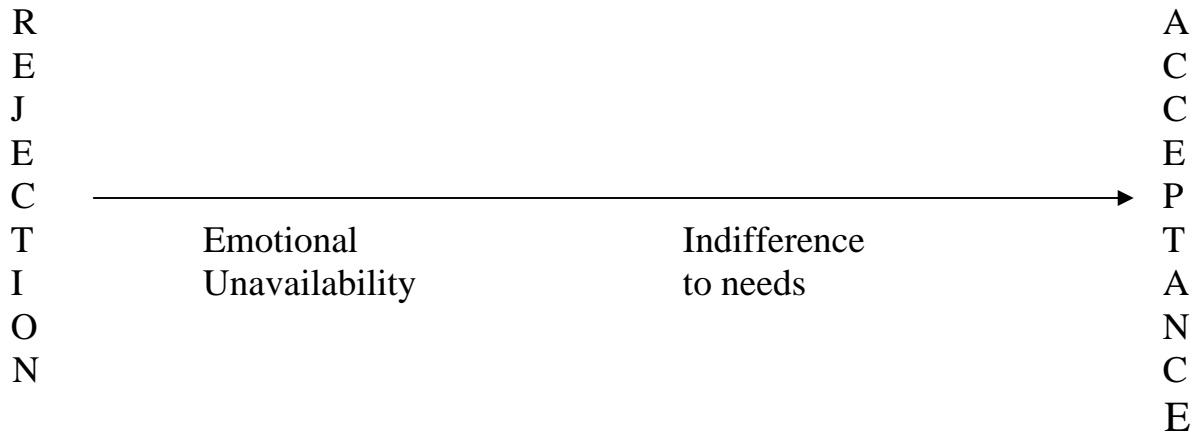


EMOTIONAL ABANDONMENT



Abandonment

- When you have to hide a part of who you are in order to be acceptable/to protect self
 - When you have to hide:
 - Your mistakes/vulnerabilities
 - Your feelings
 - Your needs
 - Your accomplishments/successes
- When you cannot live up to expectations of significant other due to expectations being unrealistic
- When someone is disappointed with you they attack your whole being, worth, value versus what you did or didn't do
- When another expects you to be an extension of themselves, fulfilling their dreams
- When another is not willing to take responsibility for their feelings, thoughts, and behaviors, but expects you to take responsibility for them
- When children are treated as peers, with no parent child distinction

Separating from Shame Based Messages

- Identify the behaviors that are problematic in your life.
- List how these behaviors are interfering in your life.
- Identify a few experiences that you believe influenced these behaviors.
- Reflect on your earlier history and talk about how you learned these behaviors.
- Own the feelings you had (or couldn't have) at the time you adopted these behaviors.
- Identify any shame-based beliefs you internalized.
- Recognize these faulty beliefs are based in a history that no longer needs to repeat itself.
- Recreate new beliefs that support new and healthy behaviors that counteract your old hurtful ways of thinking and acting.
- Work with others.

When you say No to your shame, you say Yes to your recovery.

CONTINUUM OF CONTROL

Control Issues in Rigid, Chaotic, and Healthy Families

1 ----- 2 3 4 5 6 7 8 9 ----- 10

No Control “1”	Some (S-O-M-E) Control “2 - 9”	Total Control “10”
<p style="text-align: center;"><u>Family of Origin:</u></p> <p>Chaotic; extreme disorder. Rigid controls attempted to create some safety</p> <p>Abandonment experiences</p> <p>“All or nothing” thinking</p> <p>Survival dependent on following family rules superimposed on chaos to create appearance of order</p> <p>Family rules: Don’t talk; Don’t trust; Don’t feel</p> <p>Belief: Life is unmanageable</p>	<p>“Normal.” Some order; some disorder. Control not a central family issue</p> <p>Few, if any abandonment experiences</p> <p>Life is not experienced as “all or nothing”, but a process</p> <p>Survival or parental approval not dependent on family rules</p> <p>Family behaviors: Talk Trust Feel</p> <p>Belief: Some things in life can be managed; some cannot</p>	<p>Rigidity; no apparent disorder. Hidden feelings grow chaotic, threaten to emerge, trigger chaotic events</p> <p>Abandonment experiences</p> <p>“All or nothing” thinking</p> <p>Parental approval and protection dependent on following family rules prohibiting natural disorder</p> <p>Family rules: Don’t talk; Don’t trust; Don’t feel</p> <p>Belief: Life is a matter to be managed</p>
<p style="text-align: center;"><u>In Adult Life:</u></p> <p>Fear of loss of control of self, feelings</p> <p>Fear of being abandoned by loved ones</p> <p>Attempts to control based on past beliefs, feelings, and behaviors or to act out chaos</p> <p>External approval sought for beliefs and behaviors</p> <p>Poor Inner Adult recovery skills</p>	<p>Loss of control not central fear Confident and accepting of self and feelings</p> <p>Not driven by fear of abandonment Trust in self & others</p> <p>Recognition of where you have the power to affect things and where you don’t</p> <p>Internal reference for feelings, behaviors, and beliefs</p> <p>Activated Inner Adult skills: validate self, “let go” control, feel feelings, identify needs, set limits and boundaries</p>	<p>Fear of loss of control of self, feelings</p> <p>Fear of being abandoned by loved ones</p> <p>Attempts to control based on past beliefs, feelings, and behaviors or reject all control</p> <p>External approval sought for beliefs and behaviors</p> <p>Poor Inner Adult recovery skills</p>



Perfectionism



When one is *perfectionistic* to the point it interferes with their life you usually have a person who is what I call Little Ms. or Mr. Perfect who have:

The ability to look good
The need and drive to do "it" right

Underneath you feel that you really aren't worthy and that people may discover this at any moment:

No matter how well you do, it is never good enough
Incredible fear, shame and loneliness

The Little Ms. and Mr. Perfects of the world tend to be people who were raised in dysfunctional family systems where children learned:

- To take control of themselves and/or others in order to feel psychologically safe and possibly physically safe.
- To do things "right" in order to receive approval from their parents. "Right" meant perfectly. Mistakes or less than perfect was not acceptable. That translated into the child being unacceptable. These are children raised by parents with unrealistic expectations that the child learned to internalize for themselves. Therefore, the child attempts to gain approval and learns that no matter what he or she does, "it is never good enough."
- That he or she is not acceptable. These are people who have very likely grown up with shame. Shame came at a young age. Shame is learned from feeling like an object versus a person of value. The child perceives themselves as defective. This takes place at a time when the child is not able to externalize the source of behavior and perceives it as their issue.

Surrender

"I would like my life to be different."

Talk

*About the need to do it "right."
Who am I if I'm not performing?
When not "doing it perfectly," what is the self talk?*

Go back to the past

*Ascertain sources of:
Shame
It never being good enough.
Needing to do it right for approval.*

Behavior

*Intentionally choose to drop a perfectionism.
Dishes must be done before I go to bed.... Leave the dishes.
This report must be perfect..... Hand in the first draft.
Can't try anything unless I already know how to do it. ...
Deliberately try something you are unskilled at.
Always wear clothes that are "perfect" Wear a sweatshirt.*

Post signs....(i.e.)

*"If all else fails, lower your standards."
"Being less than perfect makes me human."*

Reminder:

There is no "perfect recovery." Acknowledge the little steps.

Anger & Addiction

Anger can be related to addiction/compulsivity in many ways. Several of the relationships between anger and addiction are listed below. After reviewing each one, write a "story" about the relationship between anger and your addiction, explaining in detail how these two parts of you "get along". Include any ways anger/addiction are related for you that aren't listed below.

1. Acting-out in addiction can be passive-aggressive way of "getting back" at somebody else.
2. Unresolved anger toward a parent, spouse, perpetrator of violence/abuse can "fuel" destructive impulses within the addiction.
3. Being passive with anger fuels shame, which in turn fuels addiction.
4. Intense anger can distort rationale though processes allowing decisions to be made that set one up for relapse.
5. Anger combined with being in a victim role can lead to "destructive entitlement" in which one feels justified in victimizing somebody else (cheating on spouse, grooming a child for sexual victimization, verbally assaulting somebody, going through partner's notebook from therapy, etc.).
6. Anger can be an emotional wall, which inhibits intimacy, which can result in loneliness and therefore, an impulse to act out.
7. Anger can result in a disinhibition of moral values allowing one to engage in addictive behaviors he/she otherwise would not consider doing (e.g. going to a topless bar), resulting in a need to "stir up the pot" of conflict/anger to silence the part of self that says "don't do this, it isn't right!"
8. Fear of another's anger can result in the avoidance of conflict and turning to the addiction for a means of escaping the negative consequences of unresolved conflict.
9. Fear of one's own anger/belief anger is "bad", can result in the use of the addiction to avoid the experience of anger, or to avoid becoming aggressive.
10. Anger used to assertively set boundaries, allows for the development and maintenance of healthy self-esteem and true intimacy, which are crucial for recovery.
11. Anger directed at the messages and behaviors that led to shame, fear, and modeling of destructive coping mechanisms, can result in a rejection of those beliefs/behaviors and a true healing of related emotional wounds.
12. Anger expressed openly/honestly/assertively within relationships can allow for a deeper intimacy to emerge, allowing addiction to become "less necessary."

The Seven Steps

Step One

Admit we are angry and our lives have become problematic as a result of the destructive and unhealthy expression of anger.

Step Two

Demonstrate a willingness to do something about your anger

Step Three

Take a personal inventory of how your anger has affected your life.

Step Four

Using the written inventory as a tool, admit to yourselves and to another human being, how it is you have been hurtful with your anger.

Step Five

Make a written list of those you have harmed, include yourself, and be willing to make amends.

Step Six

Make direct amends to such people whenever possible, except when to do so would injure them or others.

Step Seven

Continue to take a personal inventory of whether or not you are angry, and when you are, promptly admit it.