

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*

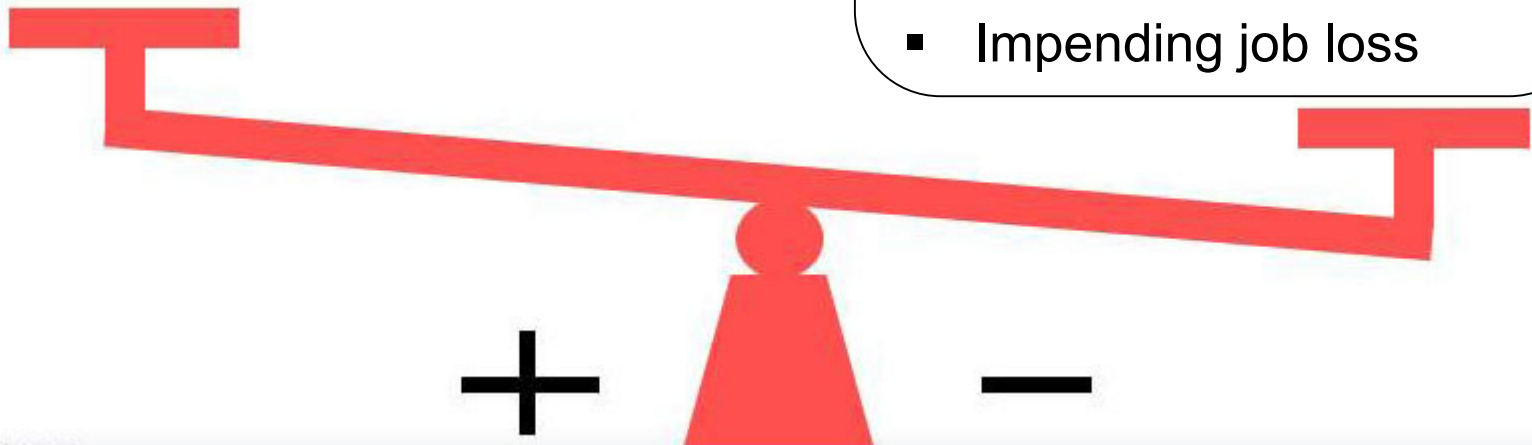
Positives and Negatives of Shabu Use

Positives

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

Negatives

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

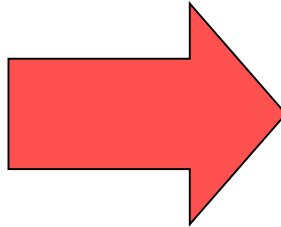


Addictive Process - *Disenchantment Phase*

Conditioning Process During Addiction

Triggers

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



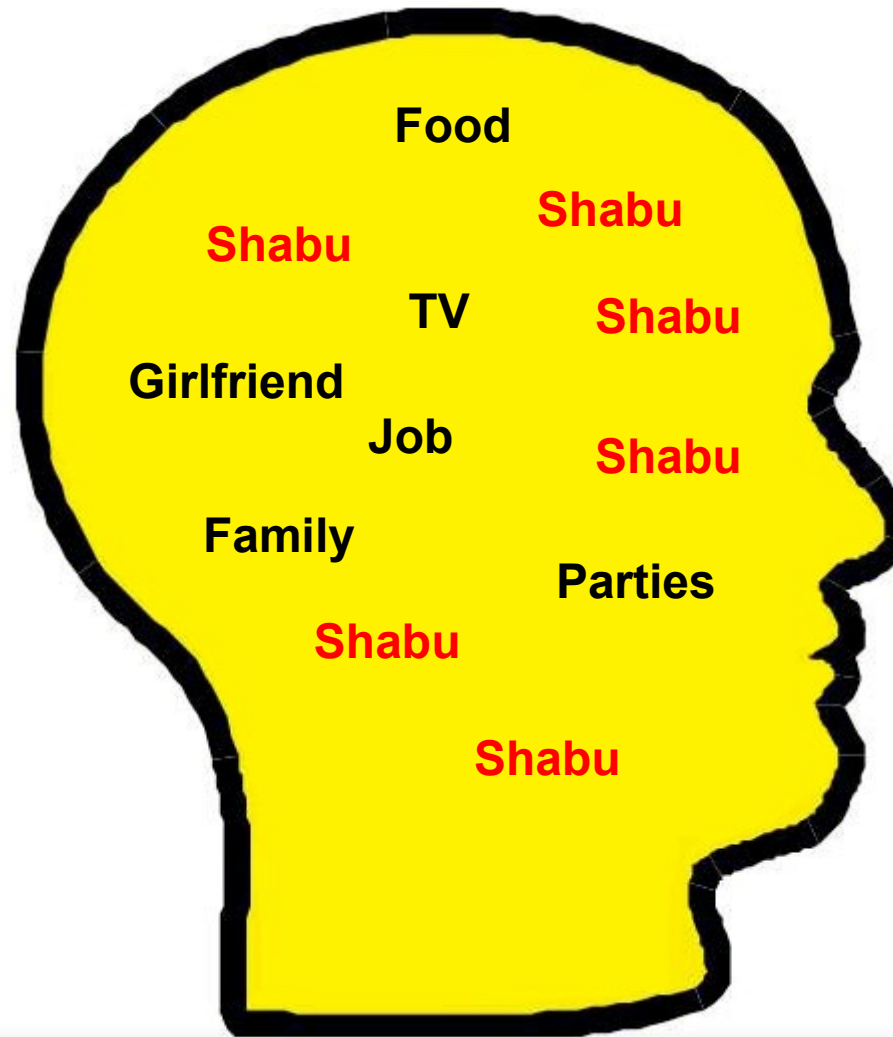
Responses

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

Strength of Conditioned Connection: Strong

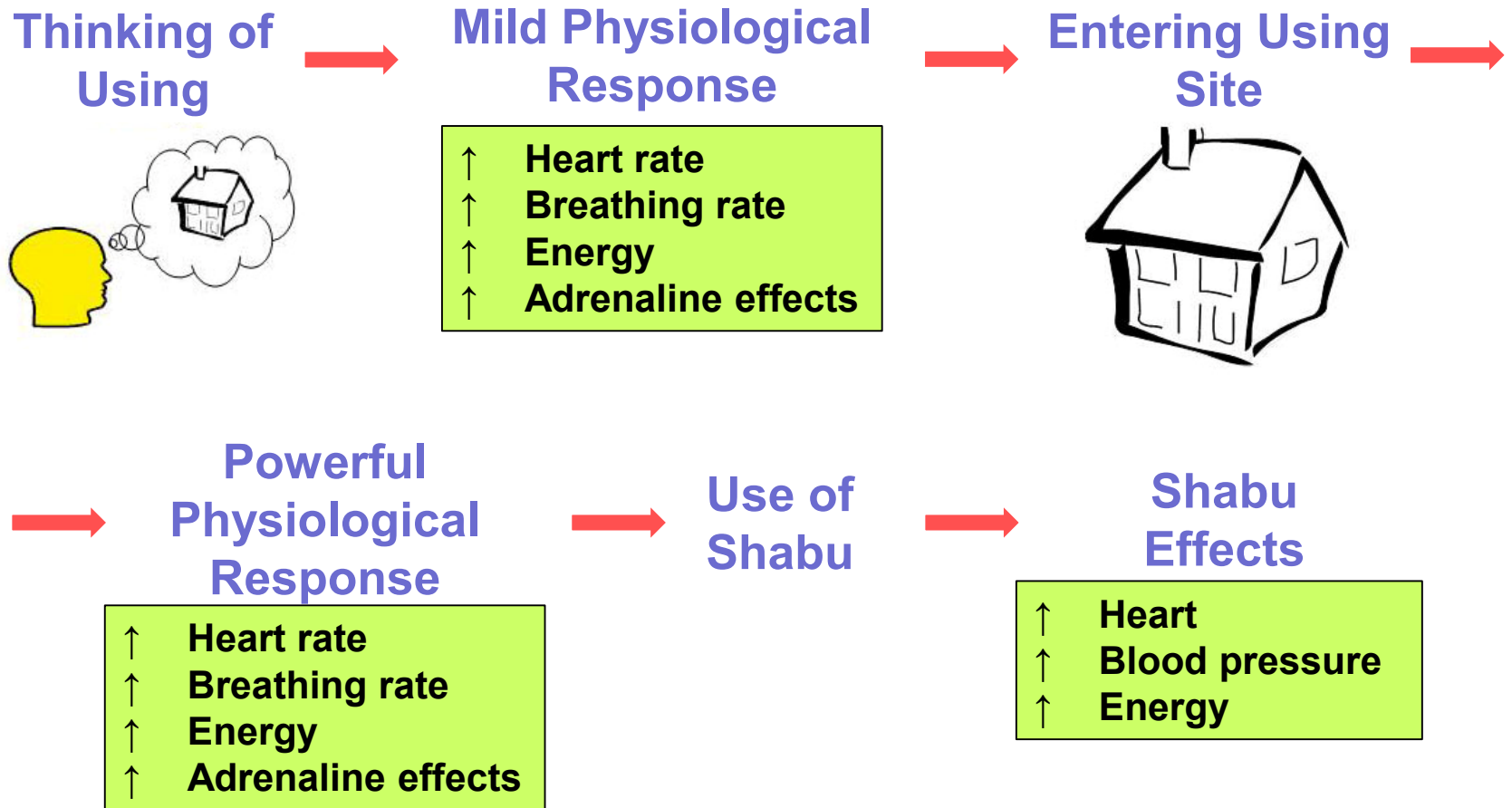
Addictive Process - *Disenchantment Phase*

Development of Obsessive Thinking



Addictive Process - *Disenchantment Phase*

Development of Craving Response



Addictive Process – *Disaster Phase*

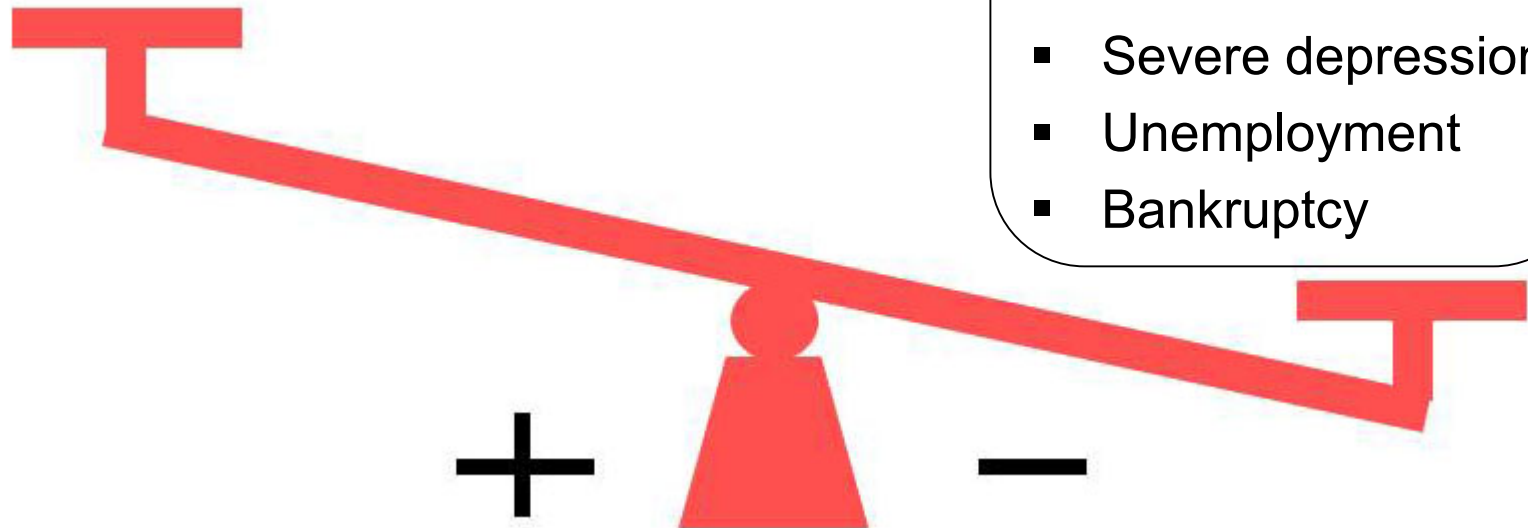
Positives and Negatives of Shabu Use

Positives

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

Negatives

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

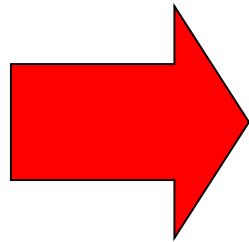


Addictive Process – *Disaster Phase*

Conditioning Process During Addiction

Triggers

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



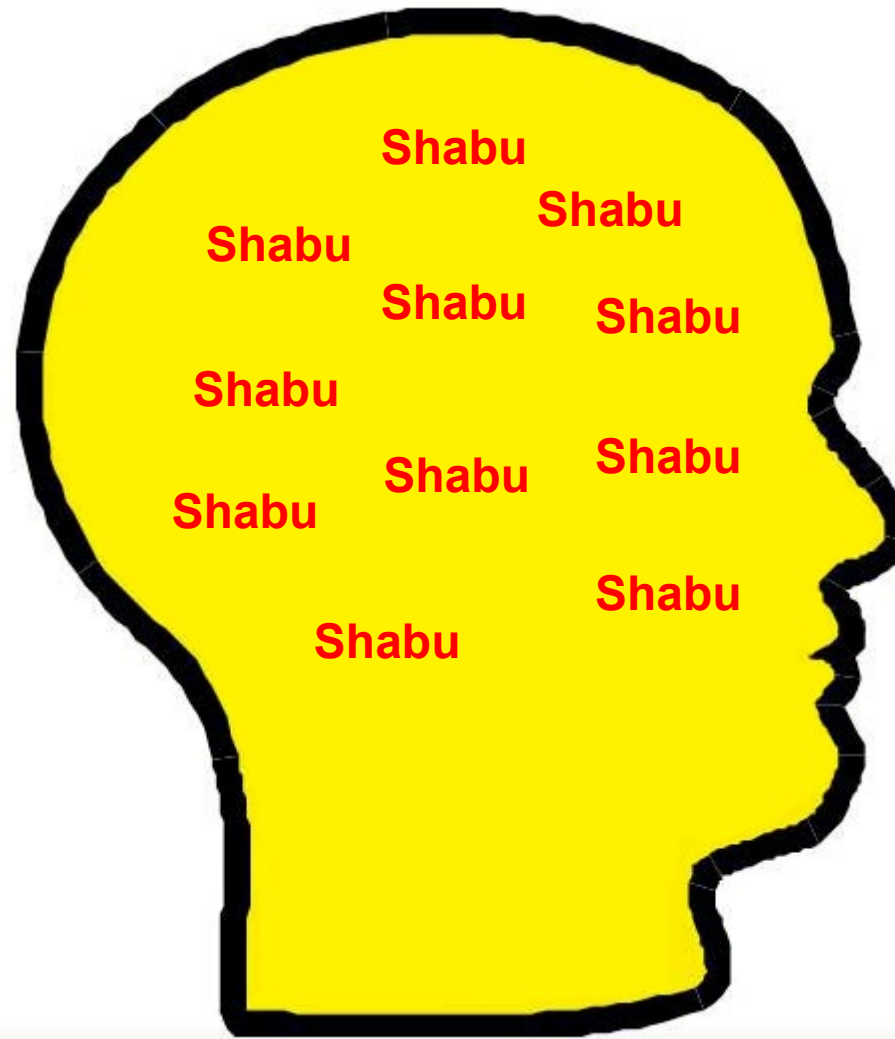
Responses

- 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

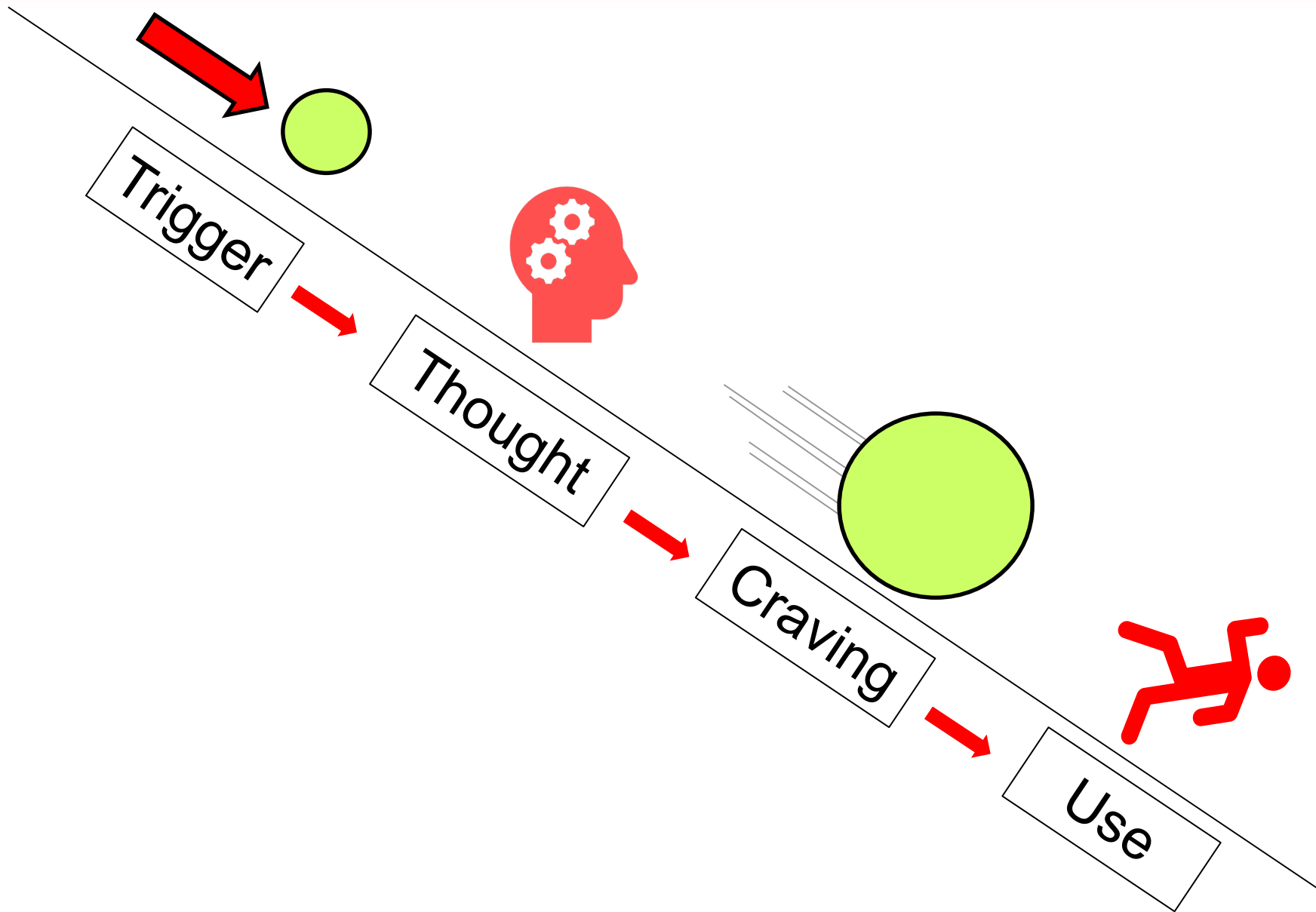


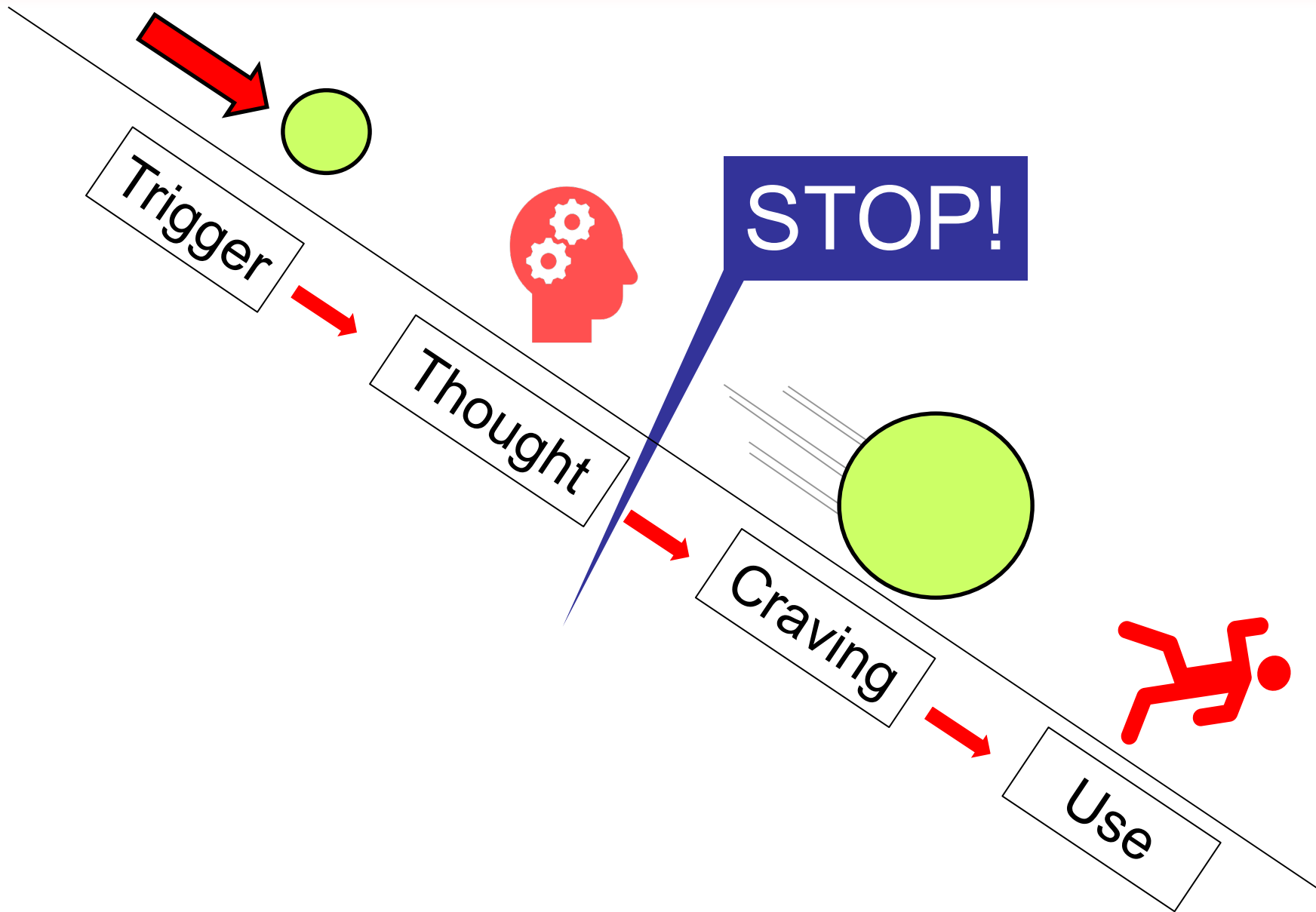
Powerful Physiological
Response

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

Question:

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



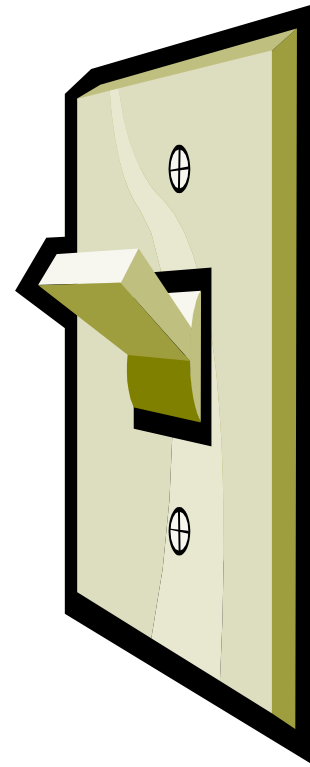


Thought Stopping

- Visualization
- Rubber band snap
- Relaxation
- Calling someone

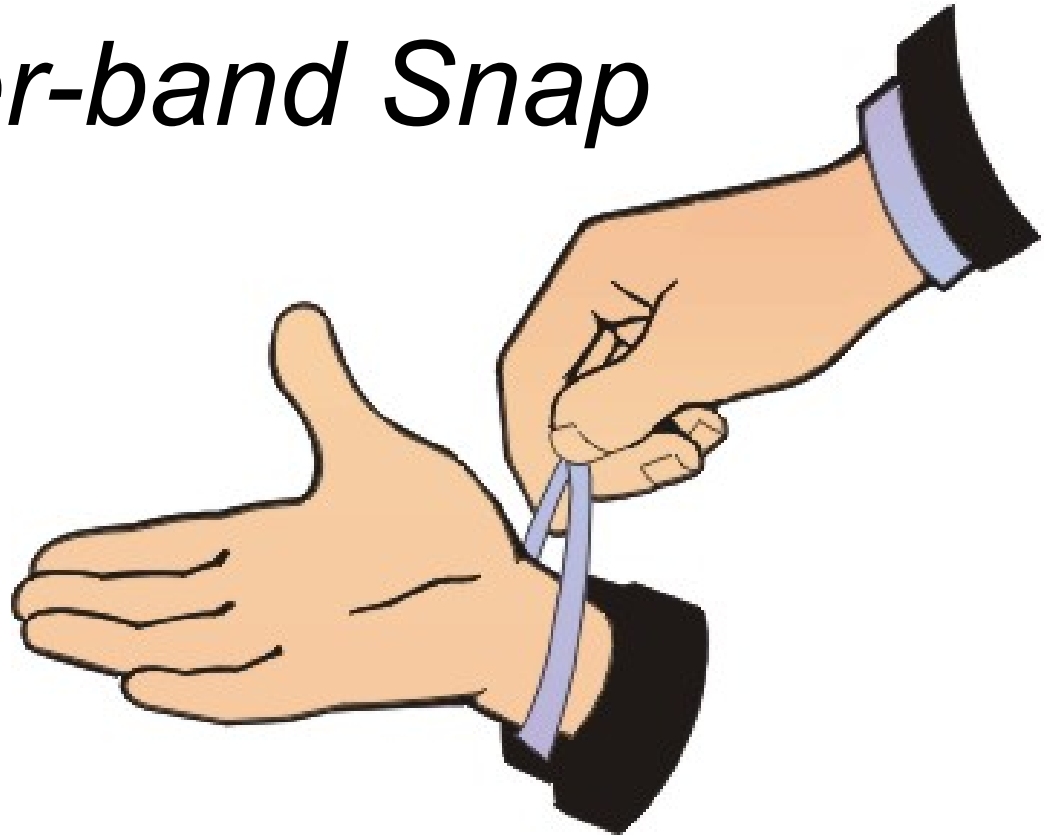
Thought Stopping

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?*