



TAMMY BELL and ASSOCIATES, Inc.

The Relapse Prevention Center

Individual, Group, and Family Counseling

THE ROLE CORE ISSUES PLAY IN RELAPSE

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IDENTIFYING CORE ISSUES IN RECOVERY

This workshop is an hour experiential workshop for recovering individuals desiring more knowledge about internal cues that affect their behavior.

The workshop participant will be expected to self disclose some personal information in a small group setting.

The workshop participant is not expected to share traumatic memories or extremely painful information.

If personal disclosure is uncomfortable or you feel at risk for relapse this workshop should not be attended.

Learning Objectives

1. The participant will learn about the role of Core Issues in their recovery.
2. The participant will gain some insight into their own Core Issues.
3. The participant will identify the role their Core Issue is playing in the disruption of work and personal relationships.

Format

Lecture and Small Group Work

Core Issues - Primary mistaken belief about self usually learned in childhood. Most people do not know their Core Issue intellectually. The Core Issue operates at the subconscious level.

Core Issues are not caused by addiction. Core Issues are usually present before active addiction. Core Issues make sobriety more difficult for some people. Mismanaged Core Issues play a major role in the relapse of previously treated persons.

It's not what happens to us that causes our Core Issues - it's our perception/translation of the events.

Examples of Family Beliefs

People that work hard are rewarded
Poor people are lazy
Educated people have no common sense
Life is hard
People that are self-made are better people
Our family has always....
You play the hand you were dealt
You made your bed now lie in it

Examples of Negative Self Talk Statements

How stupid can I be
Nobody cares about me
I can't believe I'm such an idiot
You dumb ass
I know I'll screw this up
God, I'm such a loser
How pathetic I am
I know this is wrong

Positive beliefs learned in childhood that improve my quality of life:

Negative beliefs learned in childhood that detract from my quality of life:

**In what ways did I turn out just the way my parents thought I would?
(Spoken or Implied)**

**In what ways did I turn out differently from the way my parents thought I
would? (Spoken or Implied)**

When I'm feeling good about myself I use the following statements:

I am...

When I'm feeling bad about myself I use the following statements:

I am...

I would describe my worst feeling state as:

The last time I experienced it was when:

What did I fear most as a child was true about me but hoped with all my heart wasn't:

I am...

I am unlovable

I am bad

I am worthless

I am shameful

I am not enough

I am not good enough

I am weak

I am stupid

I am not important

I am a disappointment

I am a failure

I am inadequate

I am evil

I am mean

I am a loser

I will be abandoned