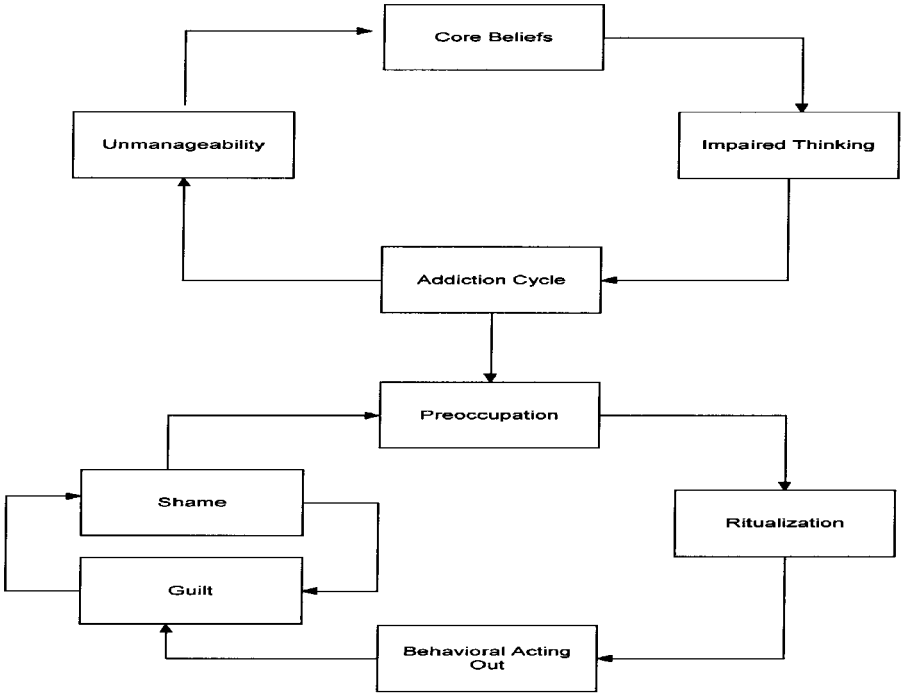
THE ADDICTIVE SYSTEM



Core Belief's--the accumulation of all life's experiences from the beginning of your life until the present as they relate to the addiction.

Impaired Thinking--distorted view of self, others, and life. This impaired thinking develops in response to/and based on Core Belief's. The specific application of the core belief in a specific situation.

Addiction Cycle--an ongoing process that feeds on the Impaired Thinking and contributes to the Unmanageability.

Preoccupation--compulsive fantasizing or intense focus on the addictive behavior. This often includes intrusive thoughts.

Ritualization--routines or rituals that enhance the preoccupation and facilitate the acting out behavior.

Behavioral Acting Out--acting out the addictive behavior.

Shame--the part of the despair cycle that includes feeling hopeless about self. Negative statements about self.

Guilt--the part of the despair cycle that includes feeling bad about specific actions. Realization of consequences.

Unmanageability--the result of the addictive cycle that usually results in the impairment of one or more area's of the individual's life, (ie., social, occupational, marital, or spiritual).

Adapted From: Carnes, P. (1983). Out of the shadows: Understanding sexual addiction. Minneapolis, MN: CompCare.