

Effective strategies that manage addictive behavior

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Increasing client's commitment to manage addictive behavior through having them do a 'cost benefit analysis' (handout) Motivational Interviewing questions: 'What are the costs of keeping your addictive behavior in place?' "What are the benefits of keeping your addictive behavior in place?" "Do the costs outweigh the benefits?" 'What kind of a life do you have to create that would motivate you to stay addiction free?' Teaching 'delay tactics' to cope with strong cravings (pg 33-34 of *Good Things Emotional Healing Journal - Addiction*) The #1 cause for relapse is inability to override strong cravings. Offering Accountability through consistent and frequent encouragement (Recovery Coach, addiction sponsor, addiction group, or weekly addiction skill workshop) Addicts typically do not hold themselves accountable for their own behavior. Treating the 4 components that keep addiction in place

1. Chemical imbalance and mental health disorders- (receiving professional treatment- medication evaluation combined with effective counseling and education)
2. Inability to cope with stress, unresolved problems, past trauma and life's difficulties- (offer effective skills, strategies and education through 'sleep breathing technique', self-soothing and emotional regulation, forgiveness and acceptance exercises, guided imagery for trauma desensitization, comparing past to present choices for progress reinforcement, and building self-efficacy)
3. Distorted thinking and beliefs about self and others-(Challenge distorted thinking. "Is this a Universal truth, or a personal experience that led to this belief?") All dysfunction starts with distorted thinking.

Inability to deeply connect in our relationships with others and GOD- (teach access to Spiritual qualities: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control).

Biography

Elisabeth Davies holds a masters degree in counseling and has counseled thousands of clients since 1989. She opened up her private practice, Bright Alternatives Inc. in 1993 and continues to offer counseling and educational workshops. She was voted "Best in Counseling Services" by the U.S. Commerce Association, City of Peoria, Arizona in 2009 and 2010. Elisabeth is also the creator of Good Things Emotional Healing Cards, which have benefited thousands of people all over the world, in reinforcing healthy thoughts and beliefs. Elisabeth is the author of *Good Things Emotional Healing Journal; Addiction*, which was published in 2011 and has helped many people gain effective strategies in managing unwanted habits and addictive behaviors. She has published articles with Together AZ magazine on the topics of depression and effects of divorce on children. Elisabeth has been a guest speaker several times at the University of Phoenix to graduate students and faculty, in the masters of counseling programs. She has been interviewed on several radio shows on the topic of mental health and addiction.

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