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?

Positives and Negatives of Shabu Use

Positives

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

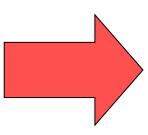
Negatives

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

Conditioning Process During Addiction

Triggers

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

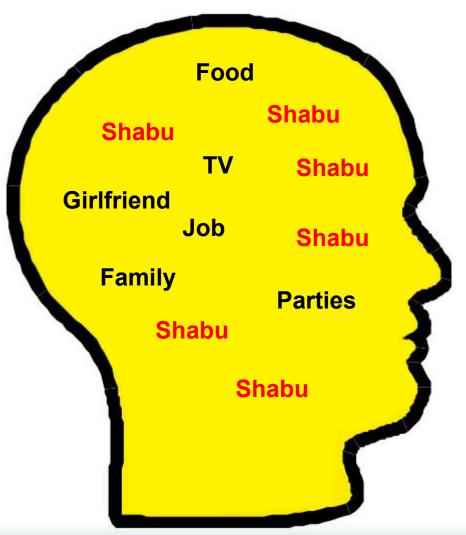


Responses

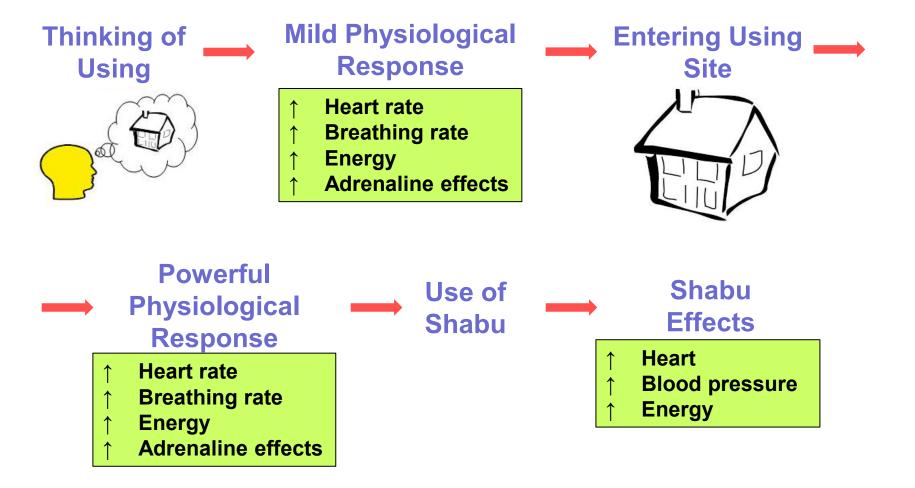
- Continual thoughts of Shabu
- Strong physiological arousal
- Psychological dependency
- Strong cravings
- Frequent use

Strength of Conditioned Connection: Strong

Development of Obsessive Thinking



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

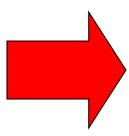


Addictive Process – Disaster Phase

Conditioning Process During Addiction

Triggers

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



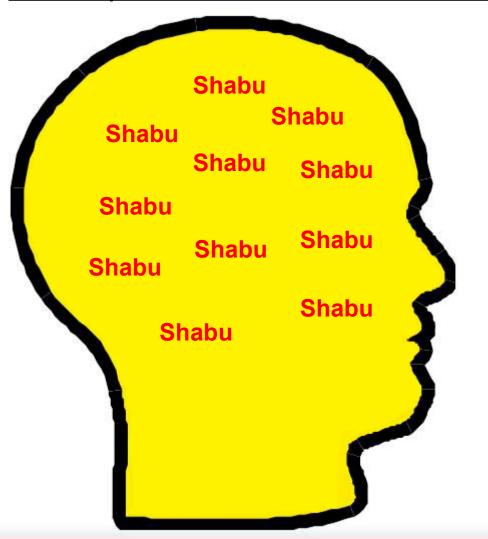
Responses

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

Strength of Conditioned Connection: **OVERPOWERING**

Addictive Process - Disaster Phase

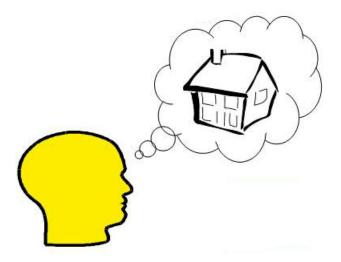
Development of Obsessive Thinking



Addictive Process – Disaster Phase

Development of Craving Response

Thoughts of Shabu-Using Place



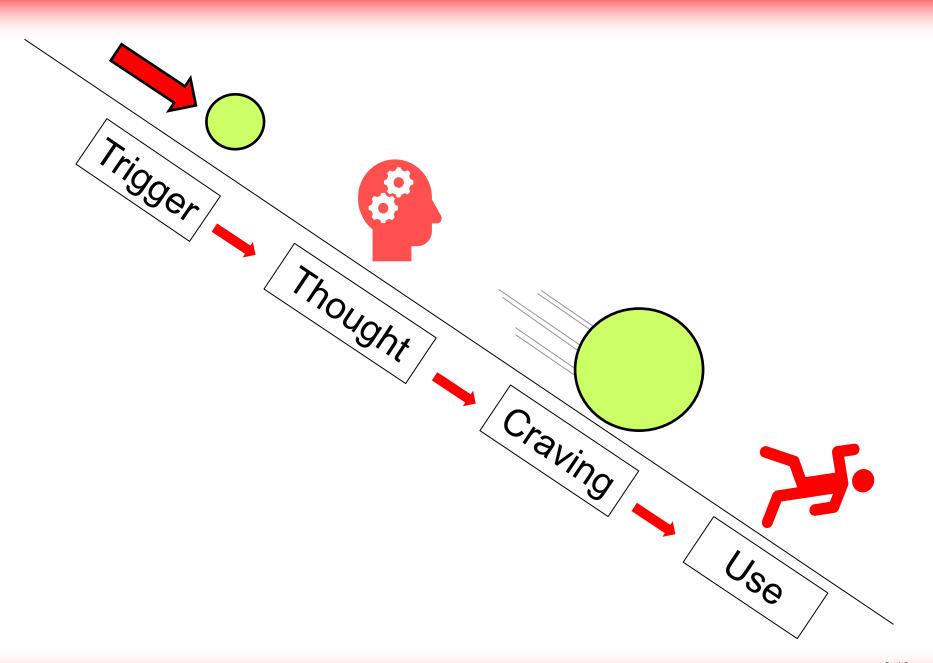


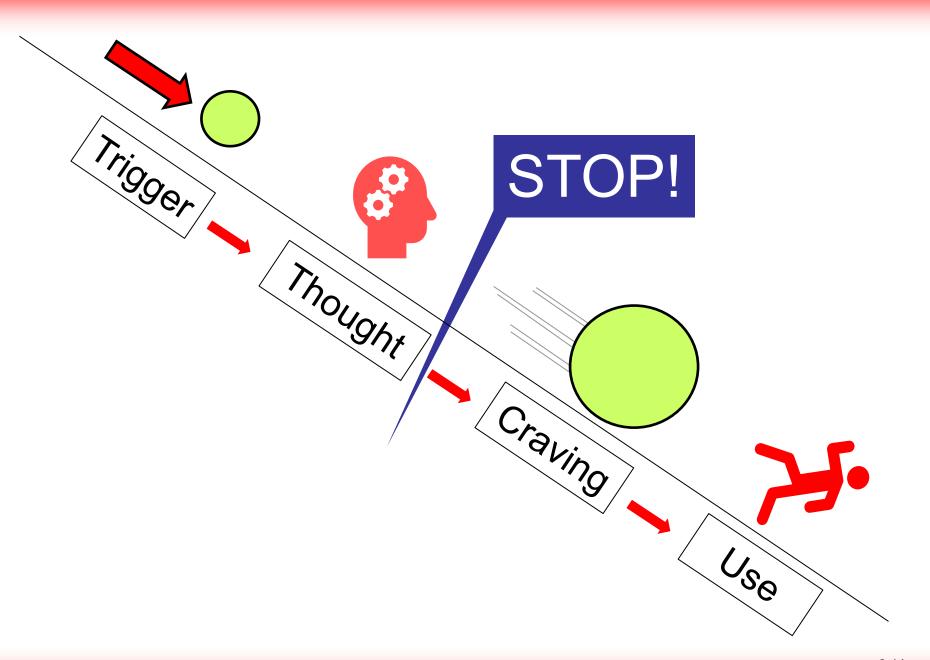
Powerful Physiological Response

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

Question:

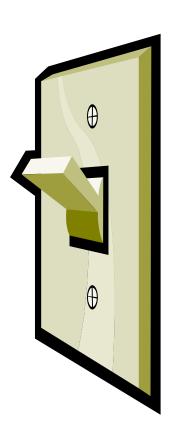
- Prior to using substance, in what order do the following three events occur?
 - –Thought
 - -Craving
 - -Trigger

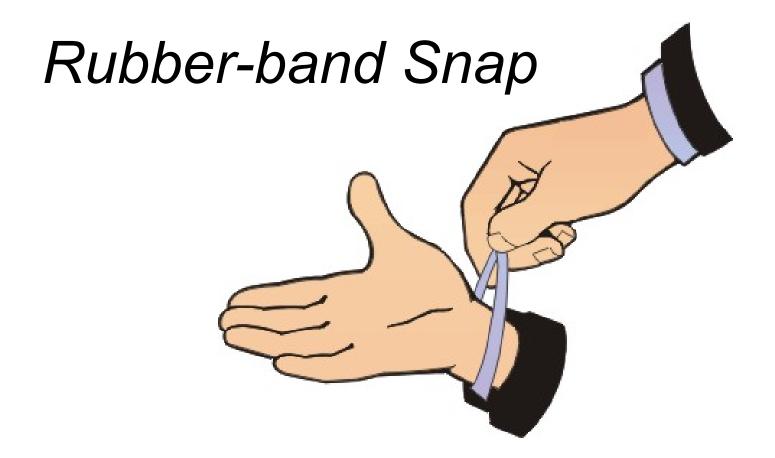




- Visualization
- Rubber band snap
- Relaxation
- Calling someone

Visualization





Relaxation





Question:

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