

The Skillet

Serving Up New Choices For Your Life!

Volume 2
Issue 1
January 2003
Happy Holidays

The Main Course



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The Addiction Seduction?

We often think of addiction as it relates to drugs. We believe that addiction is some kind of uncontrollable craving. We think to solve the problem we have to kick the habit or just say "NO." In other words, some say it is an issue of will power and self-control.

Nothing could be further from the truth. Addiction begins as a mental state in which the person finds a quick solution to an emotional discomfort.

Here's how it works: When a person is growing up, he or she finds a hurtful situation that seems incurable. The individual feels out of control. The more this person tries to get in control, the more powerless he or she feels.

As the years go by, the issue of control becomes more and more important. Sometimes alcohol, drugs, sex, gambling, work, and physical exercise become the solution.

As the person continues to go through life, the un-resolved issue(s) continue to grow in terms of importance AND so does the need for the solution (alcohol, drugs, sex, gambling, work, physical exercise, etc.).

Typically, the FEELING that is being managed is tied to the person's survival. Any attempt to take away the "maintenance solution" will be met with various levels of control, ranging from lying and hiding the solution to anger and rage when the "maintenance solution" is threatened.

WHAT CAN BE DONE?

Now for the tricky part. There are two methods currently used to address this problem. **One is to wait until the person HITS BOTTOM.** This means when the amount of destruction becomes so great that it is undeniable, the person says, "I need help." The problem is that the cost of the destruction is usually big dollars and possibly the life of the person.

The other alternative is a formal intervention. Using this approach, the family members confront the person with the problem and discuss how they have been hurt by the person's behavior. SOMETIMES the result of this approach is effective, as the person says "OK, I hear the message and I will do what you say to correct the problem."

The difficulty with this approach is that the person seeks help out of guilt, shame and remorse and not for his or her own reasons. It is other people's decisions, not the individual's choice, which causes action.

Secondly, you are asking the person to let go of control when by the nature of the problem the addict CAN'T let go of control.

Life Skills U offers a third alternative. It is called a soft educational intervention. It is based on the principle that a person can't admit to a problem for which there is no seemingly workable solution.

Using a process of Parallel Learning Technology, the person's awareness is expanded to enable him or her to see how the problem started and grew AND it offers a solution to the cause of the problem. This is done in conjunction with a 12-month structured recovery program. Using this approach, there is no painful or embarrassing confrontation and the person is allowed to participate in the decision as to what and how to get help.

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