

RECOVERY  
FROM  
ADDICTION

**THE COMPLEXITIES OF TRAUMA:  
DEFINING, IDENTIFYING, AND  
TREATING**

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## *Forms of Trauma*

### Big "T"

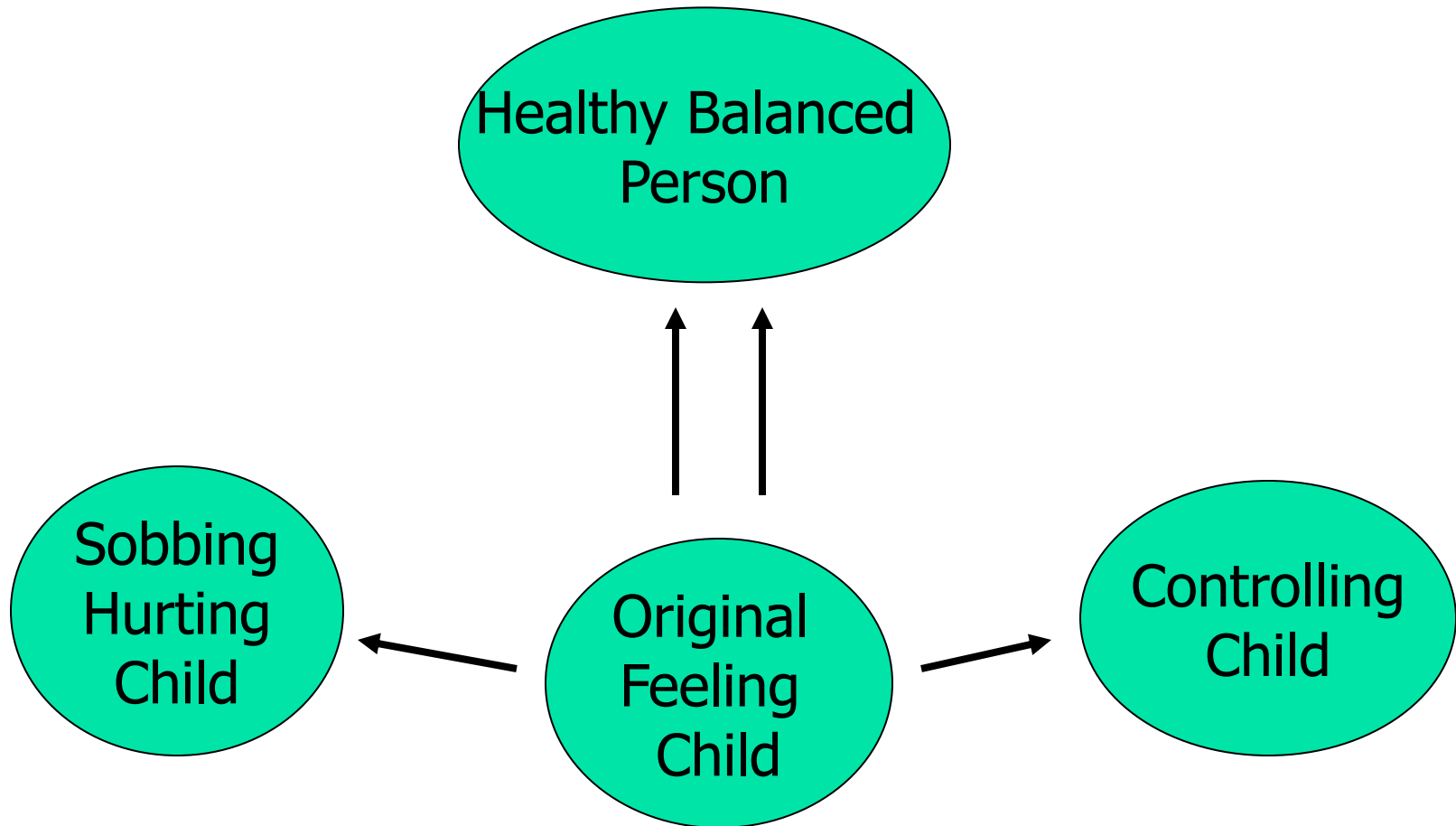
- Sexual and physical abuse
- War
- Natural Disaster

### Little "t"

- Loneliness
- Being made fun of
- Parents forgetting special event

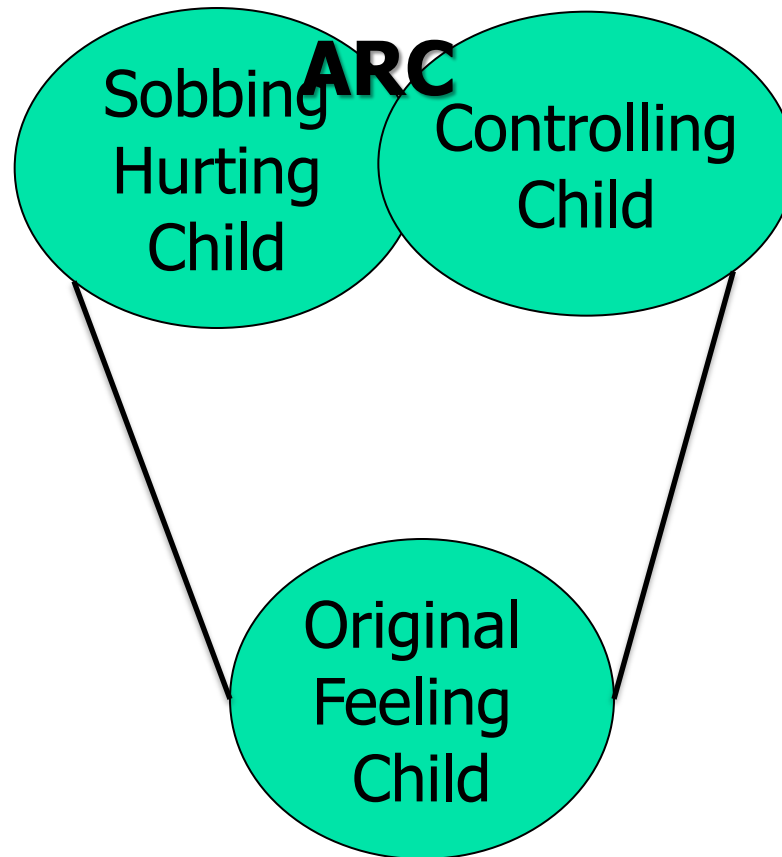


## *Scindo Syndrome*



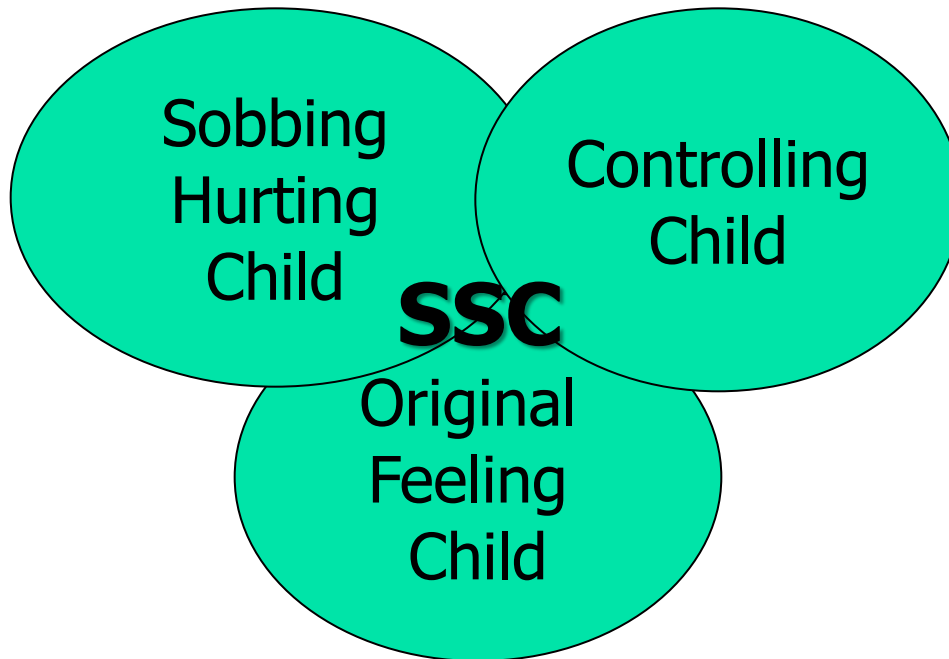


## *Angry Rebellious Child*

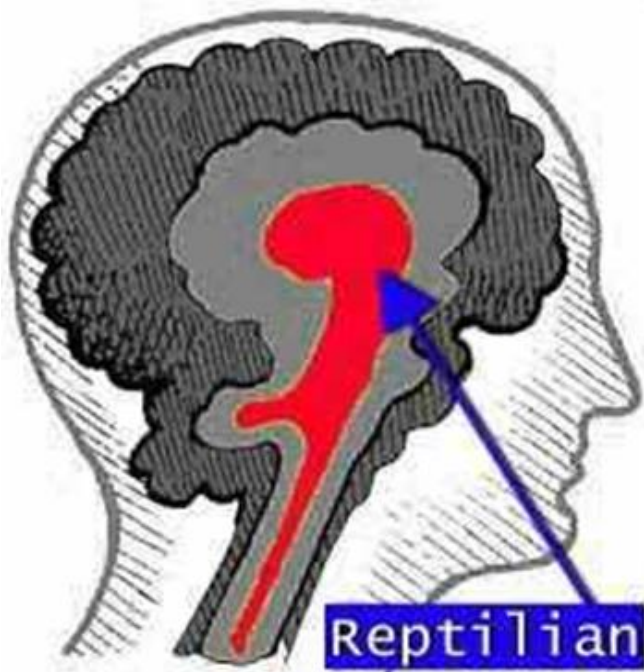




## *Stubborn Selfish Child*



*F*<sup>3</sup>



- Fight
- Flight
- Freeze



## *Integrated Neural State*

CHAOS    Uncertainty(unstable and fragile)

Integration

**Flexible    Adaptive**  
**Coherent    Energized**  
**Stable**

Flow    Harmony    Mindful Self/Wise Mind

RIGIDITY    Certainty(predictability)



## If you fail to Velcro positive experiences, you might believe you had none

1. Look for positive **facts**, and let them become positive experiences.
2. Savor the positive experience:
  - Sustain it for 10-20-30 seconds.
  - Feel it in your body and emotions.
  - Intensify it.
3. Sense and intend that the positive experience is soaking into your brain and body - registering deeply in emotional and body memory.





## *Kinds of “Good” to take in*

- The small pleasures of ordinary life, like your partner bringing you coffee in bed
- The satisfaction of attaining goals or recognizing accomplishments - especially small, everyday ones like getting to church on time
- Feeling grateful, contented, and fulfilled
- Things are alright; nothing is wrong; there is no threat in this moment
- Feeling safe and strong
- The peace and relief of forgiveness
- Being included, valued, liked, respected, loved by others
- The good feelings that come from being kind, fair, generous
- Feeling loving
- Recognizing your positive character traits
- Spiritual or existential realizations, “God moments”



## *Teflon bad data in the moment*

- When something is off the mark or offensive, choose NOT to Velcro the event.
- Take the information as a learning and let your nervous system be Teflon for the negative feeling state that the Reptile might use later.



There is a Victim or an abused child in each of us.

and

There is a Victimizer or an abuser in each of us.

and with

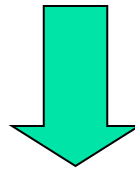
A recovery process there can be a Victor in each of us.



# Codependency



**SELF-ABANDONMENT**



**SHAME**



**SUFFERING**



# Codependency

Emotional disease/malady that manifest itself in maladaptive behaviors

Emotional de-regulation of emotions

- Cycling of Extremes

Emotional immaturity for self-care, with caveat of the ability to be emotional mature caretaking of others

Emotional hypervigilance resulting in control/manipulation

Overly or covertly



## *Cycle of Shame*





## *Characteristics of Adults Shamed in Childhood*

- 1. We are fearful of vulnerability and self-exposure.**
- 2. We may suffer from shyness, embarrassment, and the feeling of inferiority to others...we come to believe that we are mistakes and judge our personhood vs. evaluating our behaviors.**
- 3. We fear intimacy and have a tendency to avoid deep commitments in relationships. These adults describe themselves as having one foot in the door and the other out of the door with a preparedness to run or escape.**
- 4. We can appear grandiose and self-centered or selfless.**
- 5. We may operate out of the mistaken belief that “no matter what I won’t make a difference and I am worthless and unlovable.”**
- 6. We often act out of defensiveness when any type of constructive feedback that is considered negative is given and these adults can feel humiliated when asked to address their mistakes and imperfections within a relationship.**



## *Characteristics of Adults Shamed in Childhood*

- 7. We blame others before we can be blamed.**
- 8. We may overly apologize and suffer with guilt assuming responsibility for the behaviors of those around us relationally.**
- 9. We can feel like outsiders in relationships and struggle with a pervasive sense of loneliness even when surrounded by those that love and care about us.**
- 10. We may project our beliefs onto others and mind read and can attempt to serve as the authority over others thoughts, ideas, beliefs, feelings, etc... judging others feelings and judged is a constant.**
- 11. We can feel angry and judgmental towards the qualities in others that they feel ashamed of in themselves.**





## *Passive to Aggressive Cycling*

- Mixed messages
- Egg shell/tip-toe around
- Unpredictable
- Contradictions



**It takes courage to push yourself to places that you have never been...to tests your limits...to break through barriers...and the day comes when the risk...to remain tight inside the bud is more painful than the risk it takes to blossom.**

**Anias Nin**



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