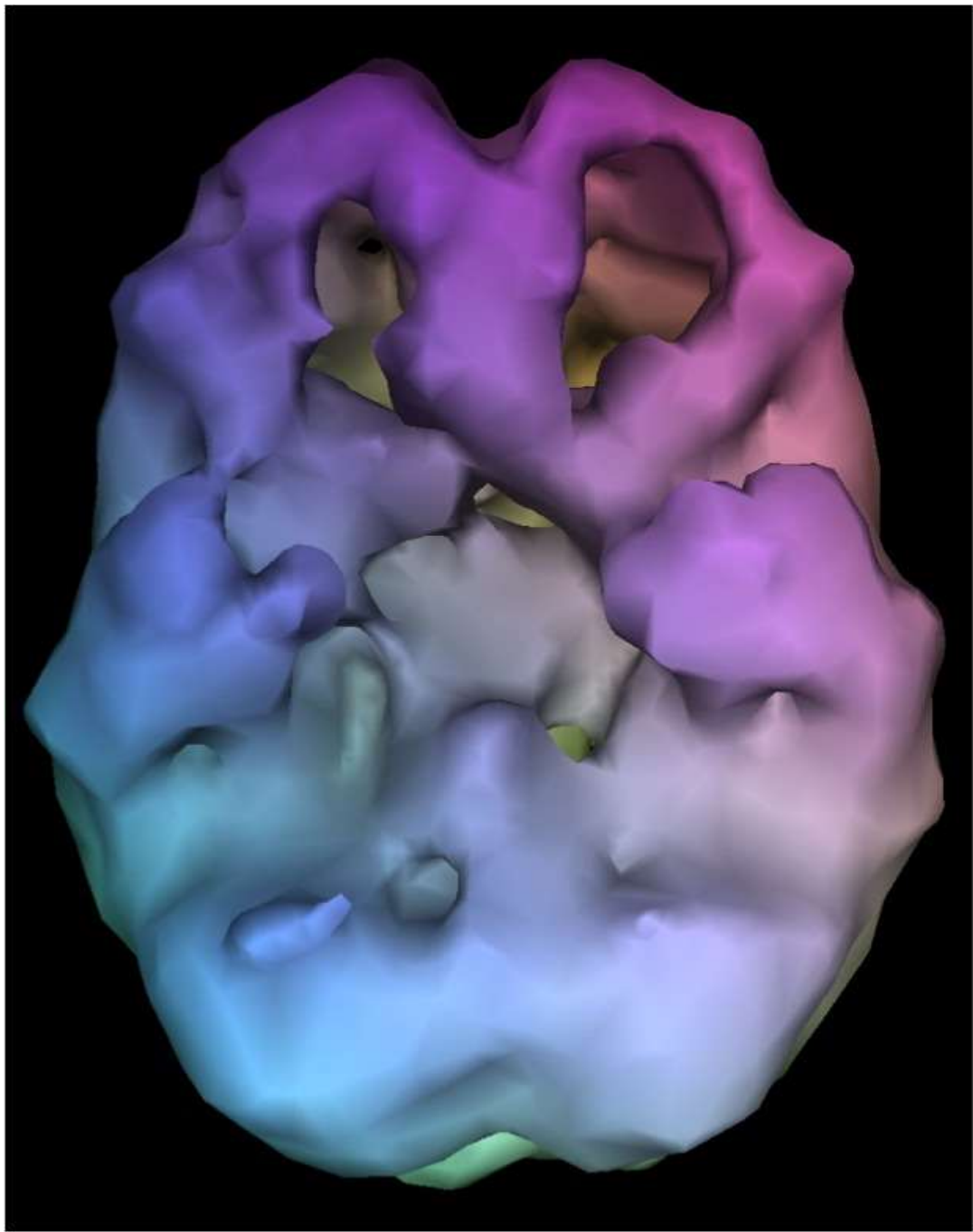
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The neurobiology of addiction encompasses more than the neurochemistry of reward.

ASAM 2011

Alcohol, nicotine, other drugs and pathological gambling behaviors exert their initial effects by acting on the same reward circuitry that appears in the brain to make food and sex, for example, profoundly reinforcing. Of all the natural rewards, sexual orgasm involves the highest dopamine spike, which is comparable with morphine.





PAIN

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Pain

▶ Reach

▶ Preoccupation

▶ Ritual

▶ Act Out

▶ Pain²

PAIN

I could feel the tears within me, undiscovered and untouched in their inland sea. Those tears had been with me always. I thought that at birth, American men are allowed just as many tears as American women. But because we are forbidden to shed them, we die long before women do, with our hearts exploding or our blood pressure rising or our livers eaten away by alcohol because that lake of grief inside us has no outlet. We, men, die because our faces were not watered enough.

Pat Conroy, Beach Music

PAIN PAIN

normal stress
of everyday life

my friends didn't call
I did poorly on my test

deeper rooted
feelings

no one likes me
I must be dumb

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Pain

▶ Reach

▶ Preoccupation

▶ Ritual

▶ Act Out

▶ Pain²

REACH

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Functionalism = Structuralism



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Pain

▶ Reach

▶ Preoccupation

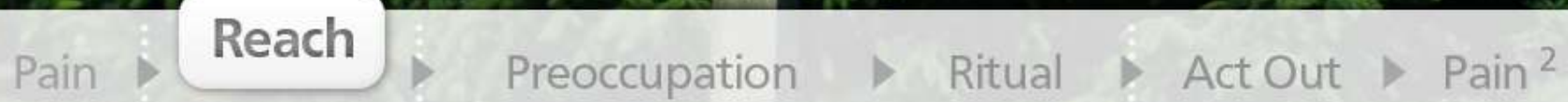
▶ Ritual

▶ Act Out

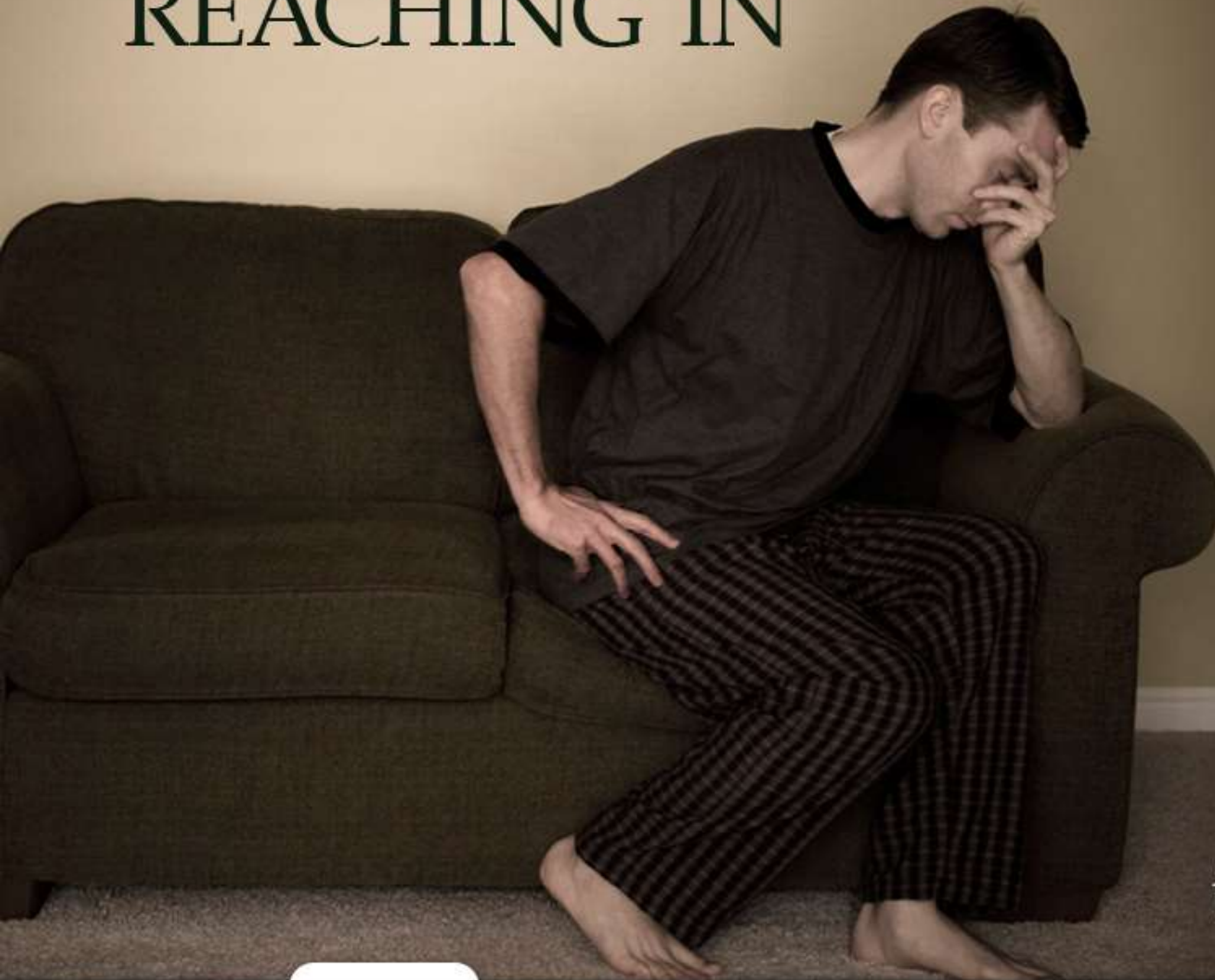
▶ Pain²



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REACHING IN



Hiding
the Pain

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Pain ▶

Reach

▶ Preoccupation

▶ Ritual

▶ Act Out

▶ Pain²

ADDICTION

Mismanagement of Pain

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PREOCCUPATION



© Jeffrey Ford 2010

Pain



Reach



Preoccupation



Ritual

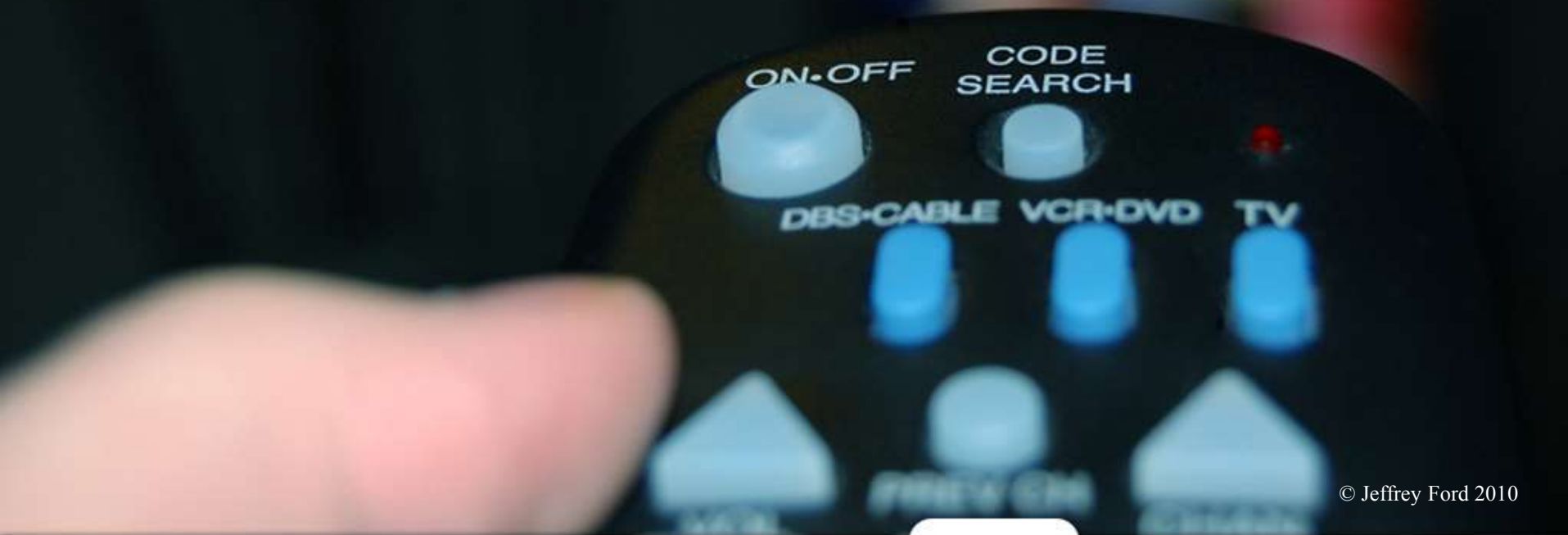


Act Out



Pain²

RITUAL



© Jeffrey Ford 2010

Pain ▶

Reach ▶

Preoccupation ▶

Ritual ▶

Act Out ▶

Pain²

Acting Out



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Pain ▶

Reach ▶

Preoccupation ▶

Ritual ▶

Act Out

Pain²



PAIN²

Pain and Shame
from Acting Out

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Pain ▶

Reach ▶

Preoccupation ▶

Ritual ▶

Act Out ▶

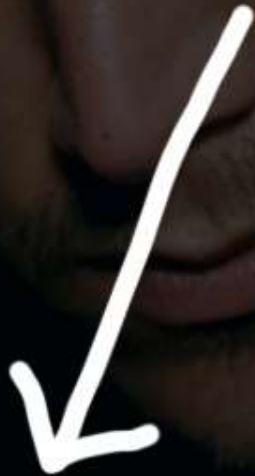
Pain²

PAIN²

Pain and Shame
from Acting Out

The other 90%
is here

only 10%
of recovery



Pain

Reach

Preoccupation

Ritual

Act Out

Pain²

“Stronger Together”



© Jeffrey Ford 2010



Overcoming Addiction

Correctly Dealing With Pain

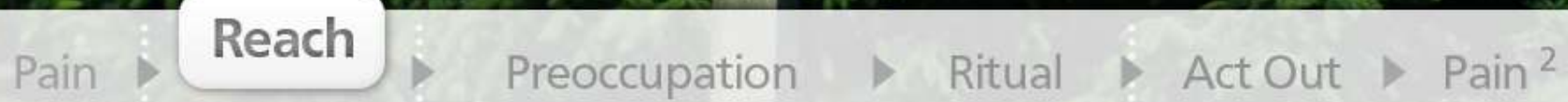


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Pain ▶ **Reach** ▶ Preoccupation ▶ Ritual ▶ Act Out ▶ Pain²



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REACH OUT

Accountability
Awareness of feelings and behaviors of self and others



Healing

Intimacy
Exploration of those feelings

Dependence
Healthy reaching out

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