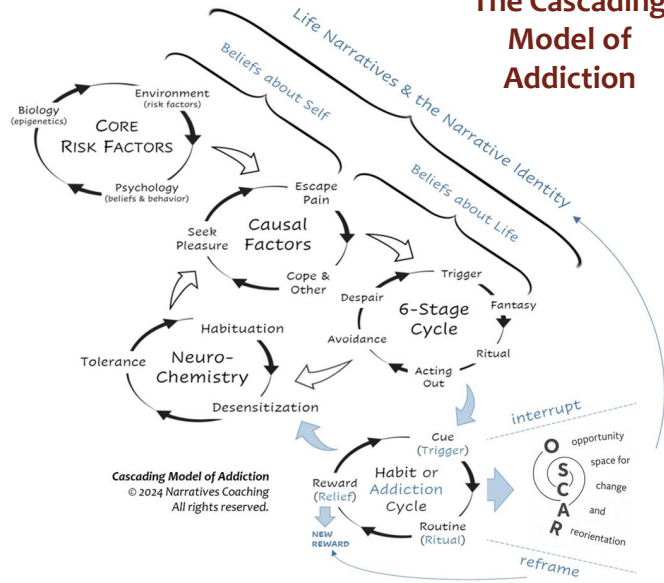
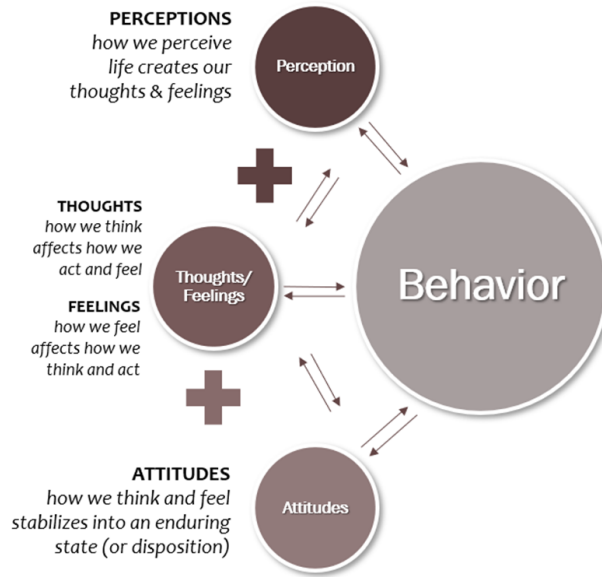


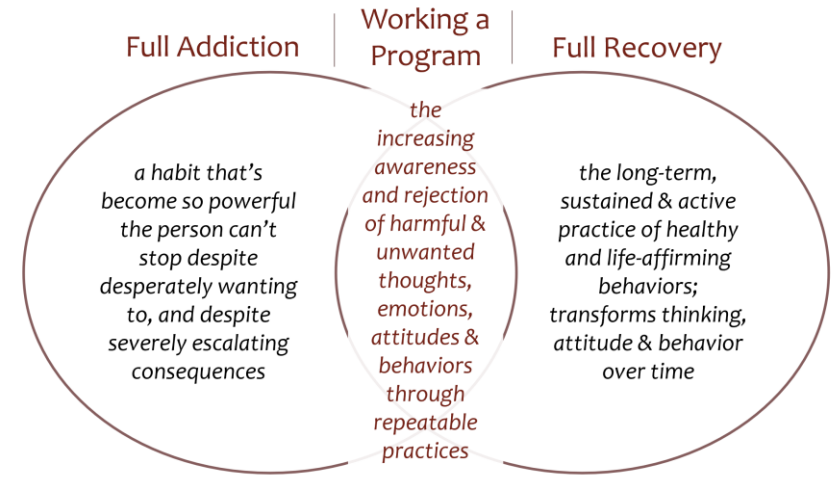
The Cascading Model of Addiction



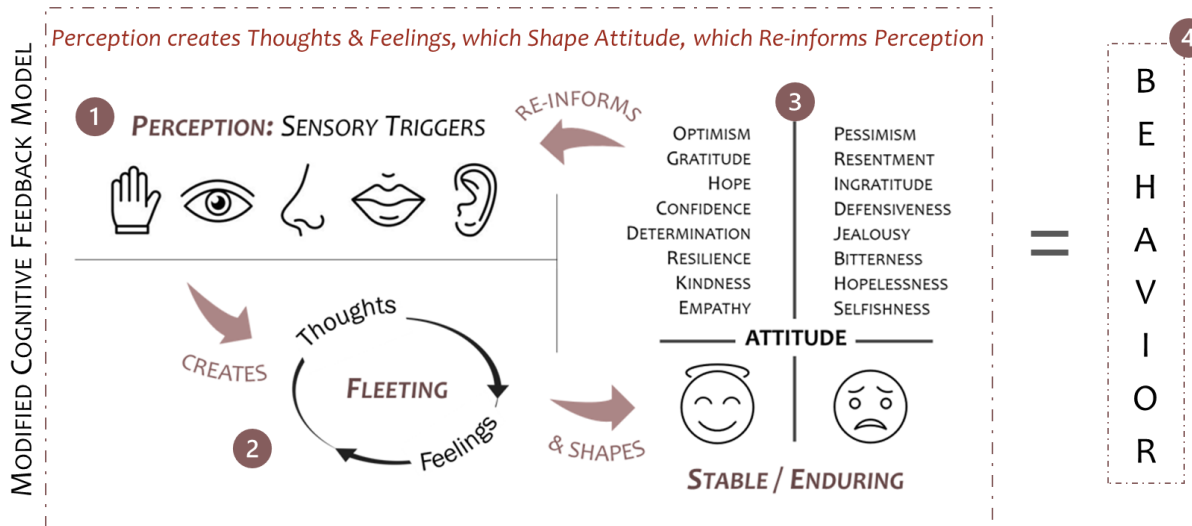
Modified Cognitive Triangle



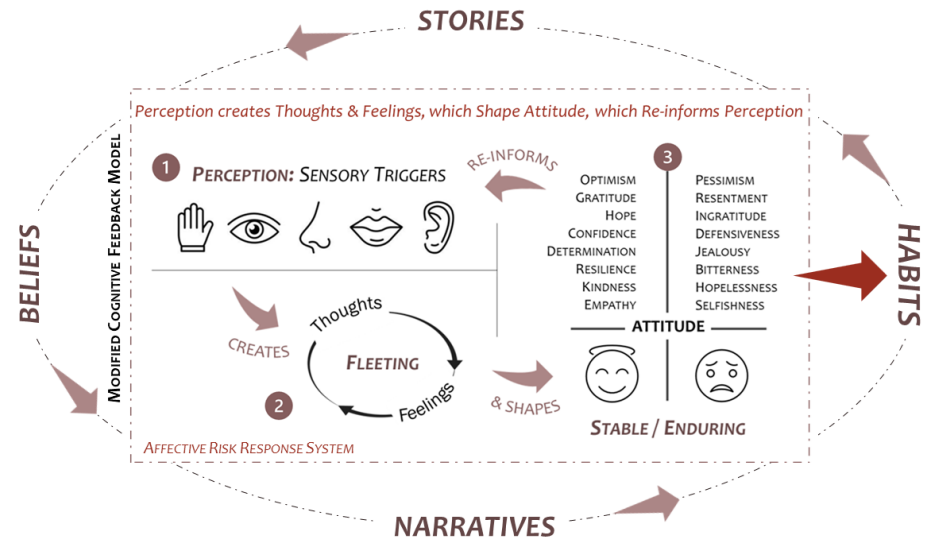
Working a Program Definition



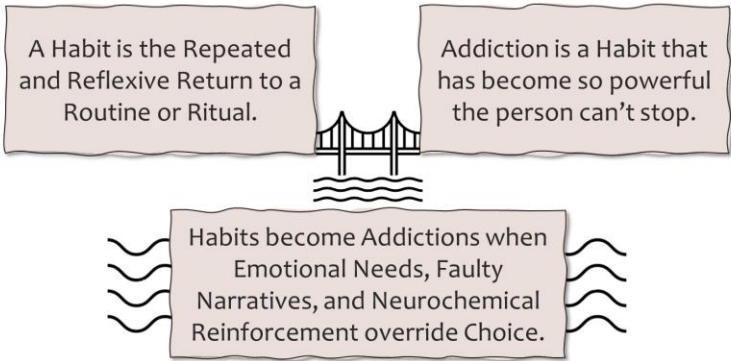
Modified Cognitive-Affective Feedback Model – drives Behavior



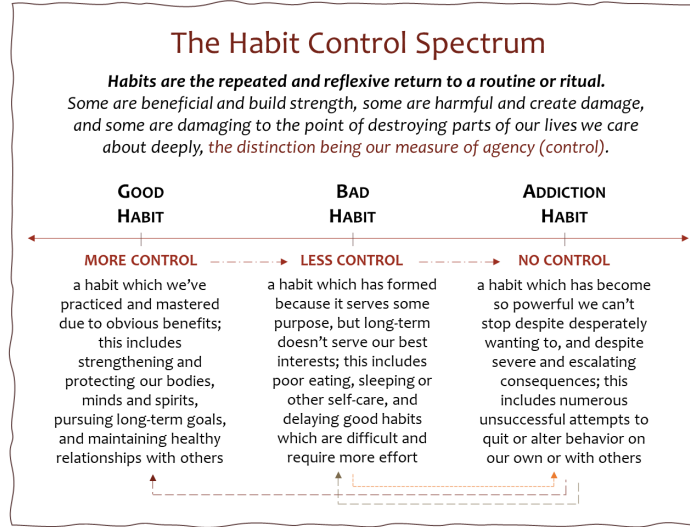
The Cognitive-Narrative Looping Model – Creates Habits



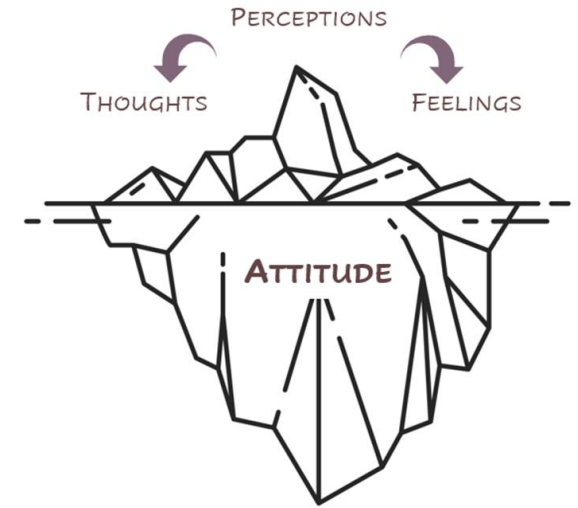
THE BRIDGE



The Habit Control Spectrum



The Hidden Weight of Attitude



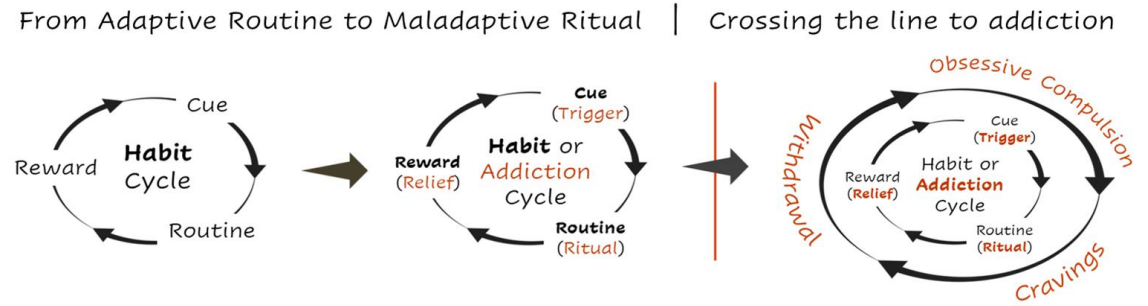
10 Addiction Models with Primary & Secondary Thematic Functions

The Top-10 most popular models of addiction, showing their relationship to key thematic functions used to explain, understand and treat. These characteristics serve as lenses the different models use to define, qualify, justify and label.

Model-to-Characteristic	Biology	Psychology	Sociology	Choice	Learned Behavior	Morals	Public Health	Spiritual
Disease	x						x	
Neuroscience	x							
Bio-Psycho-Social-Spiritual	x	x	x				x	x
Cognitive-Behavioral		x		x	x			
Choice		x		x				
Learning		x			x			
Social			x				x	
Moral				x		x		
Public Health			x				x	
Spiritual								x

Primary characteristic in Red. Secondary attributes in Black.

Adaptive to Maladaptive to Addiction Habits



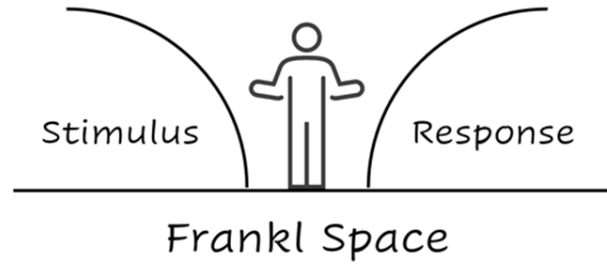
Opportunity Space for Change & Reorientation



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

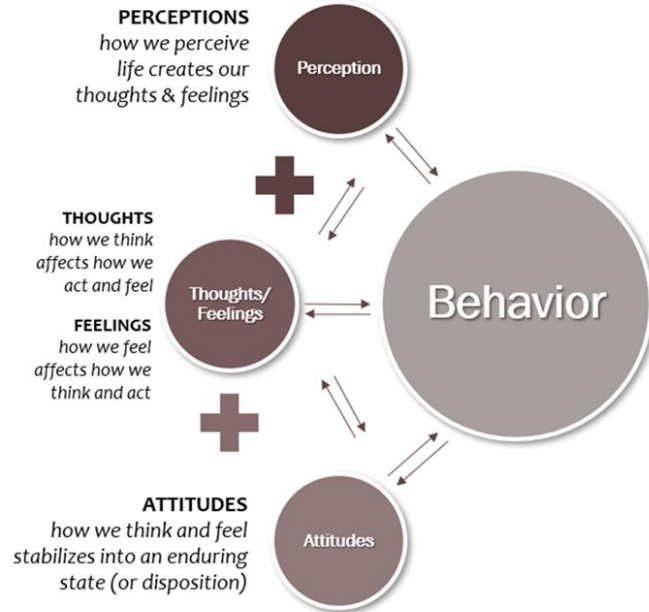


Like – Want – Need Model



Modified Cognitive Feedback Model Resulting in ShadowHabits

MODIFIED COGNITIVE FEEDBACK MODEL



HABIT

Our habits cling to us like our shadows, following us everywhere. These ShadowHabits can be virtuous or villainous, the distinction being whether they serve or sabotage our interests.



CASCADING MODEL OF ADDICTION

with Narrative Hooks & OSCAR

- ❑ 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 *Tolerance*.
- ❑ Now, **Addiction** has become a **Habit** so powerful the person can't stop despite desperately wanting to, and despite severe and 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.

