

## Table of Contents

The Life Process Program covers a range of topics designed to get you to think more about your life, your addictive behavior, and your goals. The program begins with a self-assessment to establish a starting point for you and your Life Process coach. The program continues by looking at your values, the resources you currently have or wish to gain, and the goals you want to establish in order to achieve the life you want.

- **Module 1 - Self Reflection**

- Introduction from Stanton

- Reading Material covering:

- How to Beat Addiction

- How Do So Many People Quit Addictions?

- What About Gambling as an Addiction?

- Where Does the “Brain Disease” Go Wrong?

- How Uncle Ozzie Quit Smoking

- People All Around Us Quit Addictions

- 1.1 Assessment

- 1.2 Mood Matters

- 1.3 Resources

- 1.4 What I value

- 1.5 Personality

- 1.6 Greater Horizons

- 1.7 Plans/Goals

- 1.8 Narrative

- 1.9 Skills

- **Module 2 - Values**

- Introduction from Stanton

- Reading Material covering:

- What Are Values? Do They Really Matter?

- Constructive Involvements

- How Do Values Fight Addiction?

- Where Do Anti-Addiction Values Come From?

- Exceptions and the Rule: At-Risk Children

- Social Class and Addiction

- Finding a Path That Fits Your Values

- Self-Efficacy as a Value

- Values and Your Recovery

- Helping Someone Else Find the Right Path for Him or Her

- Conducting a “Values Intervention”

- Teaching Values

- 2.1 Addiction

- 2.2 Values

- 2.3 Cost/Benefit Exercise

- 2.4 Finding our Uncle Ozzie moments

- 2.5 Your feedback style
- 2.6 How to give & receive feedback
- **Module 3 - Motivation**
  - Introduction from Stanton
  - Reading Material covering:
    - The Role of Motivation in Change
    - Stages of Change
    - Stories of Sudden Change
    - Can You Really Quit?
    - The Most Effective Therapies and What They Have to Tell You
    - Brief Interventions
    - Overcoming Denial
    - Motivational Interviewing (Enhancement)
    - All the Best Therapy Together Can't Beat Your Own
  - 3.1 Social Network assessment
  - 3.2 Skill at managing thinking
  - 3.3 Positive thinking
  - 3.4 Self-talk
  - 3.5 Visualization
  - 3.6 Magical thinking
- **Module 4 - Rewards**
  - Introduction from Stanton
  - Reading Material covering:
    - The Rewards of Addictions
    - The Pros and Cons
    - Addiction and Depression
    - Are Addictions Pleasurable?
    - The Use Scale
    - Discouraging Excessive/Addictive Use
    - The Rewards of Work and Family
    - Tipping the Scale of Addiction
    - Make Sure a Negative Is a Negative
    - Procrastination
    - Traumatic Events
    - Shifting the Balance: Recognize, Reframe, Replace
    - Replacing Rewards
    - Concrete Reward Systems: Providing Reasons to Quit
    - Intermediate Rewards
    - After the Change, Savor the Rewards
  - 4.1 The rewards of Sobriety
  - 4.2 Your addictive triggers
  - 4.3 Problem-solving skills
  - 4.4 Assertiveness
  - 4.5 The problem-solving narrative

- **Module 5 - Resources**

- Introduction from Stanton

- Reading Material covering:

- Assessing Your Strengths and Resources

- Developing the Essential Skills to Beat Addiction

- The Community Reinforcement Approach

- Addictive Situations

- Communication: Giving and Receiving Feedback

- Problem Solving

- Independence and Being Alone

- Dealing with Negative Emotions

- Resisting Urges

- Breaking the Flow: Relapse Prevention

- Leisure Planning

- Life's Long Journey

- 5.1 Resource Inventory

- 5.2 Calling on your resources

- 5.3 The reframing narrative

- 5.4 Helping

- 5.5 Questions to help yourself

- **Module 6 - Support**

- Introduction from Stanton

- Reading Material covering:

- How You Learn Addiction

- Social Influences, Children, and Addiction

- The Skills of Moderation

- The Absence of Social Templates Is Itself Negative

- Society Makes You Fat

- Harnessing Social Forces to Aid Recovery

- Using Support Groups for Sobriety

- Finding and Creating Support Networks

- Family as a Support Group

- Those Closest to You Are Your Biggest Help, and Your Greatest Burden

- Fighting Against Change

- Failing to Respect the Other Person

- Helping Others Change without Hurting Yourself

- Getting the Person Help When Needed

- You Create Your Own World

- 6.1 Social network assessment

- 6.2 Reciprocity counseling

- 6.3 Community reinforcement & family therapy

- 6.4 Family reinforcement

- 6.5 Being alone

- 6.6 Love & addiction
- **Module 7 - Maturity**  
Introduction from Stanton
- Reading Material covering:  
Gaining a Positive Identity  
Addiction as Immaturity  
An Everyday Example of Maturing Out  
Self-Cure of a Gambling Addiction  
Emotional Maturity  
Responsibility  
How to Develop a Mature Perspective  
What's the Latest I Can Mature Out?  
Securing Your Non-addict Identity  
Developing a New Vision of Yourself  
Integrity
- 7.1 Maturity
- 7.2 Maturity & Responsibility
- 7.3 The responsible life
- 7.4 Maturity counselor
- 7.5 To give is to receive; taking care of others
- **Module 8**  
Introduction from Stanton
- Reading Material covering:  
Revisiting the Sources of Addiction  
Addiction Is Self-Centered  
Addiction Is Antisocial  
Your Personal Goals  
Setting Goals  
Keeping Yourself on Track  
How Your Goals Fit into Your Life  
You and the World
- 8.1 The rewards of sobriety
- 8.2 Your addictive triggers
- 8.3 Problem-solving skills
- 8.4 Assertiveness
- 8.5 The problem-solving narrative