

CASCADING MODEL OF ADDICTION

with Narrative Hooks

- ❑ Addiction manifests from the combined *Core Risk Factors* of *Biology*, *Psychology* and *Environment*.
- ❑ The cycle cascades into *Causal Factors* driven by *Escaping*, *Coping* and/or *Seeking Pleasure*.
- ❑ This begins a *6-Stage Cycle* which, if not interrupted, becomes *Neuro-chemically Habituated*, leading to *Escalation* through *Desensitization* and *Tolerance*.
- ❑ Now, **Addiction** has become a **Habit** so powerful the person can't stop despite desperately wanting to, and despite severely escalating consequences.
- ❑ *Habits take root in the fertile soil of our beliefs* and cling to us like our shadows, following us everywhere. Note the Narrative Hooks! Reframe the belief to change the habit.

