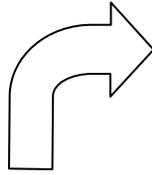
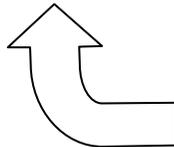


# Breaking the Cycle of Addiction



## New Consequences

1. Negative consequences are minimized and positive ones are maximized the sooner the cycle is broken.
2. Intense personal pain can be avoided if the cycle gets broken soon enough.
3. A sense of empowerment replaces hopelessness.
4. People in recovery experience healthy pride when they choose sobriety.
5. The future looks a little brighter.
6. Internal pressures to return to preoccupations are greatly weakened in time, be patient!

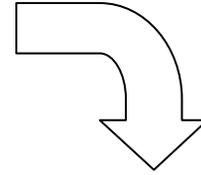


## Breaking Preoccupation

1. Thoughts focused on object of addiction get noticed, stopped and talked over.
2. Justification/rationalizations get challenged quickly.
3. Euphoric recall is cancelled by "playing the tape" to the end.
4. Lessons from bad memories tell the truth about "using".
5. Obsessive thoughts become triggers to ask for help.
6. Positive expectancy is noticed and triggers a call for help to supportive person.
7. Return of denial also signals it's time to talk to support persons.
8. Internal dysfunction lessens when early action is taken.
9. Asking for help weakens the triggering events.

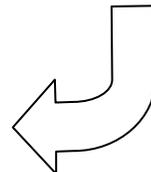
## Breaking Old Behavior

1. If old behaviors have returned it is time to activate your **Fire Escape Plan**.
2. Stopping the old behavior takes number one priority.
3. No excuses, no exceptions.



## Breaking the Rituals

1. Zero tolerance for *altered state*.
2. Obsessive, out-of-control thinking is the signal for starting your individual **Intervention Plan**.
3. Crave waves are ridden out, not acted out.
4. Intense desires are immediate matters of prayer.
5. Behaviors that sabotage sobriety trigger immediate help from support team.
6. Rituals are not okay: *a new choice has been made*.



<b>Early Warning Signs:</b>	(Preoccupations: noticing the " <i>seemingly unimportant</i> " signs)
<b>Intervention Plan:</b>	(How to keep the building from catching fire in the 1 <sup>st</sup> place)
<b>Fire Escape Plan:</b>	(Escape the burning building to save lives, yours and others)
<b>New Consequences:</b>	(How I escaped from the Cycle of Addiction , Breaking Free)