



Sober2Day <https://sober2day.com>

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Over 30 Years in the Treatment Industry

Developer, Sober2Day

Introductions

- A little about you

Housekeeping

- During the presentation, you may get called upon for comments
- If there are noise distractions, you may be muted by the presenter

Housekeeping

- We will take breaks periodically, or if participants agree, we may press on

Housekeeping

- Your certificate will be sent via email and provided to your referral source if applicable within 24 hours
- A survey link will accompany the certificate – your participation in this anonymous survey is **GREATLY** appreciated.

SET Program Goals

Information We Will Touch On Today

- DUI information, statistics, and penalties
- DUI impact stories
- Symptoms and Phases of Addiction / Addiction Cycle
- The Definition of Addiction
- Alcohol's Impact on the Brain and Body
- The Family Dynamics of Addiction
- Belief Systems
- Recovery Pathways
- Q & A

Alcohol's Impact on Driving

Alcohol is a substance that reduces the function of the brain, impairing thinking, reasoning and muscle coordination. All these abilities are essential to operating a vehicle safely.

Alcohol's Impact on Driving

The effects of alcohol are the same whether you drink beer, wine, or whiskey. A 12-ounce can of beer, a 5-ounce glass of wine, and a 1.5-ounce shot of whiskey all contain the same amount of alcohol.

Alcohol's Impact on Driving

Drink a standard serving of any of these, and the effects will be the same. Your judgment and self-control will be affected.

Alcohol's Impact on Driving



Even one drink can impair your ability to drive, slow your reaction time, dull your concentration, and cause vision problems.

Alcohol's Impact on Driving

Many people mistakenly believe that coffee, a cold shower, exercise, or fresh air can sober them up. Time is the only thing that sobers you up.

LEGAL LIMITS

In Michigan, as in many other states, the BAC limit for a DUI is 0.08

LEGAL LIMITS

The “Impaired” limit is actually a judgement call on the part of law enforcement.

The Impact

In 2018, there were **10,511** traffic fatalities due to drunk driving crashes.

The Impact

That's 1 every **50 minutes.**

The Impact

It is estimated that over 40% of those killed were aged 16 to 24.

The Impact



In 2018, **29%** of traffic fatalities resulted from drunk driving.

The Impact



In a recent survey, over 20% of people aged 35 to 44 knew someone who was killed in a drunk-driving accident.

The Impact

Nearly 27% of female respondents aged 18-24 admitted to driving while buzzed.

The Impact

37.4% of college-age respondents
believed they were fit to drive after
3 or 4 drinks

The Impact



In 2017, about 2,000 people died in alcohol-related traffic crashes in which the driver was less-impaired than the established limit.


Financial Impact

Insurance rates for a DUI conviction increase up to 71%.

Financial Impact

Each year, it is estimated that alcohol-related crashes cost society about \$50 Billion.

Michigan Statistics



Let's focus on Michigan

Michigan Statistics

In 2018, **31,856** people were arrested in Michigan for DUI

Michigan Statistics

This includes **23,004** men and
8,852 women.

Michigan Statistics

In 2018, **17,723** breath tests were administered to drivers in Michigan.

Michigan Statistics

576 were 0.01 – 0.07

Michigan Statistics

1,237 were 0.08 – 0.09

Michigan Statistics

8,396 were 0.10 – 0.16

Michigan Statistics

6,928 were 0.17 and above

Michigan Statistics

4,301 refused the test

Michigan Statistics

4,593 people in Michigan were injured in alcohol-related crashes in 2018.

Michigan Statistics

In 2018, **174** people were killed in Michigan in alcohol-related crashes.

Penalties in Michigan

Michigan law provides substantial penalties for DUI offenses

Penalties in Michigan

First offense, BAC less than .17

- Up to \$500 fine
- Up to 93 days in jail
- Up to 360 hours of community service
- Up to 180 days license suspension
- 6 points on a driver's license

Penalties in Michigan

First Offense, BAC higher than .17

- Up to \$700 fine
- Up to 180 days in jail
- Up to 360 hours of community service
- Up to one year license suspension
- 6 points on a driver's license

Penalties in Michigan

First Offense, BAC higher than .17

- Mandatory completion of an alcohol treatment program
- Ignition interlock use and compliance after 45 days license suspension is required to receive a restricted driver's license.

Penalties in Michigan

First Offense, BAC higher than .17

- Convicted drunk drivers have limited driving privileges, are prohibited from operating a vehicle without an approved and properly installed ignition interlock device, and are responsible for all installation and upkeep costs for the device.

Penalties in Michigan

Refusing the Breath Test

- Anyone who refuses a breath test the first time is given an automatic one-year license suspension.
- For a second refusal within seven years, the suspension is two years.

Penalties in Michigan

Note that the limit for those
UNDER 21 is .02, not .08.

Penalties in Michigan

Felonies:

- A third conviction in the driver's lifetime.
- A conviction for drunk or drugged driving that causes death.
- A conviction for drunk or drugged driving that causes serious injury to another person.

Penalties in Michigan

Implied Consent Law:

- In Michigan, licensed driver's are considered to have given consent for a breath / body alcohol measurement when requested by law enforcement
- This consent is required for the privilege to drive in Michigan

Penalties in Michigan

Further Information on Penalties:

- <https://www.michigan.gov/sos>



The Real Impact

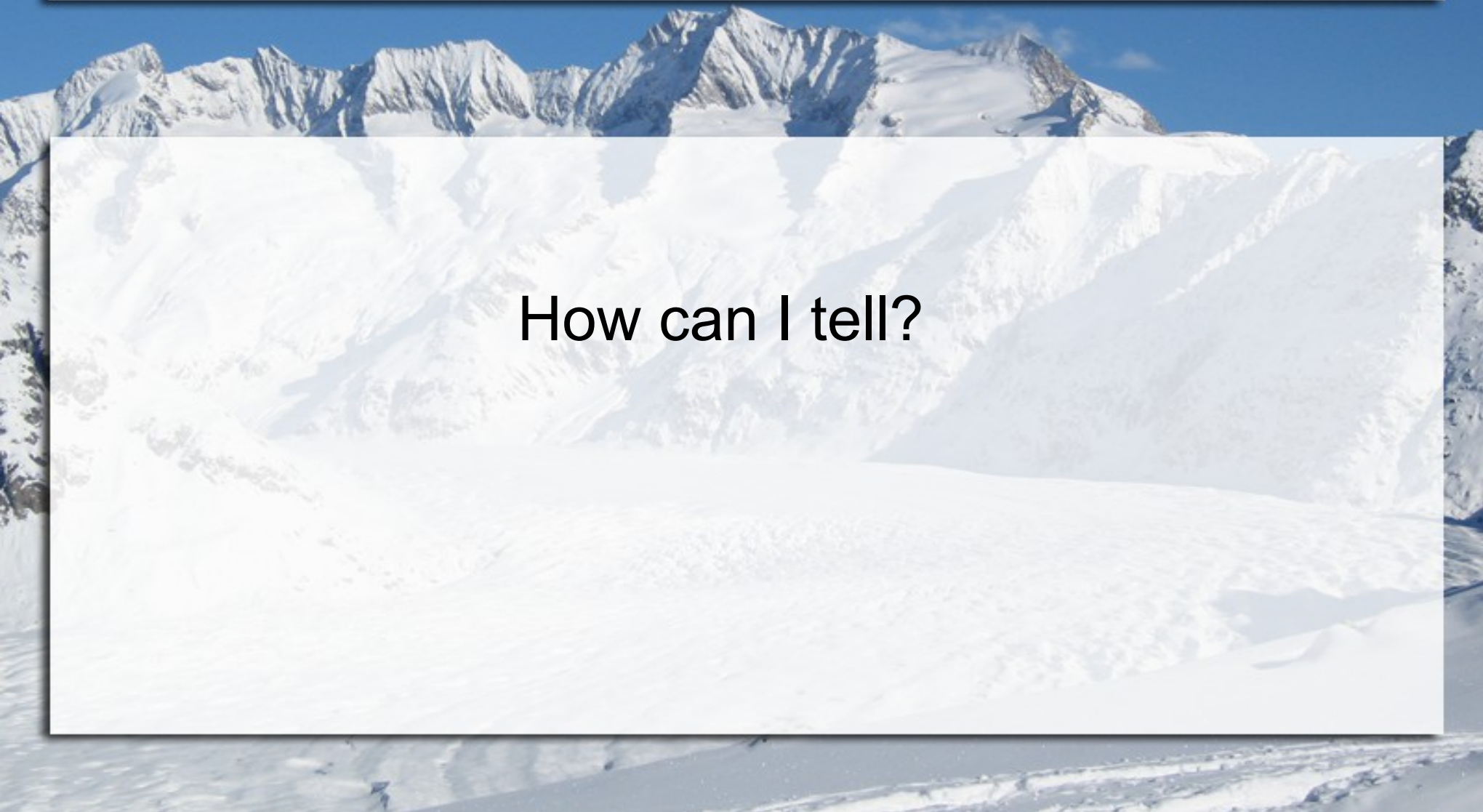


Real People. Real Trauma.

MADD - Impact Stories

Symptoms and Phases of Alcoholism

How can I tell?



Symptoms and Phases of Alcoholism



Increased Tolerance
An early symptom of dependence

Symptoms and Phases of Alcoholism

Occasional Relief Drinking

Using alcohol to cope with stress / emotional upheaval

Symptoms and Phases of Alcoholism

Sneaking Drinks

Having quick drinks when no one is around
Keeping a bottle in desk drawer at work
Adding alcohol to morning coffee

Symptoms and Phases of Alcoholism

First Blackout

No memory of events during period of blackout

Symptoms and Phases of Alcoholism



Urgency of First Drink
Fast consumption to get effects faster

Symptoms and Phases of Alcoholism



Preoccupied With Drinking
Planning next drinking episode

Symptoms and Phases of Alcoholism

Avoids Reference

Surreptitious Drinking – avoid talking about it – minimize use
Change the subject

Symptoms and Phases of Alcoholism

Loss of Control

One is too many – a thousand is never enough

Symptoms and Phases of Alcoholism



Frequent Blackouts
Blackouts occur more regularly

Symptoms and Phases of Alcoholism

Alibis

Making excuses to drink and to rationalize behavior

“It's my birthday!” “It's the weekend!”

“I deserve this after the week I've had!”

Symptoms and Phases of Alcoholism

Failed Promises / Resolutions

Promises to family are broken, resolutions fail

Reproof

Loved ones are impacted by your drinking, and confront it

Symptoms and Phases of Alcoholism



Extravagance

The drinker will act generous, buying expensive things / gifts in order to look good and deflect the criticism and anger

Symptoms and Phases of Alcoholism



Aggression

The addict will get angry when confronted about his/her behavior. In some cases, the addict may even get violent.

Symptoms and Phases of Alcoholism



Remorse

The alcoholic will have a moment of clarity, and see the damage being done to others, and even agrees that the alcohol is a problem.

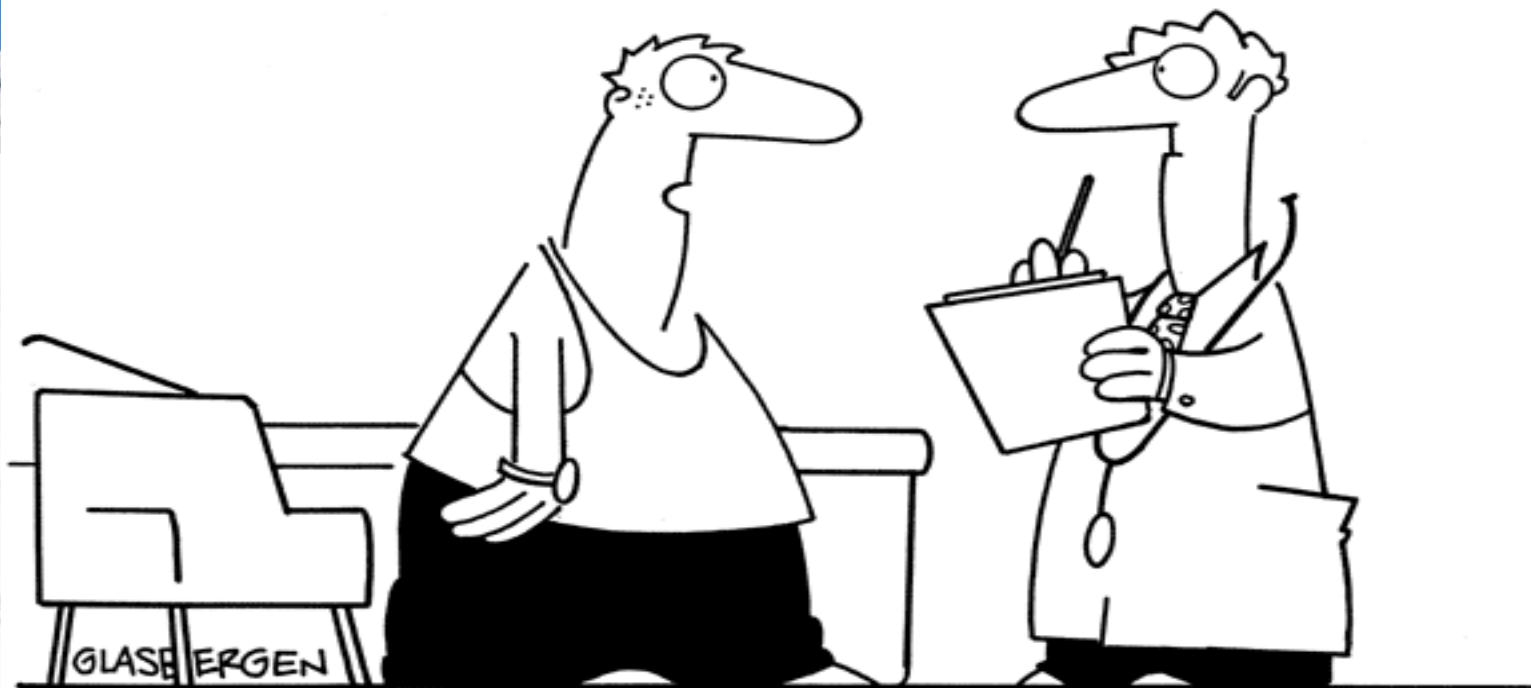
Symptoms and Phases of Alcoholism

Changes Pattern

The alcoholic believes it is something s/he is doing wrong, not that alcohol is the problem.

- Change what I drink
- Change who I drink with
- Change when I drink
 - Eat first

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**“I started smoking to help me stop overeating.
Then I started drinking to help me stop smoking.
Then I started overeating to help me stop drinking.”**

Solutions!



The plan to cure his alcohol addiction was working just fine until Frank realized he was hungry.

Symptoms and Phases of Alcoholism



Loss of Other Interests - Preoccupation
More and more of life is centered around drinking

Symptoms and Phases of Alcoholism

Social Decay

The addict swaps her social circle, replacing it with people just like her
These new “friends” don't judge.
No longer comfortable around “normal” drinkers.

Symptoms and Phases of Alcoholism

Legal / Work / Money Troubles

Drinking interferes with work, family, freedom, finances

Symptoms and Phases of Alcoholism



Avoiding Family / Friends
Increased isolation, “no one understands me”

Symptoms and Phases of Alcoholism

Seeks Help

Because of the mounting problems, the addict seeks help
Typically at this stage, it is the wrong help for the wrong reasons

- Marital Counseling for marriage problems
- Financial counseling for financial problems

NOT seeing that the alcohol is causing these problems

Symptoms and Phases of Alcoholism

Resentments

Having tried these other solutions, still having issues, he resents his loved ones for not recognizing how hard he is trying
- Blames them for his drinking / drugging

Symptoms and Phases of Alcoholism



Attempts Escape

The “Geographic Cure”

Symptoms and Phases of Alcoholism



Maintains Supply

Fear of running out

Symptoms and Phases of Alcoholism

Chain Drinking – Prolonged Benders

Life is now given over to the drug / alcohol.
Days or weeks spent on nothing but drinking

Symptoms and Phases of Alcoholism

Gross physical / psychological changes

The body is being poisoned due to excesses, so the addict's overall health deteriorates, and his/her conscience and ability to reason breaks down.

Symptoms and Phases of Alcoholism

Decreased Tolerance

Tolerance diminishes due to the damage to the liver and other organs
The alcoholic now drinks just to feel normal, and small amounts will get him / her to the point of intoxication

Symptoms and Phases of Alcoholism

Impaired Thinking

Maladaptive way of thinking – paranoid, alcoholic jealousies

Symptoms and Phases of Alcoholism



Repeated Failed Attempts at Control
Tries to quit, cut down, control time and place

Symptoms and Phases of Alcoholism



Moral Deterioration

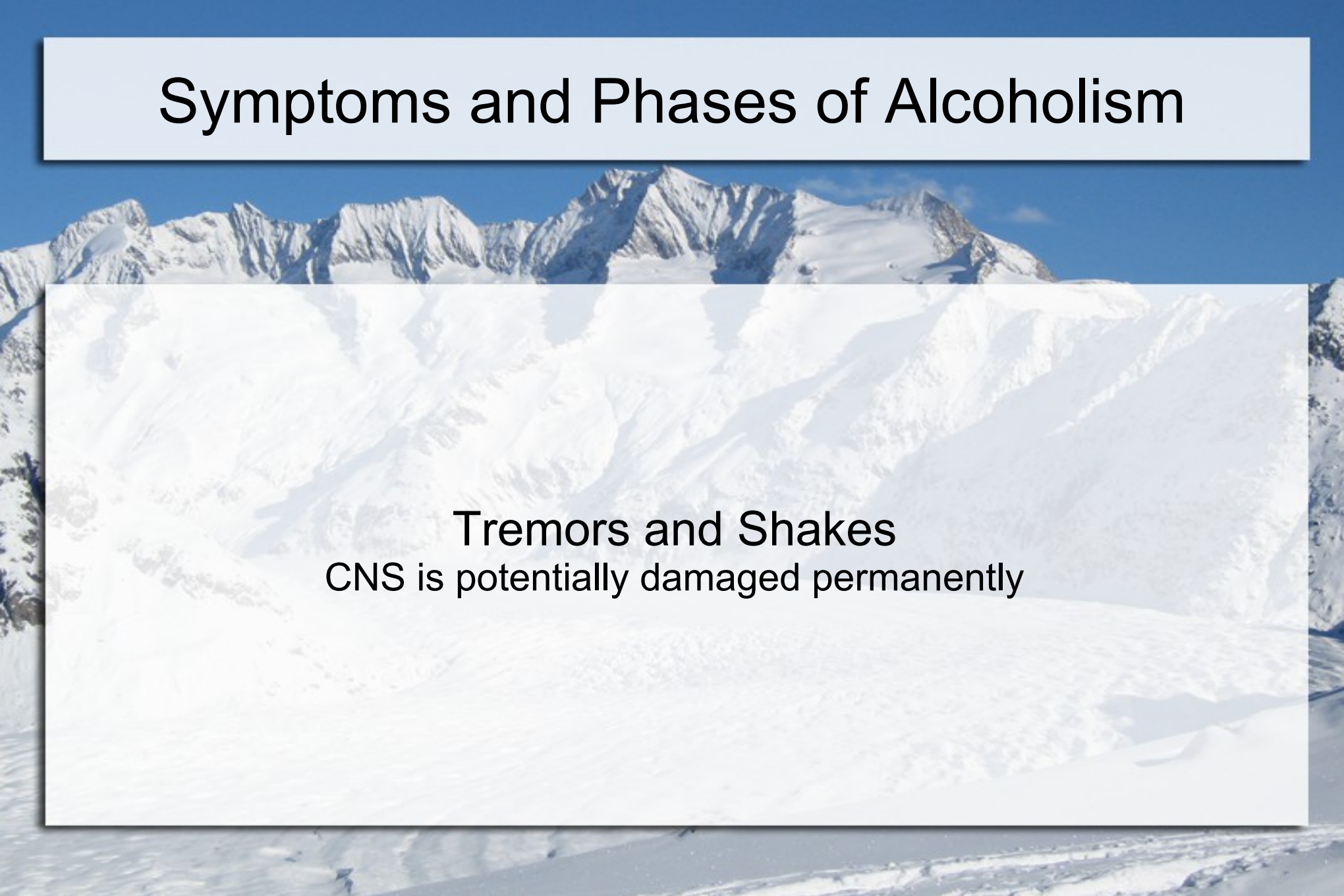
Lying, cheating, willing to accept behavior contrary to own values

Symptoms and Phases of Alcoholism

Feeling of Impending Doom

Thoughts of death, the other shoe is going to drop

Symptoms and Phases of Alcoholism



Tremors and Shakes
CNS is potentially damaged permanently

Symptoms and Phases of Alcoholism

Psycho-motor Inhibitions

His ability to do simple tasks is greatly diminished
Coordination is impaired

Symptoms and Phases of Alcoholism

Religious Need

Believes only God can save her now
Looking for the quick fix
Easier, Softer Way

The Addiction Cycle



PREOCCUPATION

RITUALIZATION

COMPULSIVITY

DESPAIR

PREOCCUPATION

Preoccupation does not have to be 24/7

It can include:

- Who we hang with
- What we talk about
- The jokes we tell
- The things we collect
- Places we go
- The activities we engage in

PREOCCUPATION

In general terms, preoccupation means:

More and more of our lives are centered around drinking / using. The getting and using, and finding ways and means to get more.

Thinking about drinking, drinking, recovering from the drinking episode

RITUALIZATION

RITUALS are a crucial part of any addiction.

- WHAT we drink
- HOW we drink
- WHO we drink with
- WHEN we drink
- HOW we set up drinking – marital arguments
- People, Places, Things, Playgrounds

COMPULSIVITY

Compulsion is the essence of Loss of Control

- Unable to stop at one
- The harder we try to stop, the more impossible it seems
- Drinking replaces everything else
- Loss of Control – means loss of predictability

Obsession / Compulsion

Preoccupation and Ritualization

- These make up the MENTAL OBSESSION

Compulsivity

- This describes the mental AND physical compulsion to continue to use despite consequences

Despair

- The Aftermath
- GUILT
- SHAME
- What is the difference?



DEFINITION

ADDICTION is a *pathological relationship* with *any* mind or mood-altering *experience* that has *life-damaging consequences*.

Break It Down

ADDICTION is a *pathological relationship* with *any* mind or mood-altering *experience* that has *life-damaging consequences*.

Break It Down

Relationship

Break It Down

*With ANY mind / mood-altering
EXPERIENCE*

Anything Can Be an Addiction



Break It Down

*That has Life-Damaging
Consequences*

Break It Down

PATHOLOGICAL

Break It Down

“Insanity is repeating the same mistakes over and over again, expecting different results”

- Albert Einstein

Diagnostic Criteria

Screening for Addiction

A diagnostic screen includes a symptom:

Continued use despite knowledge of adverse consequences.

Diagnostic Criteria

Screening for Addiction

What is identified as “crazy” or “stupid” is often simply a clear symptom of Loss of Control.

Diagnostic Criteria

Screening for Addiction

*Of course it's not logical!!
But it does make sense....It's a Brain Disease*

Alcohol and The Brain

Occasional and moderate drinkers:

- Memory Impairment
 - Blackouts
 - Recklessness
- Impaired Decision-Making

Alcohol and The Brain

Heavy and/or Chronic Drinkers:

- Diminished Grey Matter in the Brain
 - Inability To Think Abstractly
 - Loss of Visuospatial Abilities
 - Wernicke-Korsokoff Syndrome
- Memory Loss / Loss of Attention Span

Alcohol and The Brain

Heavy and/or Chronic Drinkers:

- *It is well established in the Mental Health Treatment community that alcohol can exacerbate mental health disorders*

Alcohol and The Brain

How Does It Act in the Brain?

Receptor Sites Alcohol Impacts:

- **GABA**
- **Glutamate**
- **Dopamine**

Alcohol and The Brain

How Does It Act in the Brain?

Slurred speech, slowed reaction times, disorientation, poor coordination

Alcohol and The Brain

How Does It Act in the Brain ?

***Result from alcohol's impact on the
GABA and Glutamate receptors /
neurotransmitters***

Alcohol and The Brain

How Does It Act in the Brain?

THE REWARD CENTER

Meanwhile, alcohol's effect on the Dopamine system creates the pleasurable feelings that lead one to drink in the first place

Alcohol and The Brain

DOPAMINE

Things that activate Dopamine

- **A baby's smile**
- **A sunny day**
- **A good meal**
- **Meeting a friend**

Alcohol and The Brain

DOPAMINE

Things that activate Dopamine

Every day things that we enjoy

Alcohol and The Brain

DOPAMINE

Things that activate Dopamine

It is tied to the survival of the human race – it causes us to repeat important behaviors that perpetuate survival

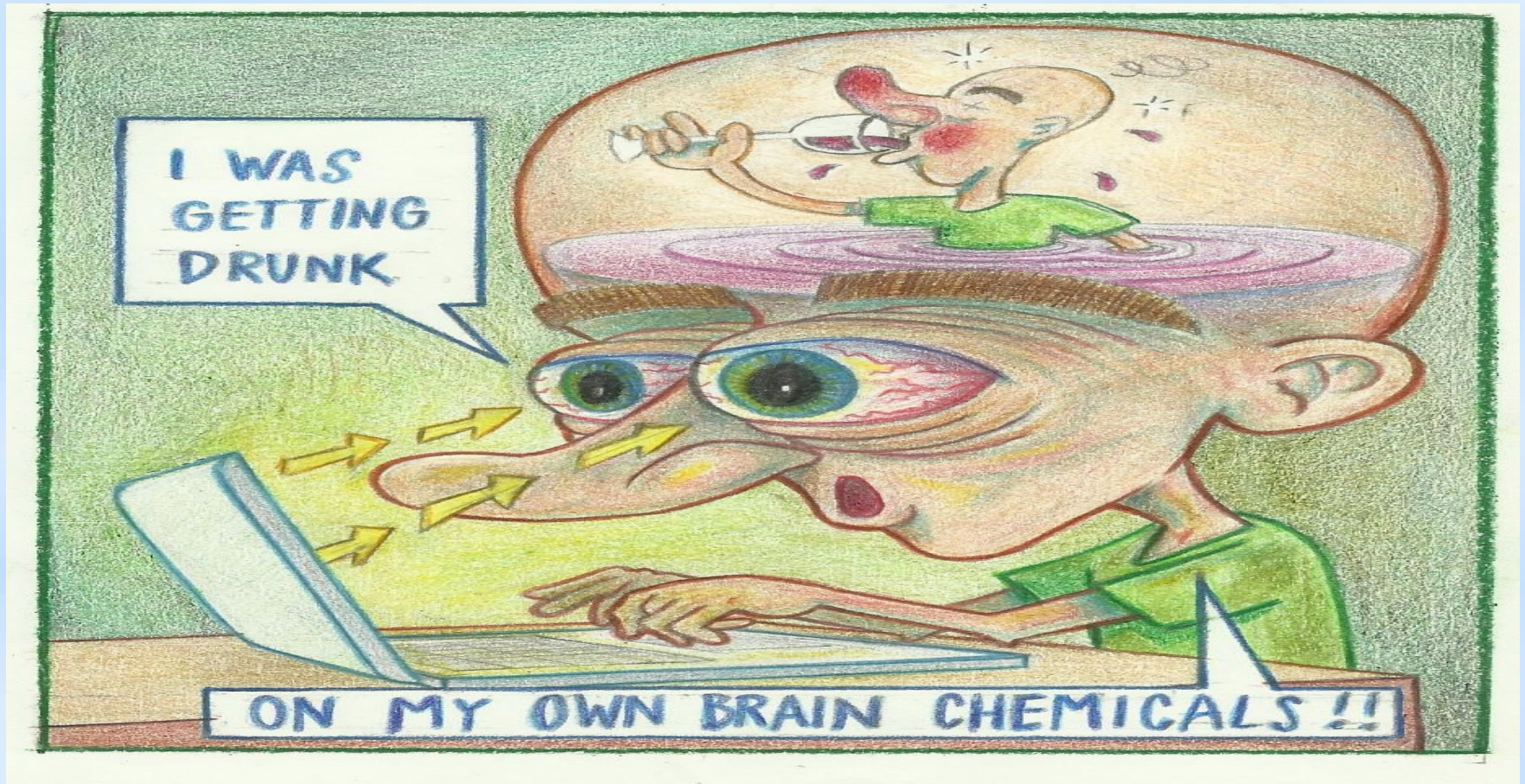
Alcohol and The Brain

DOPAMINE

Things that activate Dopamine

The FLOOD of Dopamine associated with drugs of abuse, including alcohol, **far exceeds** the normal pleasurable response

Vicious Cycle



Alcohol and The Brain

DOPAMINE

Things that activate Dopamine

So, over time, the DRUG is the thing our brain believes we need to survive

Alcohol and The Brain

DOPAMINE

Things that activate Dopamine

More than food.

Alcohol and The Brain

DOPAMINE

Things that activate Dopamine

More than sex.

Alcohol and The Brain

DOPAMINE

Things that activate Dopamine

More than love.

Alcohol and The Brain

DOPAMINE

Things that activate Dopamine

**More than our FAMILY, our JOB, our
KIDS.**

TIME

We Give Our Time
To that which we love

**If I drink instead of being with my
children, what does that say?**



TIME

We Give Our Time
To that which we love

**If I miss work because I'm hung over,
what does that say?**

TIME

**We Give Our Time
To that which we love**

**If I drink instead of going to a family
function, what does that say?**

TIME

**We Give Our Time
To that which we love**

What have I skipped in order to drink?



TIME

We Give Our Time
To that which we love

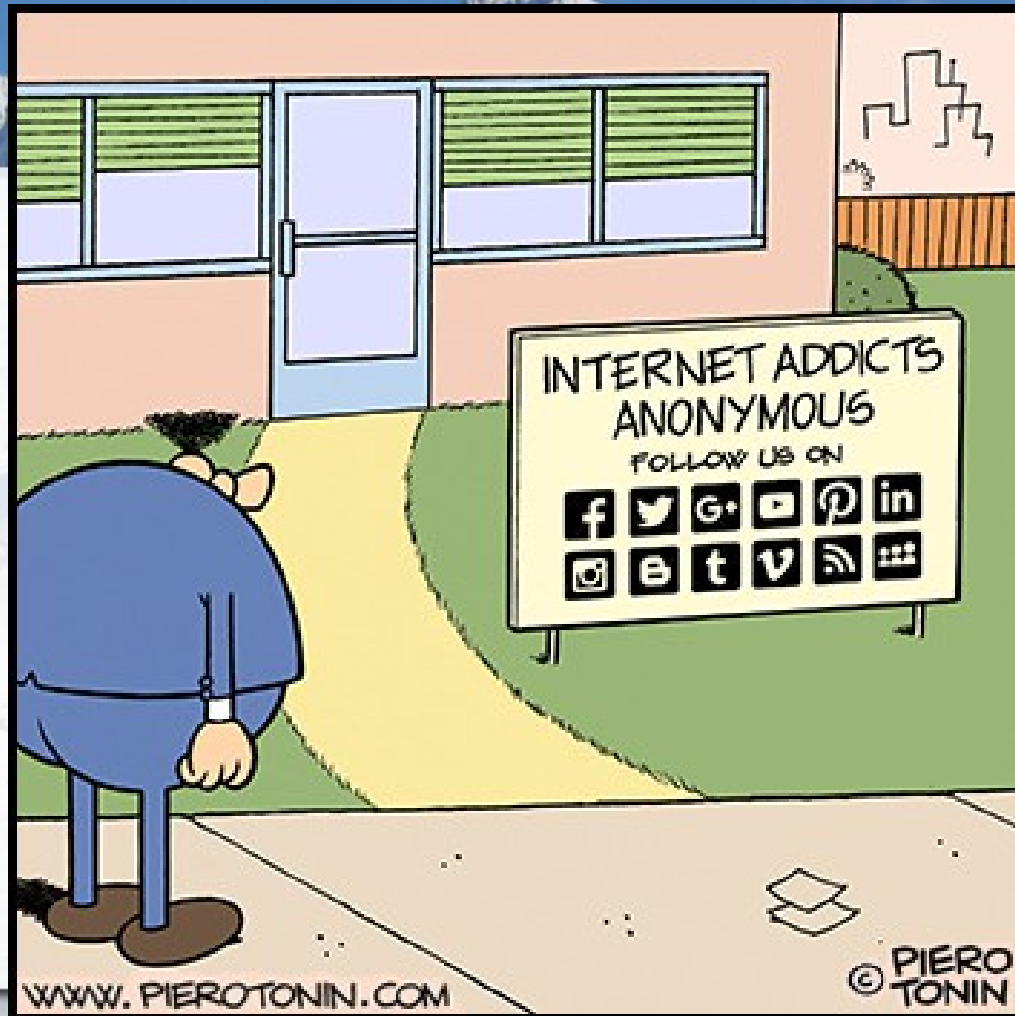
**What have I missed because I was
drinking?**

TIME

**We Give Our Time
To that which we love**

Or recovering from drinking?

Irony?



ALCOHOL and the BODY

- We often think of alcohol's obvious effect on the Liver – but in truth, alcohol impacts virtually EVERY organ system in often very damaging ways.

ALCOHOL and the BODY

Alcohol-related diseases

● PANCREATITIS

● DIABETES

● HEART DISEASE

● BREAST CANCER

● LIVER DISEASE

● ORAL CANCER

The Impact on the Body

THE BRAIN:

- Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works.

The Impact on the Body

CANCER:

- Chronic Drinkers are more likely to develop throat, mouth, or esophagus cancers. Breast cancer is also more common in women who drink heavily.

The Impact on the Body

HEART:

- Drinking heavily over a long time or too much on a single occasion can damage the heart, causing problems including cardiomyopathy, arrhythmias, stroke, and high blood pressure.

The Impact on the Body



LIVER:

- Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including: steatosis (fatty liver), alcoholic hepatitis, fibrosis, and cirrhosis.

The Impact on the Body

STOMACH DISTRESS:

- Drinking too much can lead to bloating, gas, and painful ulcers.

The Impact on the Body

PANCREAS:

- Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis
- ANTABUSE and Acetaldehyde

The Impact on the Body

IMMUNE SYSTEM:

- Drinking too much can weaken your immune system, making your body a much easier target for disease.

The Resilience of the Human Body

Despite the assault on our body and brain

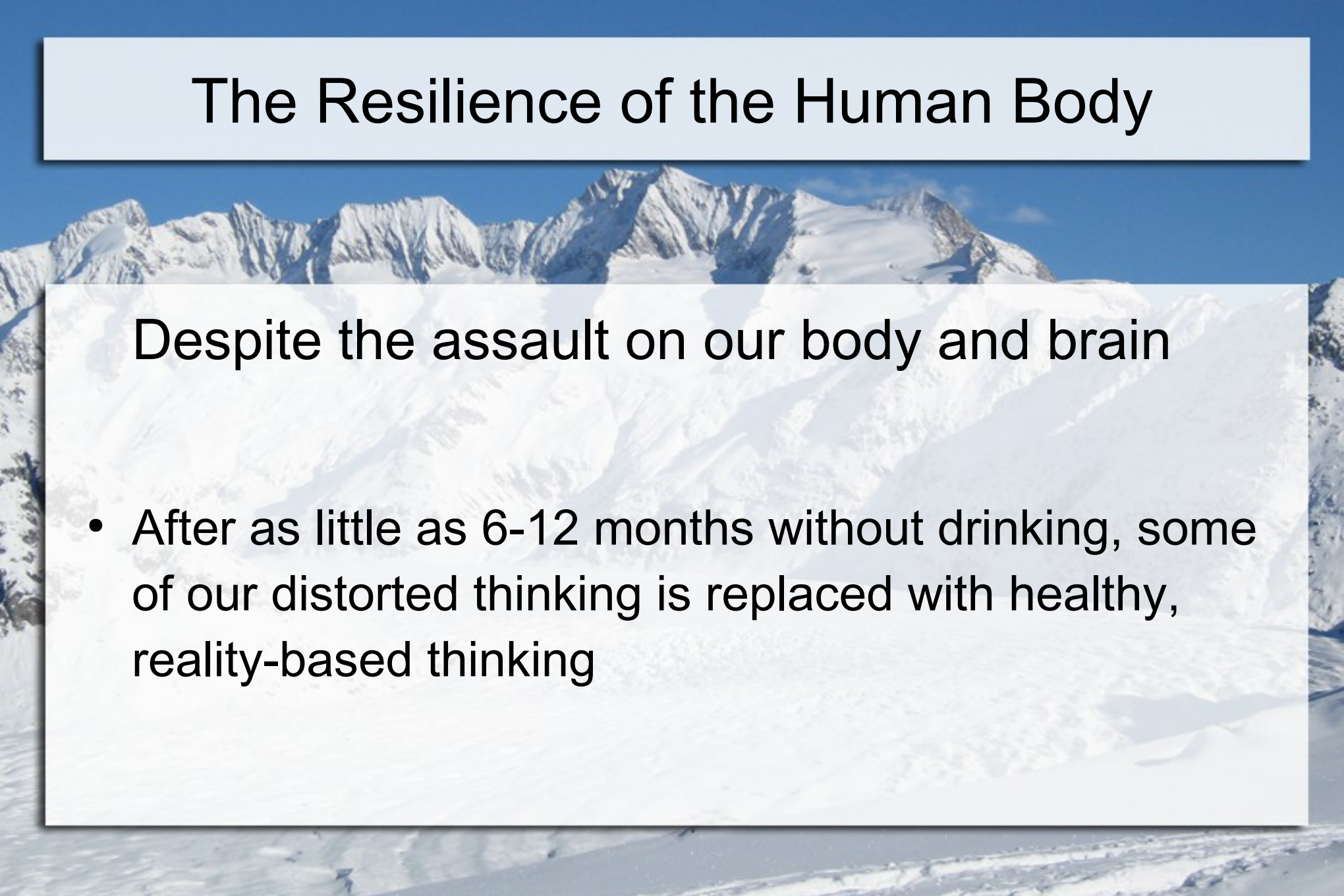
- The brain can repair lost gray matter
- The liver can regenerate
- We CAN recover

The Resilience of the Human Body

Despite the assault on our body and brain

- After as little as 30 days without drinking, some improvement is seen in the brain and liver

The Resilience of the Human Body



Despite the assault on our body and brain

- After as little as 6-12 months without drinking, some of our distorted thinking is replaced with healthy, reality-based thinking

The Disease Model of Alcoholism

- Holds that alcoholism is a chronic, incurable, potentially fatal disease involving loss of control over drinking despite physical, mental, emotional, legal, familial, and social consequences.
- Disease – it has a cause, a course, and a unique set of symptoms

David Ohlms, MD

- THIQ – tetrahydroisoquiniline
- Studied in rats
- Found in veteran studies – heroin addicts
- Chemical Pathway explained

David Ohlms, MD

ETOH (Beverage Alcohol)



|
Acetaldehyde

|
Acetic Acid / CO₂

David Ohlms, MD

ETOH (Beverage Alcohol)



|
Acetaldehyde

|
Acetic Acid / CO₂

- Acetaldehyde → THIQ

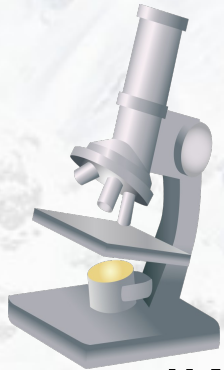
David Ohlms, MD



- THOSE POOR RATS!
- Rodent studies – THIQ
 - Primate Studies

GENETICS

Approximately 50% of alcoholism can be attributed to Genetics.

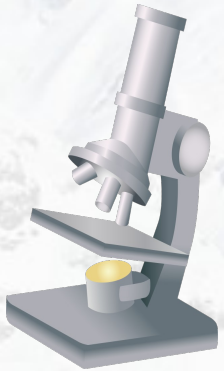


- "Old School" research – THIQ
- "New School" research – *many genes*



GENETICS

Alcoholism has been shown to run in families



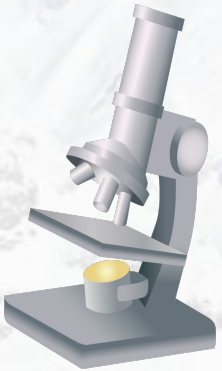
- Father – 5x
- Mother – 3x



GENETICS

TWIN STUDIES

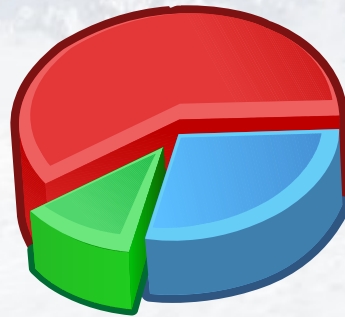
- Identical Twins
- Separated at Birth



GENETICS

TWIN STUDIES

- Same Outcome



GENETICS

TYPE – Father Son

Highest Rate – 8-10x

More Severe

More Rapid Progression

ACEs

As we have seen, genetics play an important role in determining the risk for SUD (Substance Use Disorder)

Other factors:

- Adverse Childhood Experiences (ACEs)
- Overall Environment (community, economic hardship, pervasive hopelessness)

ACEs - examples

- Psychological, emotional, physical, or sexual abuse
- Violence against mother
- Living with substance-abusing parent(s)
- Living with mentally ill parent(s)
- Living with criminal / incarcerated parent(s)

ACEs

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



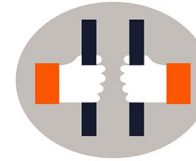
Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

ACEs - examples

- Violence in the community
 - Racism
 - Chronic Poverty
-
- The body's stress response does not distinguish between overt threats from inside or outside the home environment, it just recognizes there is a threat and goes on high alert.

ACEs - effects

- Chronic Stress
- Disruption of Early Brain Development
- Disruption of development of the nervous and immune systems

ACEs - effects

- Early Death
- Risky Health Behaviors
- Chronic Health Conditions
- Low Life Potential

ACEs - outcomes

Having 4 or more ACEs

600% higher risk of SUD, and:

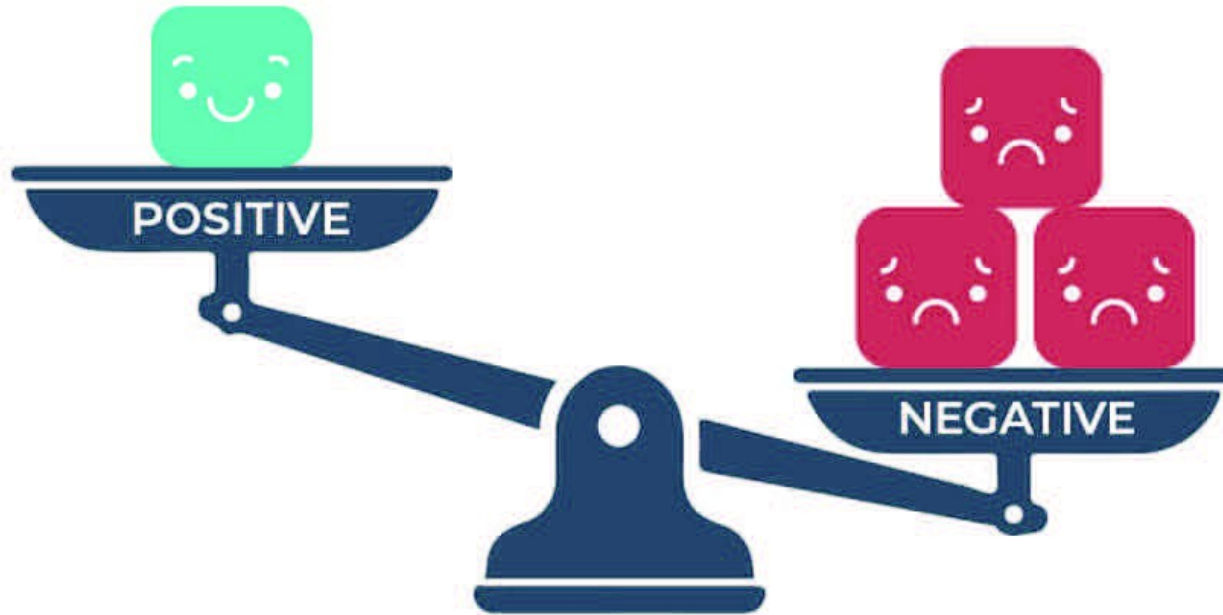
- Chronic Pulmonary Lung Disease – 390%
 - Hepatitis – 240%
 - Depression – 460%
 - Suicide - 1220%

ACEs – experiences + genetics

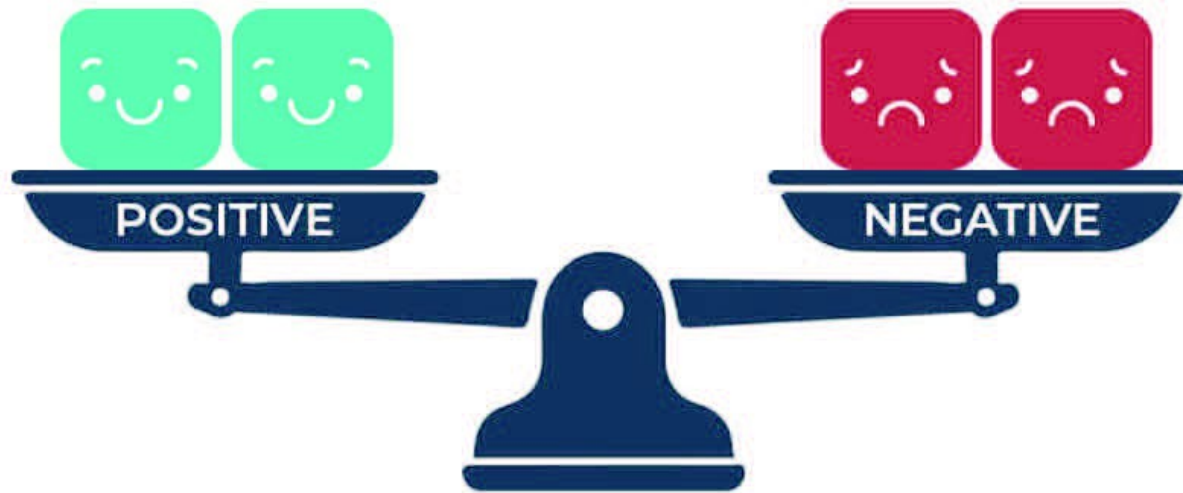
Interplay of ACEs & genetics

- Genetics are the starting point – some are born highly sensitive to the effects of toxic stress
- Genetics set the position of the fulcrum, determining how much counterbalancing positive factors are needed

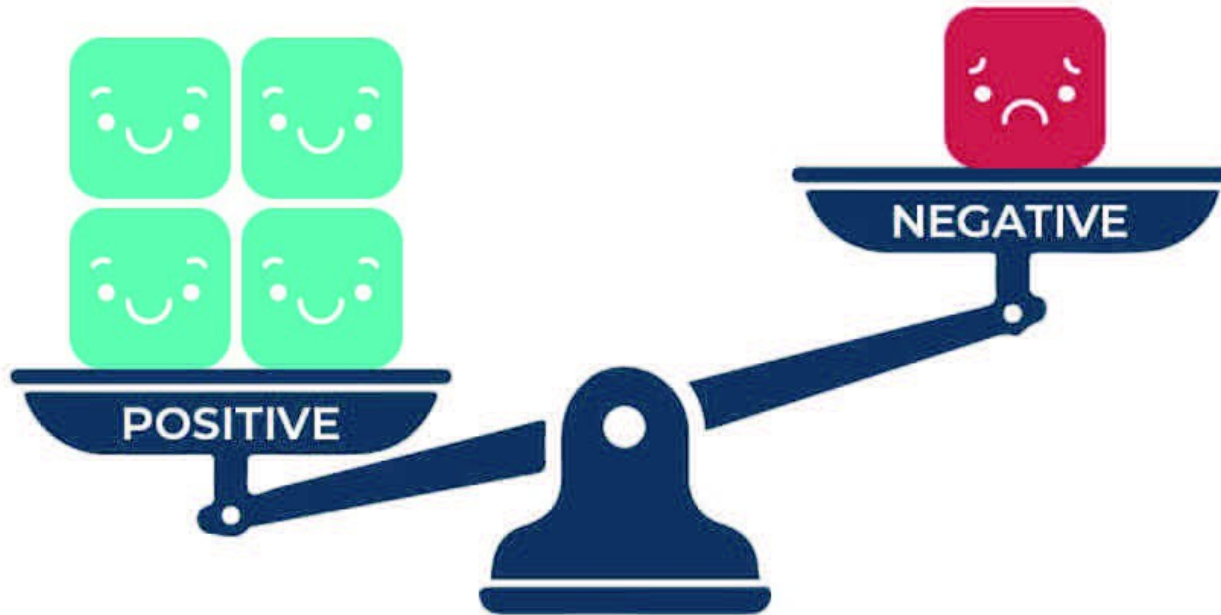
Tipping the Scale



Balancing the Scale



Resilience



Developing Resilience



- Positive Support Network
- Safety Net – support for chronic conditions, community deficits, homelessness, etc.
- Assistance with mental health conditions
- Connections!

Family Dynamics of Addiction



Building A Healthy Family





What are some of the characteristics of a “Healthy Family”

Characteristics of a Healthy Family

There are clear boundaries in the family

- Parents take the leadership role
 - There is a strong bond between the parents
- Children are kept out of tension between the parents
- Parents avoid making negative comments about each other in front of the children
- Decisions are made in the best interest of the family

Characteristics of a Healthy Family

Relationships within the family are seen as important

- Parents make an effort to establish relationships with children
- Parents know it is their responsibility to form these relationships
 - Parents support children's activities and are involved
 - Parent plan “fun times”, where memories are often made

Characteristics of a Healthy Family

There is open communication among members

- Communication does not flow only through one person
- One parent does not act as the interpreter for the other
 - There is no “message carrier” in the family
 - Children are encouraged to speak for themselves

Characteristics of a Healthy Family

Conflict is allowed

- Family members are allowed to disagree with one another
 - When conflict occurs, it is resolved
- There is freedom and safety for mistakes and failures
- There is forgiveness and a “moving on” from conflict

Characteristics of a Healthy Family

There is an attitude of service to one another
And to the community

- This attitude starts young
- The young child wants to “help” and is encouraged to do so, fostering a sense of belonging
 - Family members purposely serve each other
 - The whole family serves others

Characteristics of a Healthy Family

Although families are not always structured with these characteristics, Family relationships are dynamic and changeable. With purpose, patience and time, positive change is possible in family dynamics.

Contrast with an Alcoholic Home

NO Clear Boundaries

- Children are drawn into parental conflict and tension
- Parents often speak ill of the other parent
- A child can become a “surrogate spouse”
- Roles get reversed – children parent the parents

Contrast with an Alcoholic Home

Relationships are not a Priority

- No family “fun times” - nightmare vacations
- Parents don't support children's activities
- Child is responsible for nurturing the relationship (“he knows where I am” - can extend into adulthood)
- No active effort from the parent to nurture the relationship
- The codependent parent may have vacations with the children, without the alcoholic parent

Contrast with an Alcoholic Home

Communication is Unhealthy

- Children are not encouraged to speak their minds
- When they do, they are shamed and ridiculed
- There is a designated “message carrier”
- Feelings are not allowed – only the alcoholic can express anger
- Crucial information is withheld - “We're moving”

Contrast with an Alcoholic Home

Conflict is Not Allowed

- In fact, it's dangerous (emotional blackmail, violence)
- There is no forgiveness, no “moving on” except to the next major conflict
- Conflicts are never resolved – years without speaking
- Disagreement is considered disloyalty

Contrast with an Alcoholic Home

No Attitude of Service

- Everyone for themselves
- No sense of belonging - “I must be adopted”
- Siblings help other siblings out of necessity and in unhealthy ways, taking on parental responsibility
- Service to others by the family is primarily done to make the family look “normal” or “good”
- Change is not welcome or encouraged

Rules of The Addicted Family

4 Primary Rules

- DON'T TALK
- DON'T TRUST
- DON'T FEEL
- DON'T MOVE

Rules of The Addicted Family

DON'T TALK

- Don't tell the family secrets
- Don't talk about the alcoholism even to siblings
 - Don't ask to get your needs met
 - Don't make the alcoholic angry
- Preserve the family's phony image at all costs

Rules of The Addicted Family

DON'T TRUST

- Don't trust anyone
- Don't trust your feelings
- Don't trust what you see
 - Don't trust authority
- Don't trust your own thinking
- Don't trust your own sanity

Rules of The Addicted Family

DON'T FEEL

- #1: Learn to suppress your feelings
 - #2: ALL feelings are negative
- Learn to be a pretender – mimic others

Rules of The Addicted Family

DON'T MOVE

- Change is BAD
- This is all there is, don't strive for better

Family Roles in an Addicted Family

ADDICT
CODEPENDENT (“Enabler”)
HERO
SCAPEGOAT
MASCOT
LOST CHILD

Family Roles in an Addicted Family

The Enabler

- Covers for the addict / alcoholic, makes excuses
- Blames themselves and others for the drinking
- Calls the alcoholic off work, family functions
- Works to keep the children behaving so that the addict doesn't get upset – the problem is the rules keep changing, so it's a futile effort
- Does for the alcoholic what he/she can and **SHOULD** do for themselves

Family Roles in an Addicted Family

The Hero

- Often the firstborn, Type “A” Personality
- Brings pride to the broken family
- Perfectionist, must be perfect to compensate for family shortcomings
- Strives to bring “normalcy” to the family
- Under tremendous pressure – susceptible to stress-related illnesses later in life

Family Roles in an Addicted Family

The Scapegoat

- The “Problem Child”, the troublemaker
- The truth teller in the family
- Often will act out the problems the family is denying
- Distracts from the real family issues
- Often sacrificed for the family
- Self-destructive, often substance abuser
- Legal problems and trouble in school

Family Roles in an Addicted Family

The Mascot

- The “Class Clown”
- Uses humor to distract and ease family tension
- Comic relief protects him/her from fear and pain
- Desperate for the approval of others, gaining attention through comedy

Family Roles in an Addicted Family

The “Lost Child”

- Quiet, loner
- “Friends” tend to be animals or inanimate objects
- Don't seek attention, shy away from it
- Often “invisible” to the family, don't make waves
- Put off decision-making
- Struggle to form intimate relationships

So we grow up – we're better, right?

How do these issues persist in adulthood?

- Belief Systems develop starting at a very young age
- These beliefs govern our behavior to a large extent
- Some of these beliefs are *False!*

Belief Vs. Truth

Isn't belief and truth the same thing?

- We can believe something deeply, regardless of truth
- Flat Earth and the Center of the Universe

Belief Vs. Truth

The only Keanu Reeves reference
In Today's Talk – I promise

- THE MATRIX
- While not as dramatic, our belief system is the vision of the world we pull over our eyes and filter everything else through it
- If you believe it strong enough, it is your *truth* even if it is not the *truth*

Belief Vs. Truth

HVAC repair and the frightened child

- Family Therapy story - “context matters”

Belief Vs. Truth

The Black Crayon

- Sometimes it is simpler than we think

Belief Vs. Truth

Personal Story

- I heard it from my mother

Change vs. changes

You don't have to change much...
Only everything

- Without changing our beliefs, lasting change can be elusive

Recommended Reading

The Four Agreements Don Miguel Ruiz

- Be Impeccable With Your Word
 - Don't Make Assumptions
- Don't Take Anything Personally
 - Always do Your Best

Sticking To Your Story

“As we grow up, each of us develops a worldview – a story about who we are, what we believe, and what makes us feel safe. Most of us spend the rest of our lives sticking to our story.”

– Tony Schwartz

Sticking To Your Story

How do we stick to our story?

- Simon & Garfunkel – the Boxer
- Habituation rather than Intention
 - Reactive & Defensive
- Only accepting the evidence that supports our view
- Black & White thinking – 100% wrong or 100% right

Writing Your Own Story

Questions to Ask Ourselves

- “Why am I the way I am?”
 - “Who can I become?”
- “What stands in my way?”

Writing Your Own Story

Deeper Questions to Ask Ourselves

- “What am I not seeing?”
- “What else could be true?”
- “What is my responsibility in this?”

Writing Your Own Story

Who Am I?

“We are what we repeatedly do” - Will Durant

Writing Your Own Story

Who Am I?

Becoming the best version of ourselves requires not just self-inquiry, but also deliberate and disciplined practice to break free of old mindsets and build new habits.

Q & A

Question time!

- What is one takeaway for you today?
- How will you use this information?
- Did you learn anything about yourself today?
- What are your questions?

RECOVERY PATHWAYS

- 12 Step Programs – AA, NA, Celebrate Recovery
- Rational Recovery or other secular programs
- Religious organizations, church
- Professional counseling
- Family, supportive friends, career focus
- Holistic healing options – Reiki, meditation, Yoga
- Whatever makes you a better you

RESOURCES

- AA Hotlines – Michigan:
<https://anonpress.org/phone/mi.php/>
- NA Helplines – Michigan:
<https://michigan-na.org/michigan-region/>
- SAMHSA's National Helpline – 1-800-662-HELP
- GHS – Genesee Health System - 810-257-3740