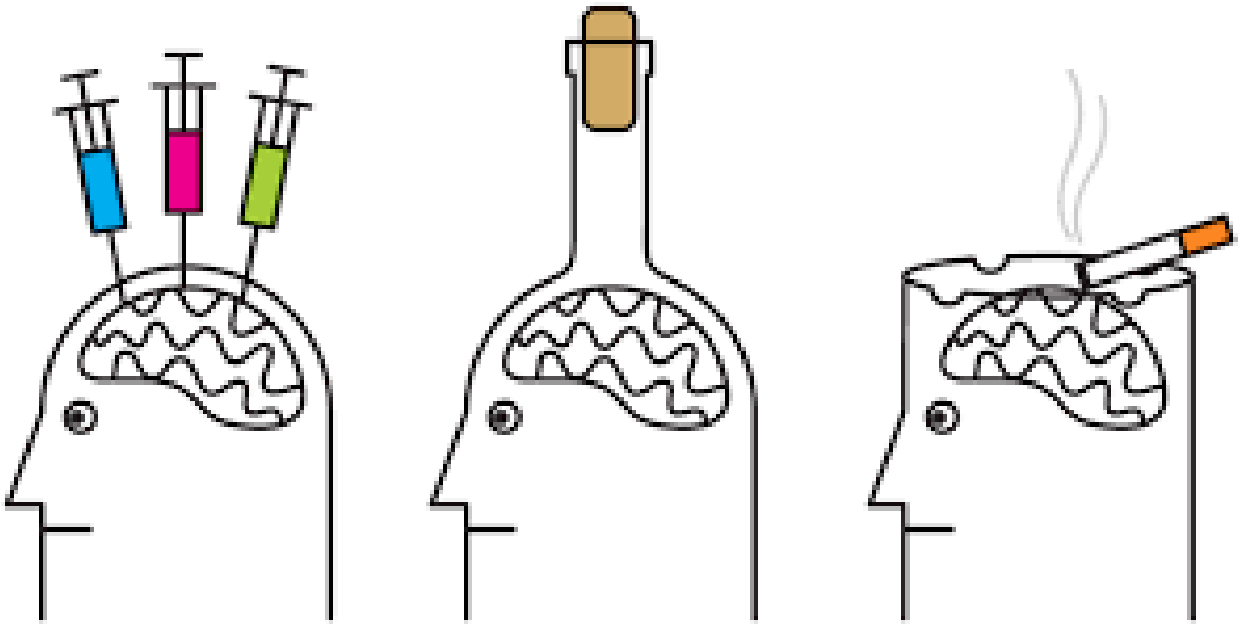
The 4 Emotional Triggers to Cure Addiction



The following is from my own personal experience with treating over 3,000 clients from addictions such as cigarettes, marijuana, ice, alcohol, cocaine, etc...

Often when people look at addiction, they over complicate it, believe that there is no cure, ignore the subconscious or simply bully people about their addiction. In my experience, there are only 4 emotional triggers that need to be attained to cure anybody from addiction.

In my other online programs or seminars, I talk about physical addiction and habit. Physical addiction is cured simply by the absence of the drug. Yes there can be withdrawal symptoms; however, they are also cured by the absence of the drug.

The same goes for habits. Once people have learned to live a life without the drug, their rituals, rewards, relaxation and relationships all take a new form.

The only 4 emotional triggers that need to be fixed are;

Achievements, Breathing Space, Connections and Discovery (ABCD).

Achievement

Does your client have the feeling that they are getting enough done? Do they feel that they lack performance?

Breathing Space

Does your client have the space to think for themselves or the breaks to recharge and to re-set?

Connection

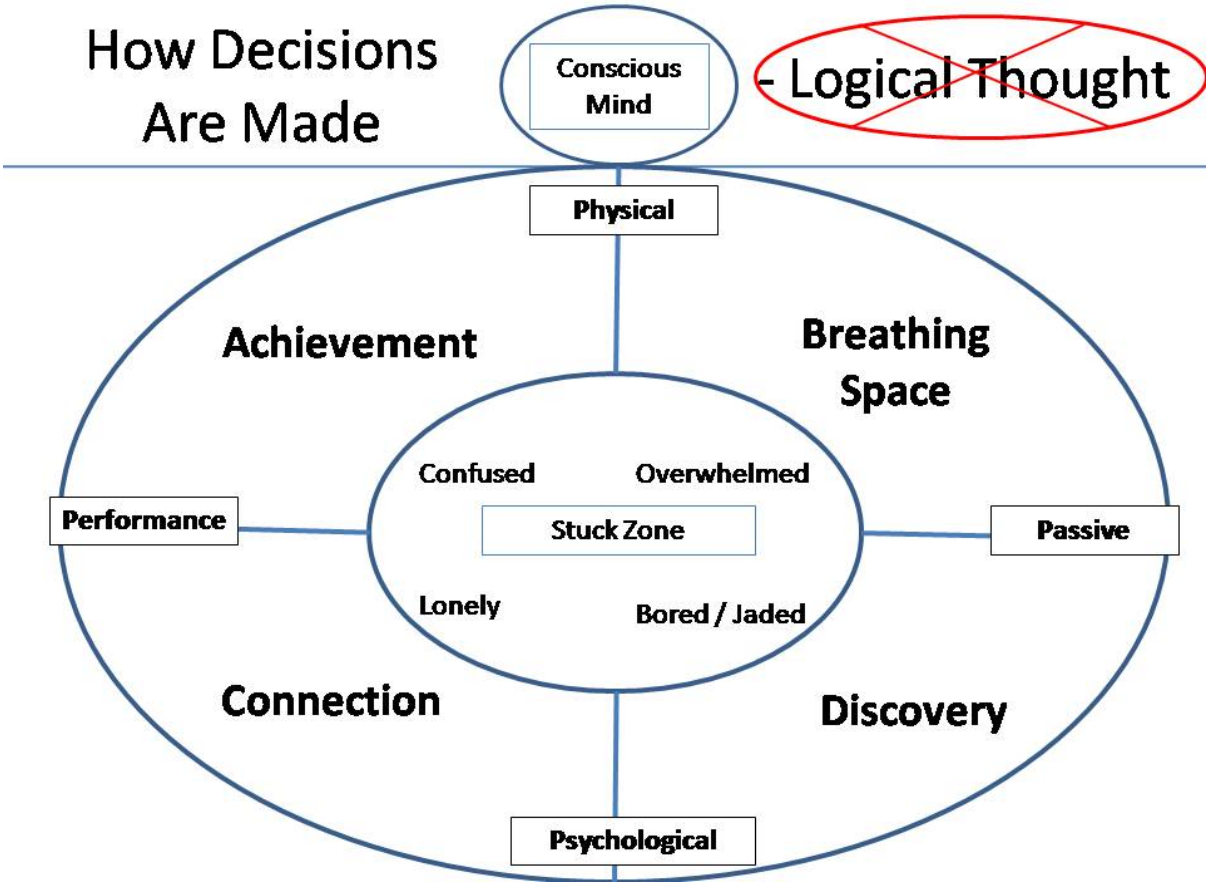
Is your client lacking emotional support? Are they being bullied or neglected in any way?

Discovery

Is your client stale, bored or uninspired by life? Do they need a change of scenery, routine or mind set? Are they jaded and need to be heard before they can take in new information again?

The 4 Emotion Map

Putting it all together



The reason a person takes drugs or relapse can be broken down into 4 categories.

Physical – Existing in the physical world.

Psychological – Existing in the mind as thought or feeling.

Performance – Exerting energy and

Passive – Reserving energy

Physical Performance = Achievement

“Scott, I’m just not getting enough done.”

We all have a need for achievement in our lives. When we lack achievement, we look for it elsewhere. Often this comes in the form of performance drugs or escapism drugs.

The Big Picture

When you ask people, “Where would you like to be in 12 months?” most people can’t give a clear answer. People who don’t know where they want to be often have low self esteem. It’s a must to have a plan for the future. Gone are the times when we could just live by default, follow the crowd and hope that it all turns out OK. Today, we need to make decisions. Ask your client, “Where would you like to be in 12 months?”

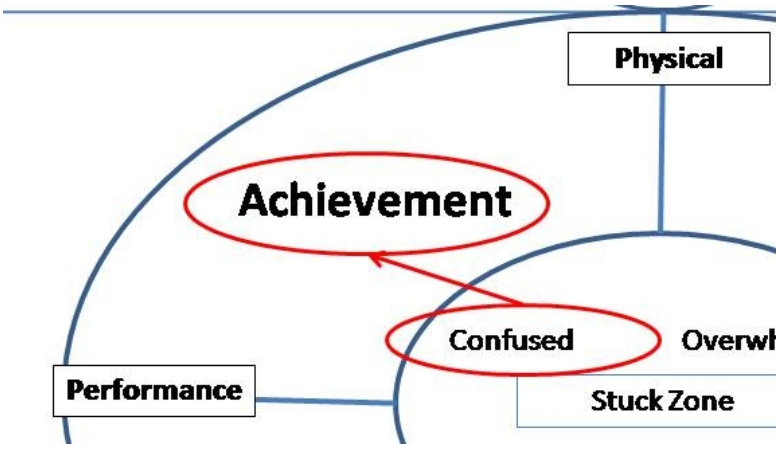
Productivity

To try to do 2 days work in 1 day is a set up for failure. A person who is addicted to or relapses into drugs are often putting far too much pressure on themselves. It feels terrible to never get through your to do list. Ask your client what

their 5 meaningful steps that they take per week to make their life better. Any more than 5 major steps are over doing it. Try if you can to get your client to hit the golden ratio of 60/40. 60% of their time should be spent trying to achieve their top 5 life goals. The other 40% of their time can be spent on smaller administrational or habitual daily tasks.

Modelling

How does your client decide on what strategies they are using? Do they make them up or do they listen to the advice of experts? Do they have a coach or do they just play life by ear. Addiction is often a symptom of an absence of strategy. We all have human needs, such as the need to be calm, excited, have personal space, connected to others, financially stable, excited by our dreams, etc... So when your client makes it up instead of getting coached in 'What to Do', then they will often fail and harm their self esteem. What is your clients strategy for; Health, Relationships, Money, Time efficiency or Time Barriers and Happiness?



Physical Passive =
Breathing Space

"I never have the time or space. I'm always behind the 8 ball."

There's no substitute for sleep / rest and actually turning the pressure down. It takes courage for our clients to actually take time out to refresh while an ongoing relationship issue, financial issue or health issue keeps popping up.

Boundaries

Everybody needs down time. Often the problem that clients experience is caused by not having an effective boundary to protect their own energy than to abuse a substance. Mums will often smoke to get away from their children for 5 minutes instead of setting boundaries some other way. If the substance is your clients method of creating a boundary, then tearing down the boundary without replacing it will only result in a relapse. Design new boundaries with your client.

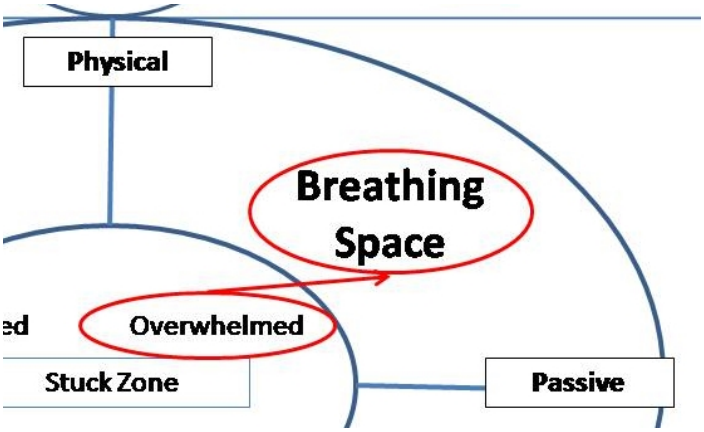
Autonomy

When a client gets bullied by a therapist or friend, even for a good cause, it's still bullying. A client can be over measured to the point of exhaustion. When you give the **hard truth** to

your client, it's been shown that focusing on how your client can self manage over the next two years is much more likely to create positive behaviour and self reliance than to focus on their performance over the next week. Long term thinking builds rapport so much faster.

Reset

People have been taught not to take breaks. They have also been taught that not taking breaks is dangerous. So the confusing paradox for people generally drives them crazy.



Psychological Performance = Connection

"Everybody is just looking out for themselves."

We all need people in our lives. In fact, much of the new research into substance abuse confirms that relationships or lack of positive connections are at the root of addictive behaviour.

Getting Out There

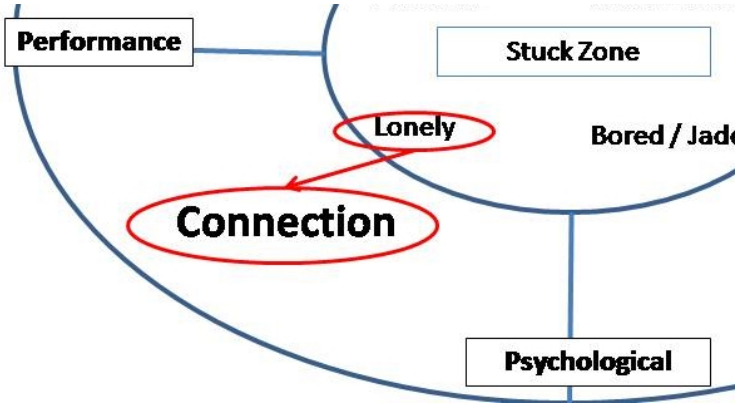
The best living comes from doing. There is no better place for your client to form new connections than to go to a place that they have never been before. The topic of the meet up should always come first. Instead of getting the same addicted friends over to try to do a new activity, it's better for your client to pick a new activity and to just go to where people do that activity.

Safety

Some relationships are toxic. Your client can feel it in their body as they think about having to see that person. From control freaks, bullies, victims, emotional vampires, etc... In our coaching program, we go into the 5 rings of relationships and how to handle vital vs. non vital relationships.

Resonance

Being on the same page as somebody is a beautiful feeling that can't be compared. There are over 7.4 billion people to connect to and your client isn't going to connect to all of them. So choosing people who are interested in the same topic as your client is the surest way for your client to connect to people who resonate with them.



Psychological Passive =

Discovery

“I’ve heard it all before. Is it going to be like this forever?”

People become blind to what they see and hear every day. We are driven for variety. When a client lacks variety in their life, they often seek substance abuse to create variation in their feelings.

Routine

We are creatures of habit, and this helps us to survive, walk, talk and to drive cars. However, it doesn’t help us to avoid complacency. In the world of today, our freedom comes with the responsibility of choice. We have so many choices to make that it can become overwhelming. The key is to find key choices where your client can break routine and to discover a new world.

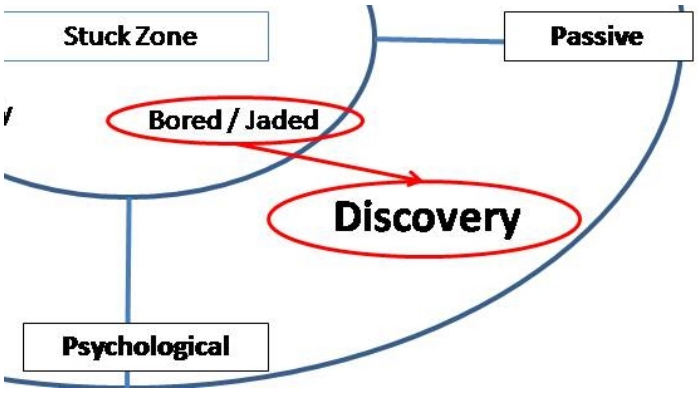
Making Decisions

Your client makes decisions every day, such as what to eat, what to wear and how to live. Most decisions that your client makes are just habitual. Some habitual choices create a feeling of safe familiarity. However many habitual choices cause your client to feel stuck in their routine. The best decisions that your client can make are life decisions that affect the way that they see life. Perspective comes from movement.

Get Strong Again

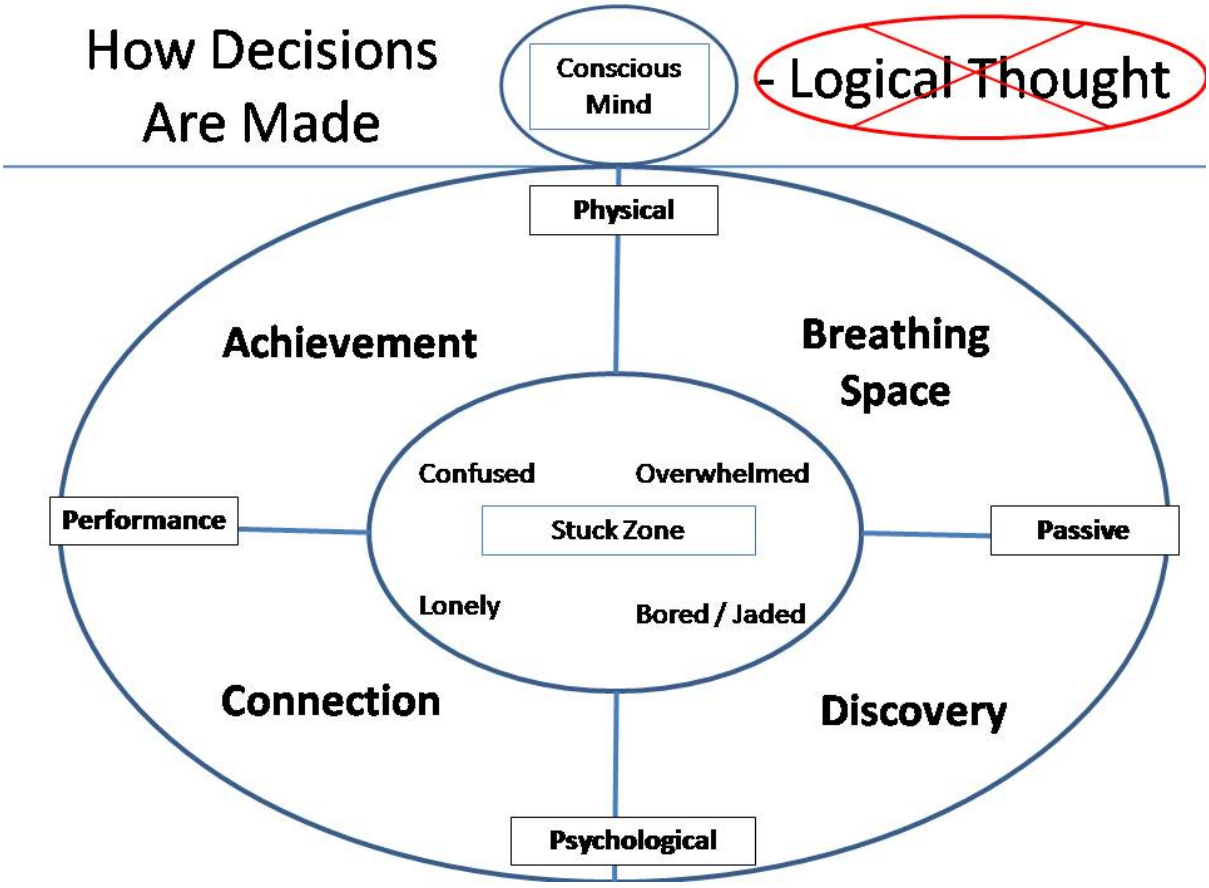
When your client has been hurt, generally they protect the area of their body or area of their life that feels the pain. Again, this can cause complacency pain or boredom.

The most common technique that causes a real change in your client is to remind them of a time when they used to demonstrate strength. They may be so sick of addiction that they want to change, but it takes a social drive to get them to actually move. Or they may understand how to get up and to be strong again, but lack the perspective of knowing the urgency of positive habit creation. Encourage your client to get up and to be strong again.



Outside the Stuck Zone =

Using Your Clients Own Energy

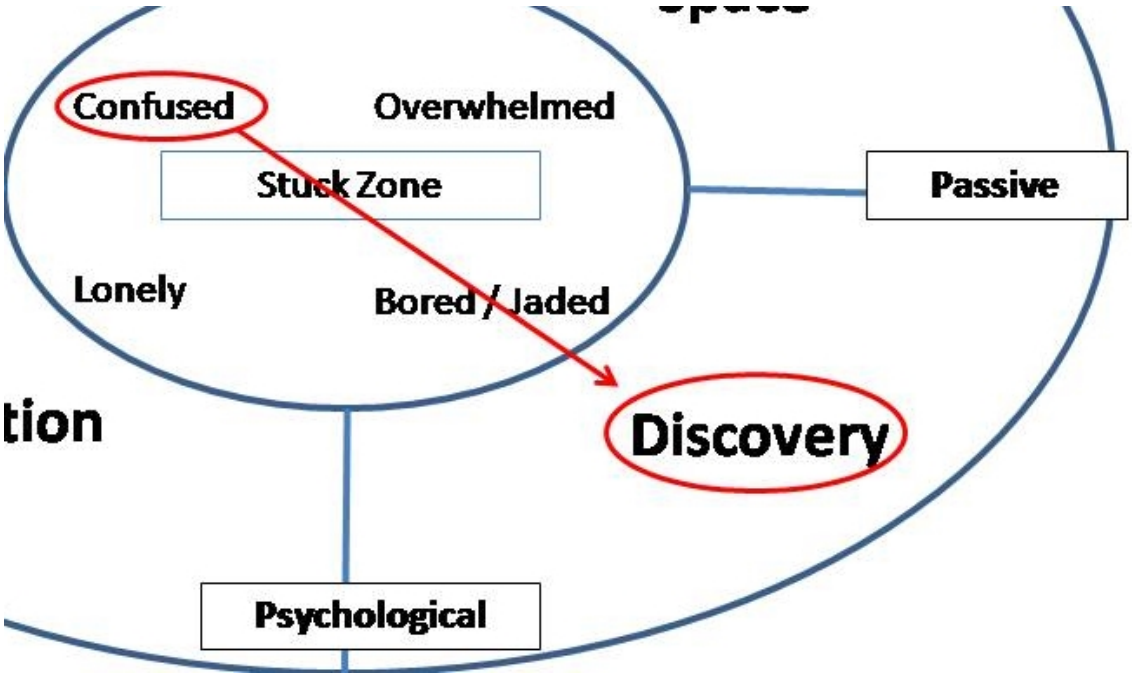


The Stuck Zone consists of 4 elements.

Confused = The client isn't clear on their big picture 12 month plan. They also spend time on low value tasks or make it up as they go
Overwhelmed = This person is stressed because they fear failure or lack appropriate boundaries around their down time.
Lonely = The client isn't feeling safe or loved. They lack the emotional confidence to let new people into their life or they are keeping up a wall to create the illusion of safety.
Bored / Jaded = The client is stuck in a routine that isn't feeding their need for novelty or creativity.

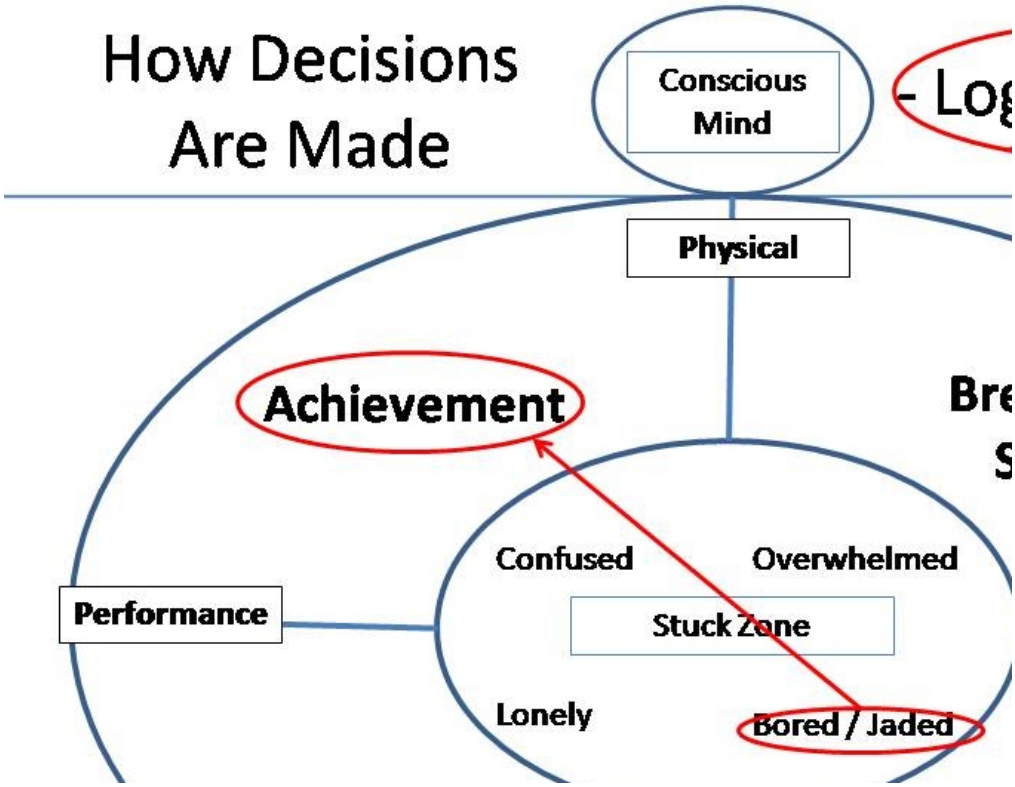
The beauty of the stuck zone is that your client can escape it in any direction.

When your client is **Confused**, however they argue about the plan. They don't want to discuss their 12 month plan. They don't want to talk about how they spend their time, often taking a diagonal approach along the map will get them outside of the stuck zone.



By using novelty to sure confusion, you are moving in the direction that your client is moving in. As you talk about Physical and Performance, your client keeps trying to drag you towards Psychological Passive. So go with them. Give them something new using the **Discovery** Emotion before you circle back around to the Physical Performance Activities emotion. Anywhere outside the stuck zone is a win.

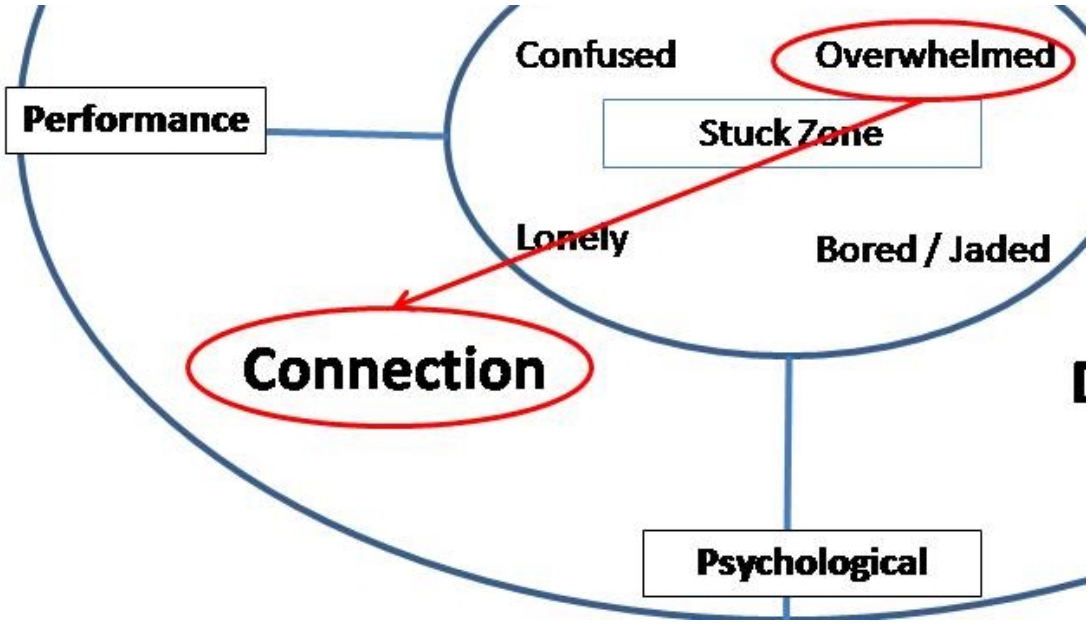
When your client is **Bored / Jaded** and they aren't responding to novelty or learning new interesting facts, they are pushing you towards Physical Performance. So go with them.
You argue about how exciting it is to finally get to a new stage in their life. So stop arguing and talk to them about **Physical Performance Achievement**. Give them 3 core steps to follow.



When you chunk down the plan for your client, often it gives them a new insight into **How** they can stay off the drugs that they were addicted to.

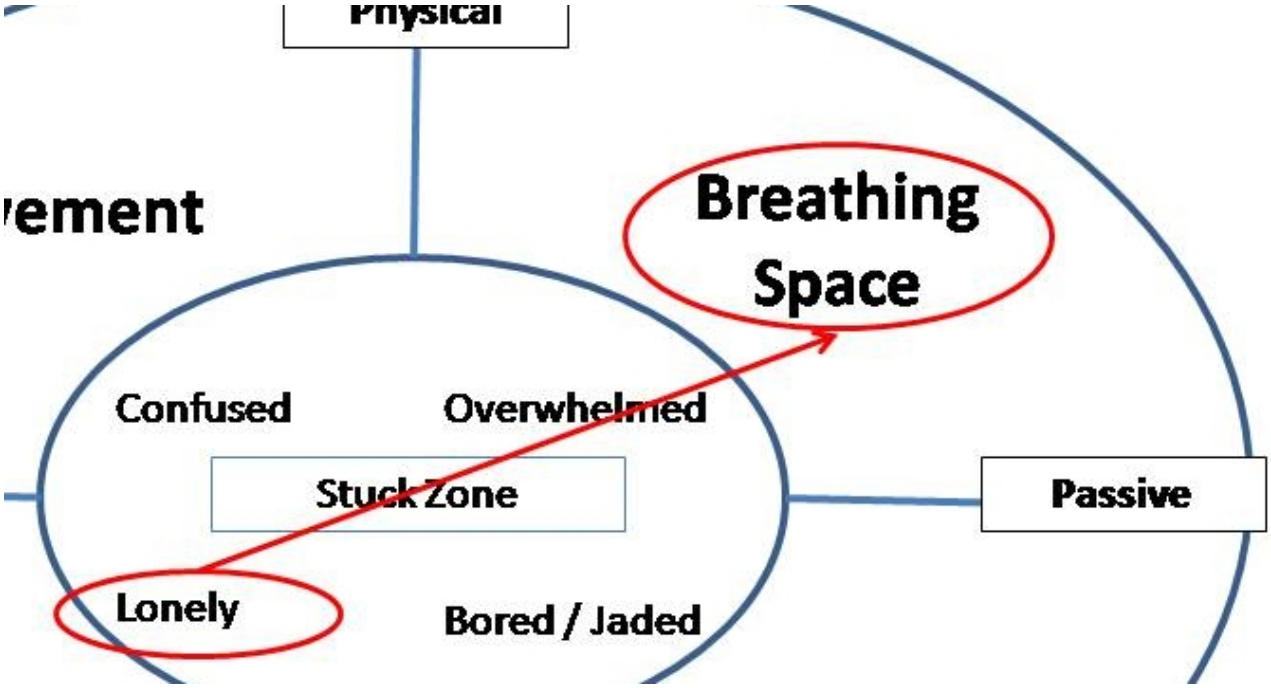
3 Steps might be something like this.
1. Stay off the substance for 7 days.
2. Plan activities and new routines for your week.
3. Give yourself Calm routines and Reward Routines.

When your client is overwhelmed but won't take a break or believes that their life is so busy that they can't take a break, they are trying to drag you to Psychological Performance instead of the Physical Passive quadrant. So get them out of the stuck zone with their own energy. Ask them who needs them to be strong for them right now.



Find out who in their life needs them to get this right. When a person uses drugs for their down time, often the pain of staying where they are isn't enough to motivate them until they have someone in their life to fight for. So remind them that they do have people in their life who they love.

When your client is lonely but won't seek company or doesn't trust people anymore, often they are exhausted without even knowing it. As you try to drag them into Psychological Performance Connection and they're pulling up and to the right into Physical Passive, just go with them and get them out of the stuck zone. Give them an alternative to Physical Passive with Breathing Space



Suggest recharge and reset activates. Teach them to meditate, when to take breaks and how to set boundaries in their life so that they get the necessary downtime in their life without the reliance on drugs.

I hope that this guide helps you to get inside of the mind of your client.

Regards
Scott Lawrence