

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 – **BLAHSTO**
 - 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
- Taking off wedding ring
- Flirting/innuendos
- Touching
- Driving
- Drinking
- Dancing
- Being/acting needy/helpless
- Being/acting independent

