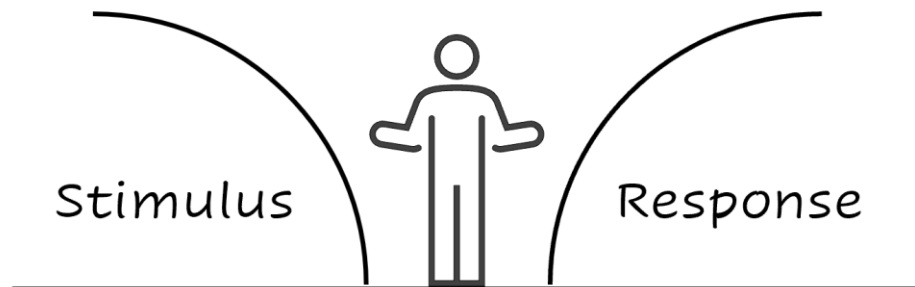


-!- THE FRANKL SPACE -!-

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor Frankl



Frankl Space

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- A key feature of addiction (as discussed above) is the loss of agency (choice) once one crosses the line from dependence and ‘use disorder’ into full-blown addiction.
- A critical step in the change process is to create space between the Trigger and Ritual – a space where one can apply tools and other interventions to break the habit and establish new routines.
- Viktor Frankl captured this idea beautifully...