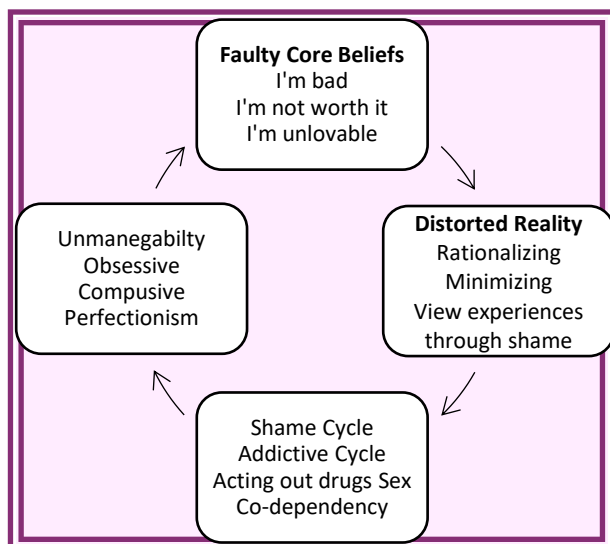


Addictions Cycle



Faulty Core Beliefs: Untrue beliefs about one's identity based on toxic shame.

Examples:

- "I'm bad"
- "I don't deserve it"
- "My body is the wrong shape"
- "I'm better than this"
- "I don't make mistakes"

Distorted Reality: Consistently distorting/changing reality to avoid shame based beliefs.

Examples:

- It's okay for me to be irresponsible...
- It only happened once...
- I don't deserve...
- I know that rule applies to most... people but not me...

Support from The Gatehouse:

After your intake appointment the programs available to you are:

- Phase 1 Program
- Weekly Co-ed Drop-in
- Partners Support 1-day workshop (attended with your partner)

Six one-on-one support sessions are also available to you.

Please note that the programs offered at The Gatehouse are peer-support based and not counselling. For more information and to register call (416) 255-5900.



Emergency / Crisis Resources:

If you are in crisis and need of immediate support call 911. You may also request a Mobile Crisis Intervention Team, in this case a mental health nurse will accompany the officer.

Toronto Distress Centre: (416) 408-4357

Gerstein Crisis Centre: (416) 929-5200

Assaulted Women's Helpline:

(416) 863-0511

Spectra Helpline: (416) 920-0497

Spectra (Brampton/Mississauga):

(905) 459-7777

York Region Crisis Line: 1 (855) 310-2673

Rape Crisis Centre Toronto: (416)-597-8808

CMHA-Peel-Mobile Crisis: (905)-278-9306

Created by: Simrit Athwal, BA, ADMH PGCert

Addiction through the Eyes of a Survivor of Childhood Sexual Abuse



The following information is solely meant to provide general information about addictions. It does not substitute the information from a person's healthcare provider. It is recommended for individuals to contact a qualified medical/mental health professional for additional information surrounding their unique situation.

Addiction

Addiction is a disease of emotions, it is never about the substance, activity, or attitude with which the person is acting out. Rather it is about the distortion of the person's real feelings and the inability to connect with self and other. It is driven by shame and fear, Addiction allows us to numb our feelings and manipulate our reality but with this process of numbing we also destroy connection.

Examples:

- Alcoholism
- Narcotic Addiction
- Sex Addiction
- Food/Exercise Addiction
- Gambling
- Internet/Gaming Addiction

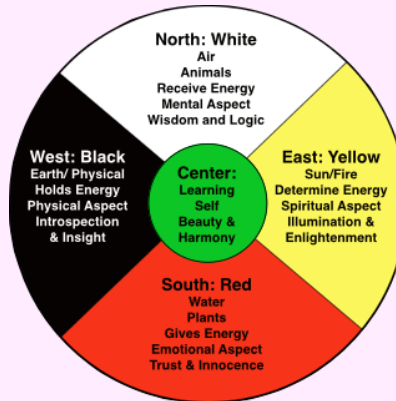
Dependence and Addiction

Dependence refers to a physical condition, to when the body has adapted to the presence of a drug. If an individual with drug dependence stops taking that drug suddenly, they will experience measurable, predictable symptoms referred to as withdrawal. Addiction is an overwhelming need to use a drug, and this compulsion is long-lasting and can return unexpectedly after a period of improvement.

Joseph, Bob. "What is an Indigenous Medicine Wheel", (April, 2013). Retrieved from: <https://www.ictinc.ca/blog/what-is-an-aboriginal-medicine-wheel>
The Gatehouse. (2018). Phase 1 Program Participants Package: Women's Group. Retrieved from <http://thegatehouse.org/participant-workbooks-phase-one/>

Indigenous Medicine Wheel

Medicine wheels are believed to be the circle of awareness of the individual self; the circle of knowledge that provides the power we each have over our own lives.



Cognitive Disruptions

When you are experiencing a cognitive disruption (generalizing, all or nothing, catastrophizing etc.) take these mindful steps to help you along the way.

Re-label: Describe; what is your action taken based on your thought?

Re-attribute: When you have a thought what does the action/behaviour you may take do for you?

Re-focus: What are you going to do when you have the thought? (Instead of carrying out action, have a list of names of supportive people that can help.)

Re-value: Examine negative side effects, what impacts do those have? (Do the same with positive side effects when you do not go through with the action.)

What not to say to someone who is struggling with addiction:

1. Once an addict always an addict.
2. It is your parent's fault.
3. You just need to pull yourself together.
4. I am ashamed of you.
5. Are you sure you have a problem?
6. You have to go cold turkey, it's easy.
7. You will never change.
8. You need to hit rock bottom.
9. I drink/ do drugs, as much as you do and don't have a problem.
10. Why not try to use in moderation?

Some things you could say:

1. What can I do to help?
2. I miss talking like we used to, let's plan a day?
3. What is going on in your life right now?
4. I don't know what you are going through, but I am here for you.
5. I know this is hard, let me know when you are ready to talk?

It is important to stay calm and try not to be judgmental.

Positive coping strategies

- Avoid high risk situations.
- Create a social support network.
- Evaluate your decisions and strategize your behaviours.
- Practice your refusal skills.
- Engage in previous enjoyable activities.

Turning Point. "Coping Strategies for Addictions." (December, 2016). Retrieved from: <https://www.turningpointtreatment.org/blog/coping-strategies-for-addiction/>