

Psycho-Education for Patients and Family Members

# **Session 2: Triggers and Cravings (2)**

# The Addictive Process

1. Introductory phase
2. Maintenance phase
3. Disenchantment phase
4. Disaster phase

*To be covered today*

## Question:

- *How does the balance between positives and negatives change if Shabu is continuously used beyond the maintenance phase?*

# Addictive Process - *Disenchantment Phase*

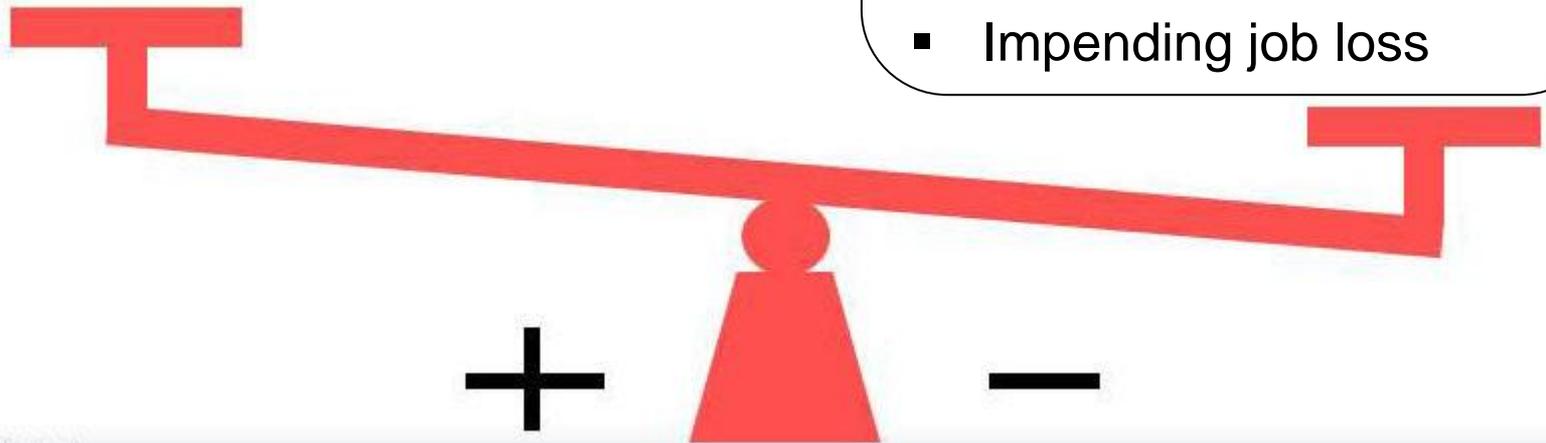
## Positives and Negatives of Shabu Use

### Positives

- Sociability
- Occasional euphoria
- Relief from fatigue
- Relief from stress

### Negatives

- Withdrawal depression
- Paranoia
- Tweaking
- Relationship disruptions
- Family distress
- Impending job loss

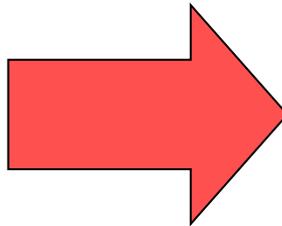


# Addictive Process - *Disenchantment Phase*

## Conditioning Process During Addiction

### ***Triggers***

- Fatigue
- All friends
- Stress
- Boredom
- Anxiety
- Free time
- Sexual arousal
- Loneliness



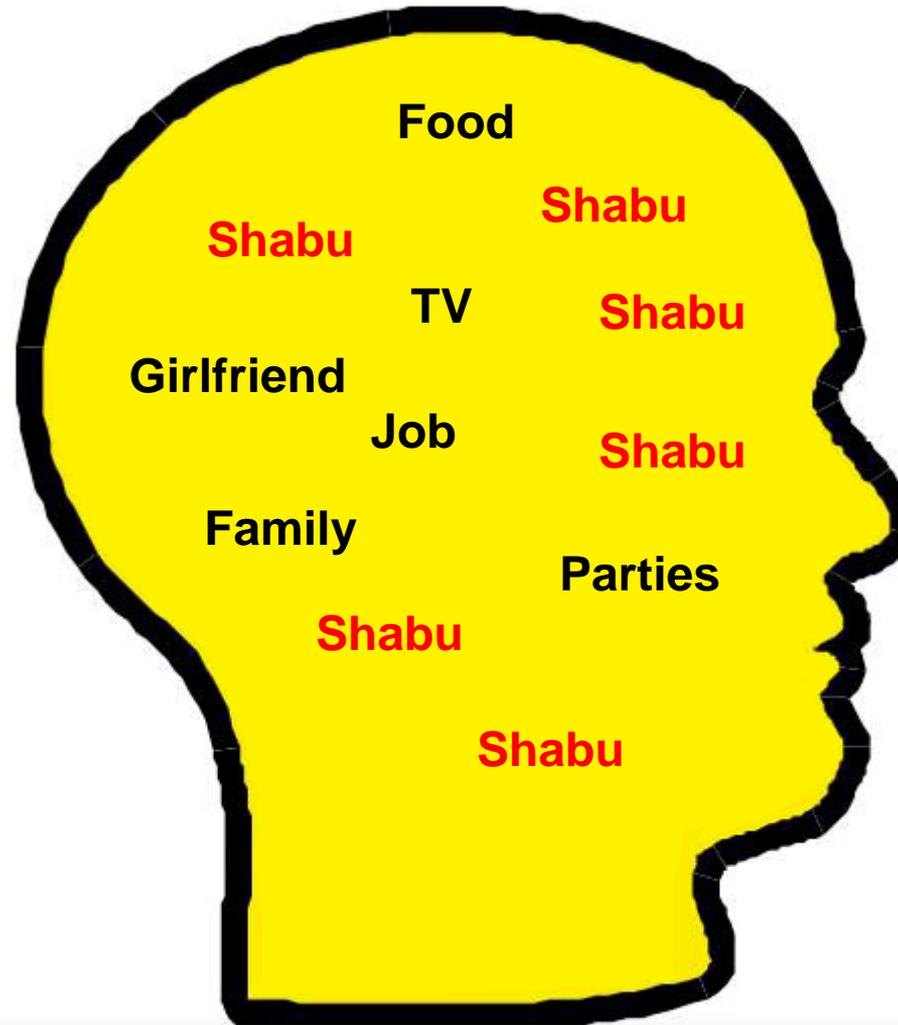
### ***Responses***

- Continual thoughts of Shabu
- Strong physiological arousal
- Psychological dependency
- Strong cravings
- Frequent use

***Strength of Conditioned Connection: Strong***

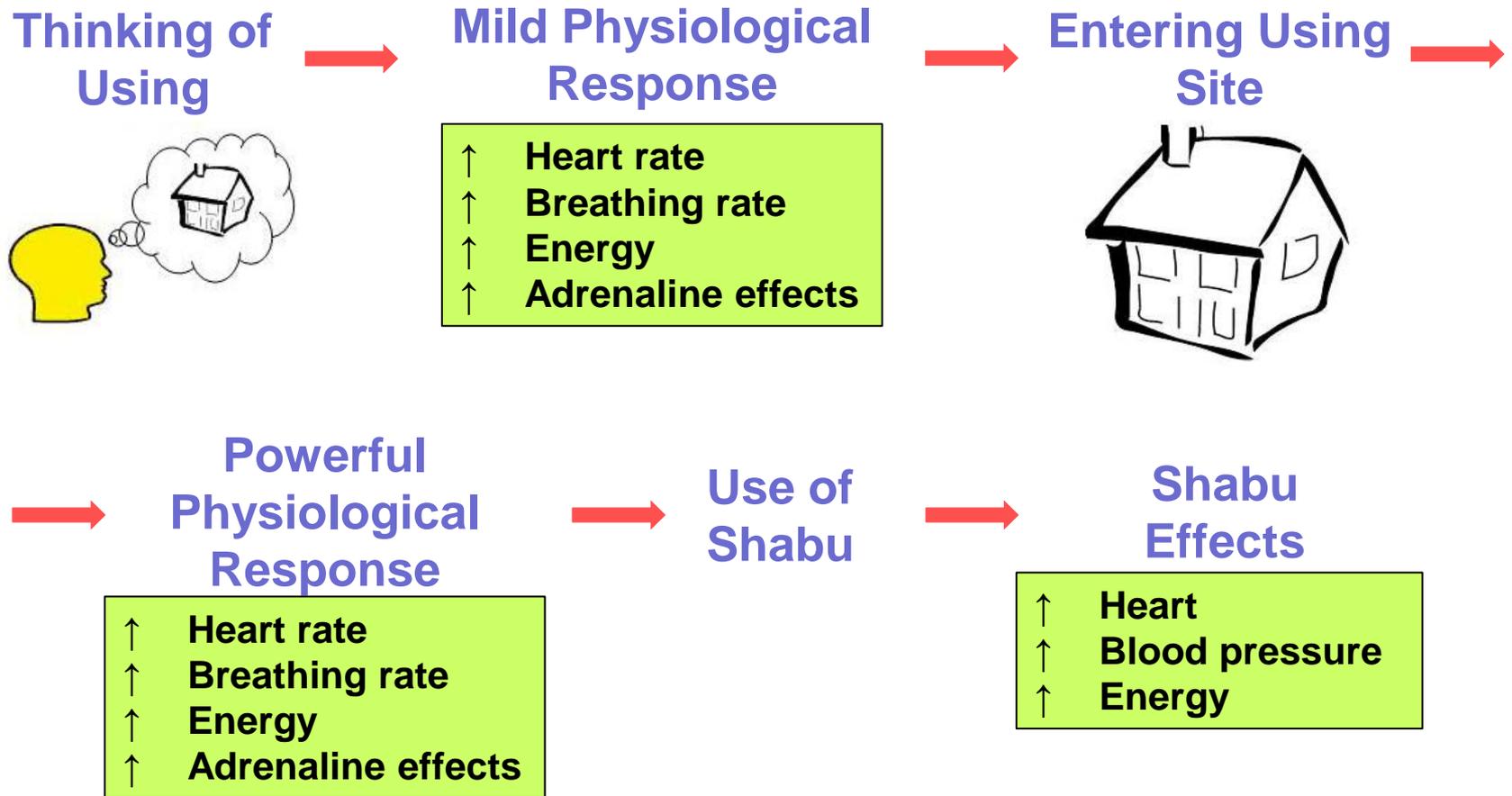
# Addictive Process - *Disenchantment Phase*

## Development of Obsessive Thinking



# Addictive Process - *Disenchantment Phase*

## Development of Craving Response



# Addictive Process – *Disaster Phase*

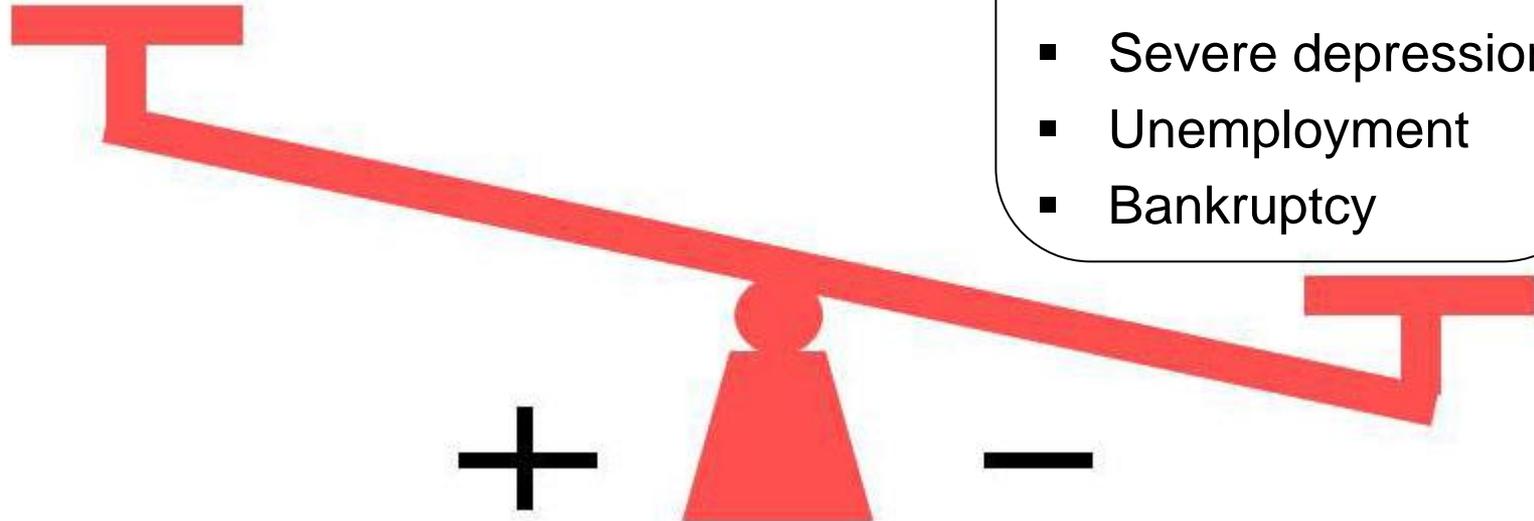
## Positives and Negatives of Shabu Use

### Positives

- Relief from fatigue
- Relief from stress
- Relief from depression

### Negatives

- Weight loss
- Paranoia
- Loss of family
- Seizures
- Severe depression
- Unemployment
- Bankruptcy

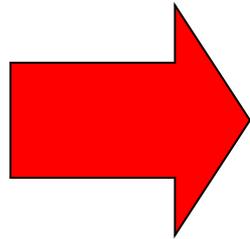


# Addictive Process – *Disaster Phase*

## Conditioning Process During Addiction

### ***Triggers***

- Any emotion
- Day
- Night
- Work
- Free time



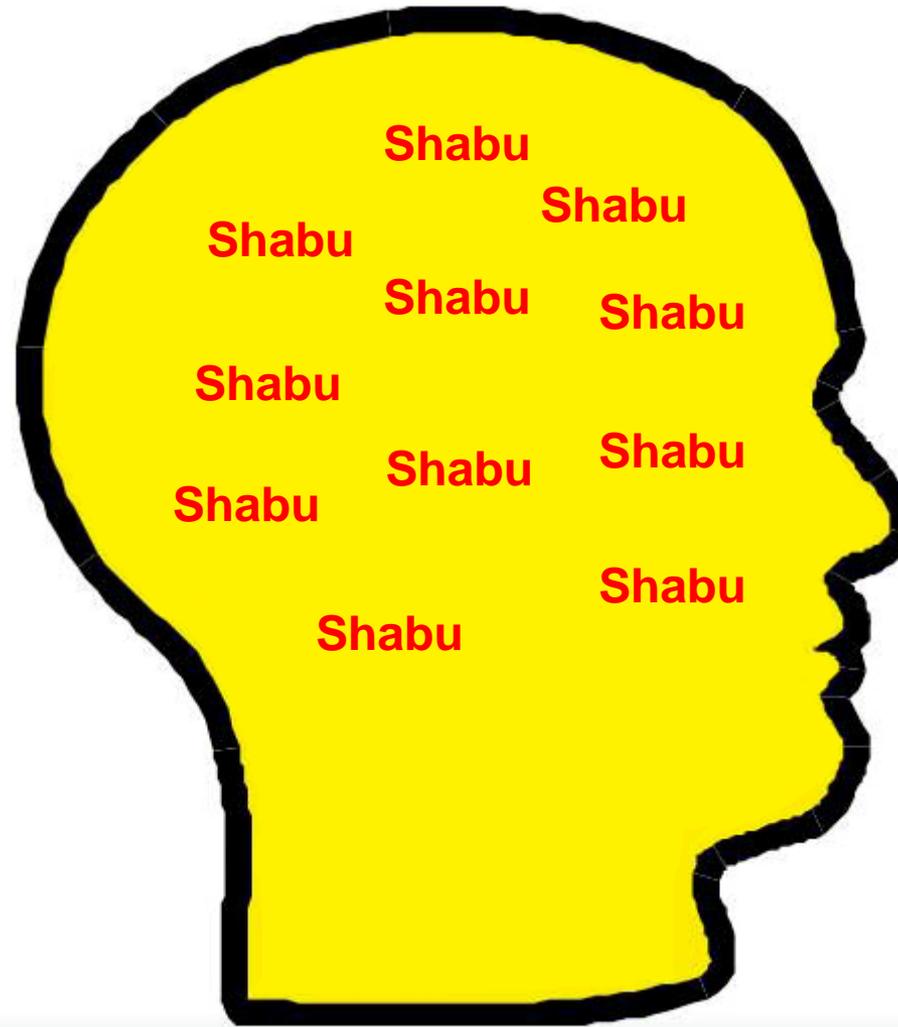
### ***Responses***

- Obsessive thoughts about Shabu
- Powerful autonomic response
- Powerful physiological dependence
- Automatic use
- Persistent paranoia

*Strength of Conditioned Connection: **OVERPOWERING***

# Addictive Process – *Disaster Phase*

## Development of Obsessive Thinking



# Addictive Process – *Disaster Phase*

## Development of Craving Response

Thoughts of Shabu-Using  
Place

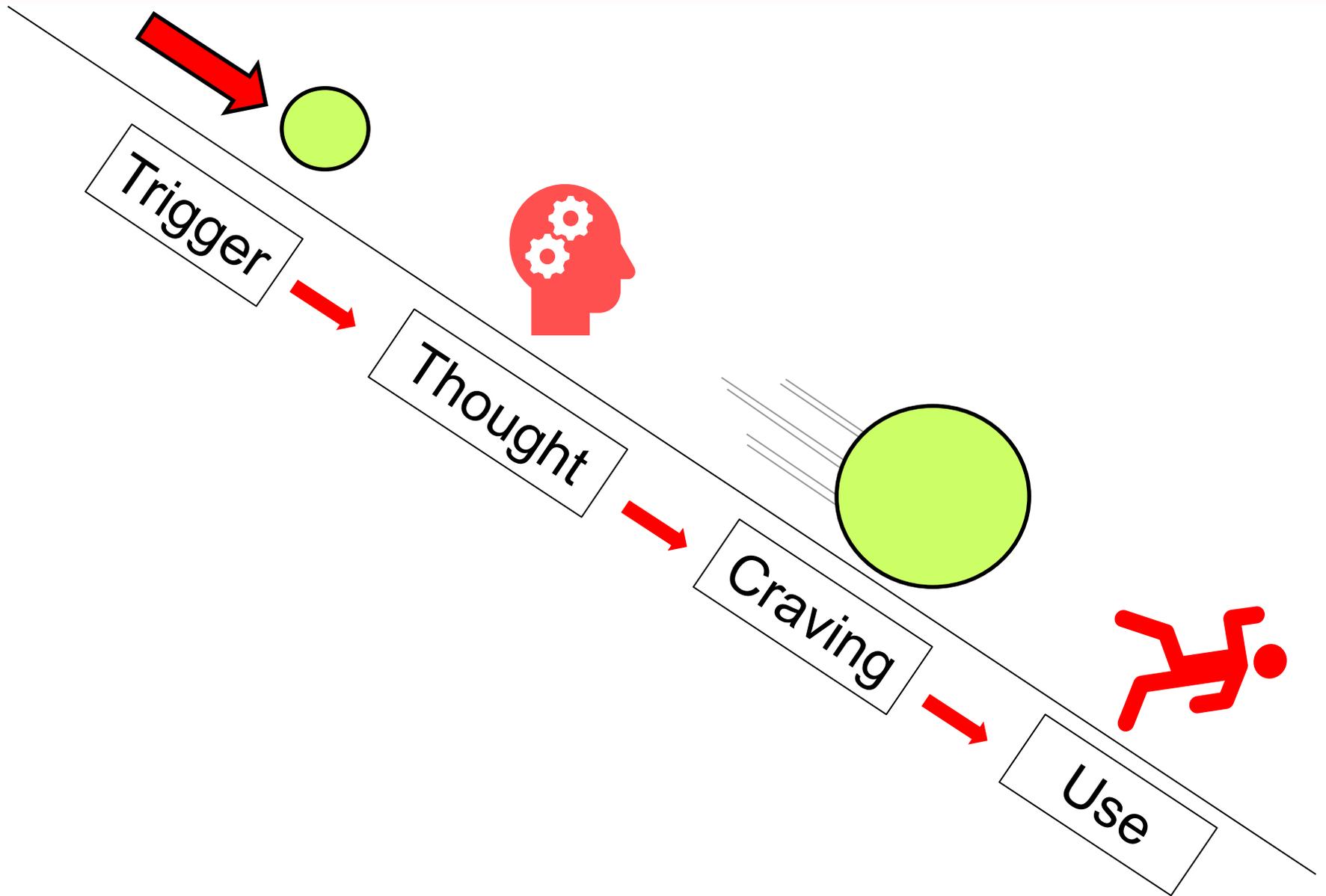


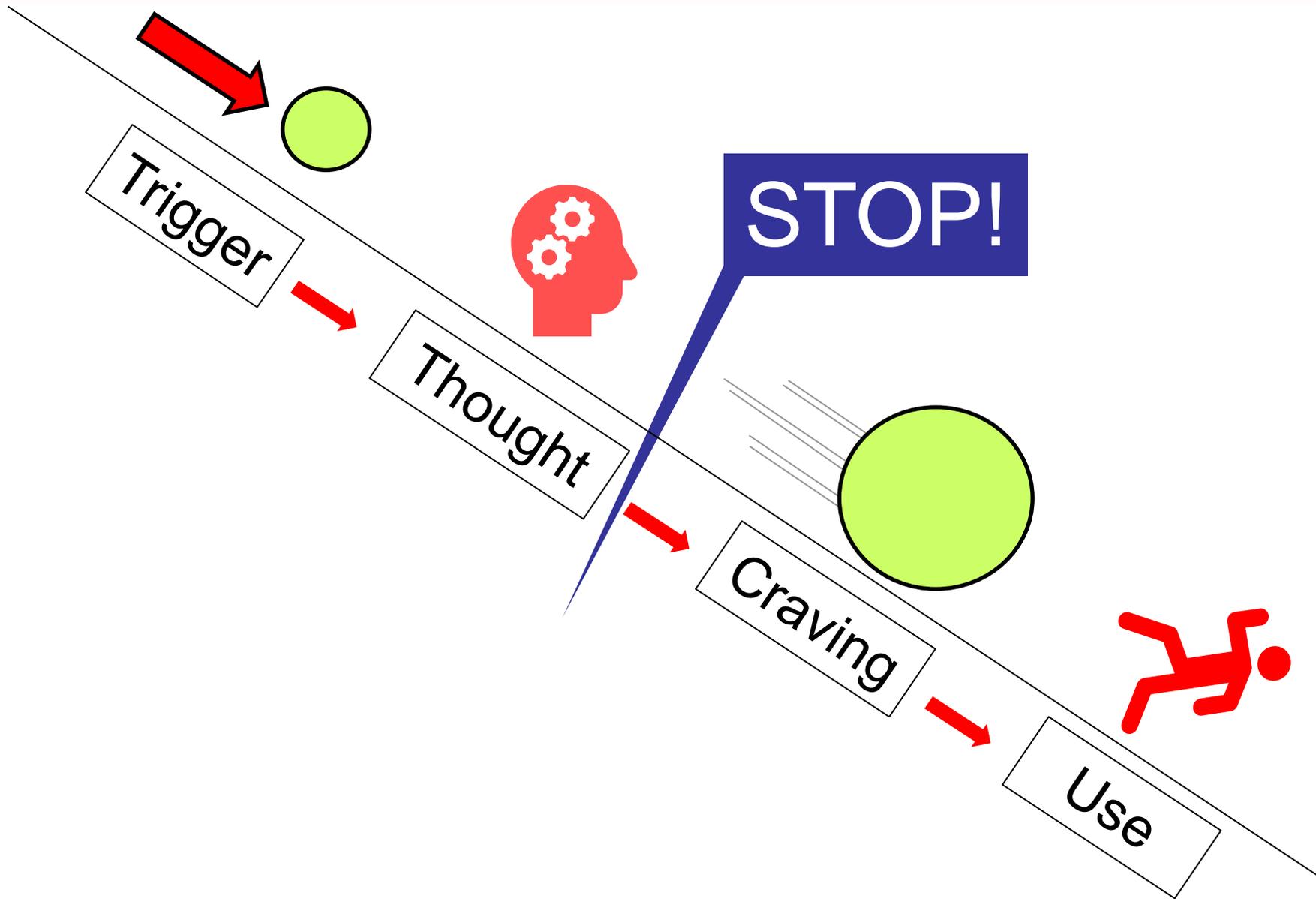
Powerful Physiological  
Response

- ↑ Heart rate
- ↑ Breathing rate
- ↑ Energy
- ↑ Adrenaline effects

## Question:

- *Prior to using substance, in what order do the following three events occur?*
  - *Thought*
  - *Craving*
  - *Trigger*



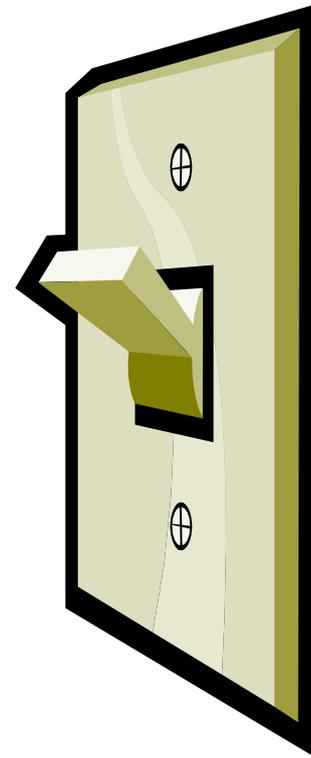


# Thought Stopping

- Visualization
- Rubber band snap
- Relaxation
- Calling someone

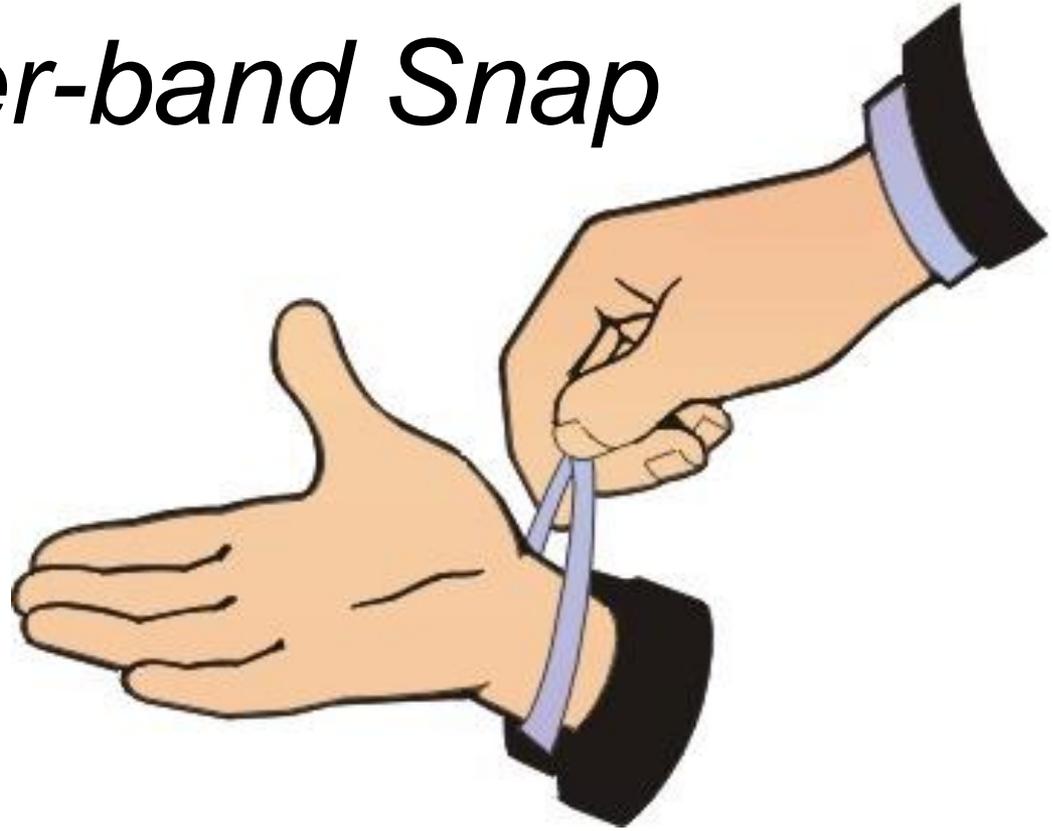
# Thought Stopping

*Visualization*



# Thought Stopping

## *Rubber-band Snap*



# Thought Stopping

*Relaxation*



# Thought Stopping



*Calling Someone*

## Question:

- *What are other possible ways to stop the thought of using?*