**CYCLE OF ADDICTION**

### Wounds
- Childhood Attachment Injuries
- Emotional, Physical, Sexual Abuse and Neglect

### Core Beliefs of Addict
1. I am a bad, unworthy person. (Shame)
2. No one would love me as I am.
3. No one will meet my needs/nurture me.
4. Sex (or an intense relationship) is my most important need/way I feel loved.

*God isn’t good enough, doesn’t love me enough, won’t or isn’t powerful enough to meet my needs.*

### Triggers
- **Emotions** – B L A H S T O
  - Bored
  - Lonely
  - Angry
  - Hungry
  - Stressed
  - Tired
  - Overwhelmed
- Stressors/problems
- Fight with partner
- Music/particular song
- Specific person
- Hair/body parts
- Memory
- Criticism
- Smells
- Movie/TV show
- Location/place
- Disappointment
- Money anxiety

### Rituals
- Clothing/apparel
- Makeup
- Grooming
- Shoes
- Perfume
- Laughter
- Texting
- Personal/intimate conversation
- Eye contact/smiling
- Fantasizing

### Steps from Trigger to Acting Out are the addict’s Rituals—these may build for hours, weeks, or months...

1. **Wounds**
2. **Belief System**
3. **Preoccupation/Obsession/Fantasy**
4. **Ritualization**
5. **Compulsion/Acting out Behavior**
6. **Shame**
7. **Despair**

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