

KEY STATEMENTS

The **Purpose** of addiction is to reverse feelings of helplessness.

Direct behaviors are alternative actions that can be taken in place of the addictive act. The best direct behaviors are those that represent **high value** to you. (things you enjoy). The ultimate direct behavior is when you **value** a personal relationship with Jesus Christ. If you value this relationship and work on it, you will find that you will start to act with the character, conduct, conversation and conviction of Christ. Your behavior will honor God. Always ask, "What would Jesus do?"

Displaced behaviors are simply behaviors used to reverse feelings of helplessness. Addictions are all substitute (or displaced) actions. They take the place of a more direct response to feelings of helplessness in a particular situation.

The **drive-in** addictive behavior is rage at **helplessness**. It is this kind of rage that gives addiction its most conspicuous characteristics of intensity and loss of control.

The **key moment** in addiction is when the thought of it first comes to mind. This may be hours or even days before the addictive act occurs. The key moment in the chain of thoughts, feelings, and acts leading to an addictive behavior may be a decision to take an action that brings you closer to the addictive behavior, rather than a conscious thought about the addictive act itself.

The **feeling** at the key moment along the path to addictive behavior is helplessness or powerlessness. It feels like you are in a trap that you can do nothing about.

The **solutions** to the helplessness traps that lead to addiction are just the **direct** actions that would have automatically come to mind if there were not some emotional factor preventing you from acting directly.

When seeking **alternatives** to addictive behavior, you don't need to come up with the best viable alternative. You only need to come up with an action that addresses your predicament more **directly** than the addictive act.

Because it is so valuable to recognize the key moment—the earliest point at which you begin to think about performing your addictive act—you can help yourself by imagining this moment yourself. You can do this by **anticipating** the circumstances in which it would occur.

Because addiction is an **internal** problem arising from sources within the person who has an addiction, it cannot be the result of a partner's behavior.

When your partner suffers with addiction and you are powerless to help, it can easily make you feel trapped. The rage you may feel is a normal reaction under these circumstances and is not due to any fundamental change in your character. You can still come to CR to fix him or her though, lol.

Never tell a child (or adolescent or adult for that matter) that an addictive behavior—on your part or the part of your spouse—will never happen again. That sort of promise, even though it is tempting to make in the moment to help the child feel better, is a disappointment waiting to happen.

Trust is best maintained not by promising to change addictive behavior but by being honest about how hard it is to manage, and by demonstrating trustworthiness in other areas, outside the context of the addiction.