

Session 3: Training in Mastery of the Mind #2 — Addict Self Intrusions

Just as seeping venom fills the body,
Carried on the current of the blood,
An evil thought that finds its chance,
Will spread and permeate the mind.
(*The Way of the Bodhisattva:70*)

Therapeutic Goals of Session 3: The goal of this session is to help clients continue gaining ‘mastery of the mind’ with its three components: right effort, right mindfulness, and right concentration. Specifically, in this session, the goal is to help clients handle addict self intrusions. There are three words that can help you remember how to do this, and these are ‘identify’, ‘interrupt’, and ‘refocus’. The first thing clients need to do is to identify components of the addict self that can intrude and set off the addict self auto pilot. In this way they further develop their understanding that the addict self is not their ‘true nature’ but rather a complex habit pattern of the mind that has many linked components (for example, through its automated scripts and behavioral action plans) that can “intrude” unexpectedly, and, unless handled successfully, can rapidly and automatically lead to behaviors that cause harm to self and others. The second thing clients need to do is to interrupt the automaticity of the addict self, and the third thing is to refocus on components of the emerging spiritual self schema. A number of cognitive-behavioral strategies for handling addict self intrusions are taught in this session, and new cognitive scripts and behavioral action plans are developed and rehearsed for helping clients to interrupt and weaken the addict self-schema, and to refocus and activate a spiritual self-schema instead. At this point in treatment, the spiritual self-schema has not been fully elaborated. Therefore, the therapist’s task in this session is to introduce the client to a few simple strategies for cognitive refocusing. In a later session (Session 8), clients will further elaborate their spiritual self-schema, rehearse it, and increase its accessibility in daily life.

Instruction to Therapist: The format of each session is essentially the same. Each session begins with a renewal of clients’ commitment to their spiritual path, and beginning with today’s session, each session will also begin with 5 minutes of meditation. For this you will need a timer. The meditation period at the beginning of each session will provide you with an opportunity to repeat the instructions for *anapanasati* meditation taught in Session 2; it will also provide clients with the opportunity for additional practice and to clarify any misunderstandings they may have about the technique which they are expected to practice daily at home.

Welcome, Commitment, and Meditation

- Renewing commitment to spiritual path
- Provide rationale for beginning session with practice of meditation
- In-session practice of meditation on the in and out breath (5 mins)

Example of therapist script: Hello, 'name'. Welcome to the third session of spirituality therapy. That you made the effort to be here tells me that you are committed to your spiritual path, is that correct?

[Therapist asks for client's continued commitment to the therapy.]

Before we do our review of last week's session, let's begin by practicing our meditation on the in and out breath. As you know, your mind has a spiritual center where you can go to experience your true spiritual nature [or, depending on client's beliefs, to be with God or a Higher Power]. We don't usually experience this in our daily lives because the mind has a tendency to wander here and there; it is never still enough to experience its center. This is the monkey mind that we have talked about in our sessions, and it is this monkey mind that can get us into a lot of trouble. An untrained mind that is allowed to wander freely can get caught up in whatever thought or mood touches it. This means that it can readily get swept away by the addict self. That's where meditation comes in – it helps us concentrate – to focus all our attention on this still, silent place that is within each of us where we can experience our true spiritual nature. In the meditation technique we do here, you are learning to focus single-mindedly on the sensations around the nostrils caused by the in- and out-breath. This area around the nostrils and above the upper lip where you first feel the touch of the breath as it enters and leaves the body is your anchor. It is called an anchor because it helps you to remain centered during emotional storms, and it prevents you from getting swept away by strong currents of craving and aversion. The technique is very simple, but it does take a great deal of effort and practice to train the monkey mind to stay focused on one thing. Are you ready to work hard?

[Therapist's provides detailed instructions to client]:

- . Sit with back straight, feet flat against the floor, hands on your lap
- . Close your eyes (therapist checks that client is comfortable doing this)
- . Just breathe normally through your nose
- . Focus your attention on the area around your nostrils and above your upper lip and concentrate on the changing sensations in this area caused by the breath as it passes in and out of your nose. Do nothing else, just keep your concentration fixed there in this small area where you first feel the touch of the breath as it goes in and as it goes out – this is your anchor.
- . If your mind wanders away, just note 'mind wandered away,' and then firmly bring your attention back to your anchor. See if you can experience the gentle touch of the breath around the nostrils and upper lip as it enters and leaves the body. Keep your attention fixed here.
- . If you have difficulty concentrating, try the technique I showed you that we called "Just one breath at a time". At the beginning of each breath, commit yourself to carefully observing the changing sensations caused by just that one breath alone. Then fix your attention firmly on your anchor for just for that one breath, then the next, and the next. Continue doing this, taming the monkey mind, one breath at a time.

We'll do this together for 5 minutes. I'll let you know when the time is up.

Therapist sets a timer and meditates with the client for 5 minutes. When 5 minutes have elapsed, therapist asks client for feedback in order to ensure that client was able to experience the sensations around the nostrils and that s/he was successfully able to return the attention to the anchor each time the mind wandered away. This is the therapist's opportunity to correct any misunderstandings about the practice and to provide additional tools to clients who are having difficulty maintaining their concentration on the breath.

For example,

a) if client has difficulty experiencing any sensations, expand the focus of attention to include the inside of the nostrils and top of nose. If client experiences sensations, but loses them during meditation, instruct client to take one or two short, sharp breaths, so that sensations can be clearly felt. Then instruct client to return to normal breathing.

b) if client experiences sensations, but has difficulty with mind wandering, therapist provides additional concentration techniques, as follows:

'It sounds like you're doing well detecting sensations caused by the in and out breath; it's your monkey mind that's giving you the trouble, is that right? Don't be discouraged.

Everyone has difficulty at first. You are only just beginning to become aware of your wandering monkey mind – this is an important step – it is the beginning of insight. With awareness of the monkey mind, comes the motivation to work hard to train it. You probably never realized before how difficult it is to train your mind. Remember that it is the monkey mind that will get you in trouble, so just keep working hard to train it. Be persistent. Each time the mind wanders away from the anchor, bring it back gently but firmly. Just as when you are teaching a child to stay away from what can cause it harm, train your mind gently but firmly to stay away from thoughts and feelings that can activate the addict self. Keep bringing the mind back to the anchor over and over again. If you find that you continue to get lost in your thoughts, you may count your breaths at the end of the out breath. Breathe normally, and count each breath after you have experienced the sensations caused by that in and out breath. Say the number silently to yourself just before the breath turns to come back in, like this:

Breathe in, Breathe Out, Count 'One'.

Breathe in, Breathe Out, Count 'two'.

Breathe In, Breathe Out, Count 'three', and so forth up to 10.

While breathing in and out normally, keep your focus on the sensations caused by the touch of the breath, don't focus on the numbers you are counting. If your mind wanders away before you reach the number 10, begin again at number 1. Once you have reached 10, stop counting, and focus on the sensations caused by the touch of the in and out breath without counting. Then, if the mind wanders away again, you can begin counting up to 10 again. Let's try that now just to make sure you get the hang of it.

We'll just do it for 10 breaths. I'll talk you through it. Sit up straight and close your eyes. Breathe normally through your nose and bring your attention to your anchor – the area around your nostrils above your upper lip where you can feel the touch of the breath as it goes in and out. Now silently, with me, begin counting the breaths at the end of the out breath. As before, you are going to continue focusing on the sensations as you breathe in and out, the only difference is that at the very end of the out breath, just before it turns to come back in, count silently. Let's begin:

Breathe in, Breathe Out, Count 'One'.

Breathe in, Breathe Out, Count 'two'.

Breathe In, Breathe Out, Count 'three',

Breathe In, Breathe Out, Count 'four',

Breathe In, Breathe Out, Count 'five',

Breathe In, Breathe Out, Count 'six',

Breathe In, Breathe Out, Count 'seven',

Breathe In, Breathe Out, Count 'eight',

Breathe In, Breathe Out, Count 'nine',

Breathe In, Breathe Out, Count 'ten',

When you are ready, open your eyes. Do you think you can do this at home if you have difficulty concentrating?

Remember, counting is just a tool to help you get your concentration back. Don't get caught up in the counting. It's your anchor, not the numbers, that you are training your mind to focus on during your meditation practice.

Review of previous session

Brief review of concepts covered in previous session:

- Being on a spiritual path requires taking back control of the mind from the addict self using the three components in the training on mastery of the mind:
 - Effort – vigilance and diligent practice
 - Mindfulness – awareness in every moment
 - Concentration – single-pointed concentration achieved with meditation practice – provides an **anchor** in emotional storms

Instruction to Therapist: In this segment you will provide a brief review of the previous session's content. This should include the key concepts outlined above.

Example of therapist script: Let's begin with a quick review of where we left off last week. In our first session together we talked about the need to replace the addict self with the spiritual self and that we were going to help you do this with three kinds of training – training in mastery of the mind, morality, and wisdom, as well as with daily practice of 14 spiritual qualities. Then, last week, we began the training in mastery of the mind. We talked about how important it is to take back control of the mind from the addict self which goes on auto pilot and ultimately leads to suffering. That's where mastery of the mind comes in with its three components -- effort, mindfulness and concentration. You learned that mindfulness means being aware in every moment, and that when we are not aware we invite habit patterns of the mind, like the addict self auto pilot, to take control. You also learned that you can't be mindful unless you can hold your mind still, and that this takes concentration which can be improved through meditation practice. You learned a simple but very effective meditation technique that can connect you to your spiritual center and can provide you with an anchor so that you don't get swept away by emotional storms and strong feelings like craving. During the week, I'm sure you learned first hand about the third component of the training in mastery of the mind – effort – it certainly takes a great deal of effort to do your assignments and to keep your mind on its spiritual path, doesn't it? Let's talk now about how that went for you during the week.

Completion of at-home assignments:

- “Coach” role
- Discuss experience with at-home assignments:
 - Did client do the Spiritual Stretch daily?
 - Did client practice mindfulness (stop 3 times daily to be mindful of addict self-schema activation)?
 - Did client practice daily meditation on the in and out breath?
 - Does client understand how to use breath as **anchor** in stressful situations?

- Identify specific examples of how the spiritual quality assigned last session (effort) was experienced and expressed by client during the week.

Instruction to Therapist: When you have finished your brief review of the previous session, ask clients to tell you about their at-home practice, specifically did they do the daily stretch, the three times daily self-check and the daily meditation practice. If clients remembered to do even part of their assignment, be sure to acknowledge that this demonstrated the spiritual qualities of strong determination and effort, which are the spiritual muscles that they had been assigned to strengthen during the previous weeks. If clients did not do any part of their assignment, do not be discouraged. This is not uncommon early in treatment, and especially with clients in treatment for addiction. Remain supportive, and point out that so-called ‘forgetting to do an assignment’ is evidence of the addict self being active. Then go over any specific difficulties clients raise. If clients had particular difficulty remembering to interrupt themselves three times daily to do the self check-in, review the appropriateness of the cue they had chosen to interrupt themselves with, and select another one if necessary. If they were having trouble remembering to do the stretch, remind them once again where they can find a diagram of the stretch in their Workbook, and encourage them to do the stretch as soon as they get out of bed in the morning. If they forgot to do their daily meditation practice, have them select a more convenient time and location, and ask them to make a commitment to practicing daily in the coming week. Let them know that the stretch, the self check-in, and the meditation practice will all be included in their assignment again this week so they will have another opportunity to strengthen their spiritual muscles of strong determination and effort. Remind them of the importance of incorporating these three practices into their daily lives, but don’t dwell on their not having done their assignment last week. Rather, before proceeding to the new material, go out of your way to find some evidence during the previous week of the client’s spiritual self having been activated. Chances are that not many people in your clients’ lives right now will be reinforcing the client’s spiritual self. Most people will be continuing to reflect back to clients’ their addict self, thus essentially reinforcing it. So, your job, as coach, is to reflect back to clients, at every possible opportunity, their emerging spiritual self so that clients can actually experience it and can come to believe that it is indeed worth the effort and strong determination that is needed to strengthen it through daily spiritual practice.

Example of therapist script: Let’s go over your assignments for last week. Remember as your coach, I’ll be checking in with you every week to help you stay on track and keep your spiritual muscles strong. So it’s important that you are honest with me about your practice. Okay? During the week, you were going to practice the spiritual quality ‘effort’ by beginning your daily meditation practice. How did that go? Were you able to use the meditation on the breath as an anchor in stressful situations during the week? Did you meditate for 10 minutes every day?
[Therapist waits for response after each question, and emphasizes the importance of daily practice.]
How about your other training exercises?
Have you been doing your daily spiritual stretch?
Your three times daily check-ins?
You are doing a good job strengthening your spiritual muscles of strong determination and effort with your daily practice.

[Note to therapist: The goal of this discussion is to encourage practice, while helping clients to identify their own spiritual qualities. Therefore, if client has not practiced, therapist asks client to describe a situation during the week and to identify instances of effort and strong determination – the two spiritual qualities covered so far in treatment. You can also suggest that they keep their signed Commitment in a conspicuous place and read it frequently.]

Remember, I'm your coach, not a critic or cop. My job is to remind you of your rigorous training schedule and provide support so that you can replace the addict self auto pilot with your spiritual self. This takes constant vigilance and daily practice. Don't get discouraged. You know now that unless you are mindful, the addict self will automatically activate – that's its habitual nature. So keep training your mind moment by moment. You're doing great.

Instruction to Therapist: Once you have reviewed the previous session and the at-home assignment for the previous week, you can begin providing the new material. As shown below, introduce the new material to clients in discrete segments to facilitate learning. Repeat key concepts frequently, and integrate the new material with what you already know about clients' addict and spiritual self schemas, and their spiritual or religious beliefs.

New Material: Mastery of the Mind #2 -- Handling Addict Self Intrusions

identify, interrupt, refocus

Background Information. Session 3 continues the training in mastery of the mind with its three components -- right effort, right mindfulness, and right concentration. In previous sessions, clients were introduced to the readily understood concept 'addict automatic pilot,' and were instructed to become more aware of its activation in daily life. They were instructed how to become more mindful of the present moment and to improve their concentration by meditating on the in and out breath. In this session, they will learn how to handle addict self intrusions by becoming more familiar with the workings of the addict auto pilot. Every therapist who has worked with addicted clients has heard them say something like 'I just don't know what happened; I was on my way to work, and the next thing I knew I was using.' This is the classic example of an addict self intrusion. An addict self intrusion occurs when a component of the addict self-schema arises (let's say for the sake of this example, a feeling of boredom arises as the person heads for work and activates a **cognitive script** that says something like 'I deserve a little excitement in my life; a little cocaine won't hurt anyone; it will give me the energy I need to get through the day; I always work better when I've had a little'). These kinds of scripts -- these tapes that play repeatedly in the person's mind -- activate additional **cognitive scripts** and **behavioral action plans** (a behavioral action plan in this context is a sequence of behaviors that tends to play itself out automatically such that they appear to be one seamless behavior rather than many discrete actions). These scripts and action plans, in turn, activate still more components of the system, in a domino effect, until the entire addict self-schema has been activated. And, by this time the individual has, seemingly without intention or conscious awareness, engaged in the

behavioral components of the self-schema, such as drug use and other high risk behaviors. No matter how many times it happens, clients are genuinely shocked by their behavior, and can easily become discouraged if they interpret their behavior as a sign of “who they really are” rather than as an inadvertent triggering of an automated process. By emphasizing a view of the addict self-schema as a complex, automated cognitive process that can be easily triggered unless one is mindful, therapists can help clients prepare for, and manage, these addict self intrusions when they occur -- and they will occur, of that there is no doubt. In fact, in this session clients learn that addict self intrusions are to be expected at this stage in their recovery, and that they are not a sign of failure. Indeed, becoming aware of addict self intrusions is actually a sign of progress in recovery because without awareness, there exists no opportunity for reducing the automaticity of the addict self auto pilot. So what exactly does awareness entail? Becoming aware of addict self intrusions requires becoming aware of the components of the addict self schema and how they are activated in daily life. Rather than focusing on people, places, and things, which tend to focus clients on triggers outside of themselves, clients in 3-S are encouraged to look inward at their thoughts and their emotions, and to identify cognitive scripts that trigger action sequences leading to drug use and other high risk behavior. In addition to identifying scripts and action plans, clients are also encouraged to identify ways in which the addict self will attempt to sabotage their progress in treatment. For example, in this session you will be talking to clients about whether they are likely to skip counseling sessions when their addict self is activated, or to lie to you about drug use or about completion of at-home assignments. By working in collaboration with clients to anticipate these addict self schema behaviors, clients will gradually get the necessary psychological distance from the schema, and come to understand it as a cognitive process rather than identifying with it and perceiving it as ‘me’ or ‘I’. Remember, clients who identify with the addict self and view it as ‘me’, will be more likely to defend against any attempts to dismantle it. Therapists will need to remind clients that there is no ‘me’ in the addict self; there is no ‘I’ in it – It is only an automated cognitive process that can be dismantled with effort, mindfulness, and concentration – the three components in the training on mastery of the mind. This approach to handling addict self intrusions also prevents some of the frustration that can be experienced by therapists when they are faced with typical “addict” behaviors because it serves to unite client and therapist, who together, as a team, must prepare for the inevitable intrusions of the addict self.

In this session clients are also taught techniques for interrupting the addict self auto pilot and for refocusing on their spiritual path. These techniques are a combination of cognitive behavioral and Buddhist practices (e.g., Majjhima Nikaya 20) that will serve as a foundation for future sessions, so it is important that they be taught well.

Segment 1 -- Handling Addict Self Intrusions -- Schema Identification

Cognitive scripts and behavioral action sequences associated with the addict self are identified and monitored for the purpose of reducing their automaticity.

- Know the early warning signs of addict self activation
- Recognize addict ‘scripts’
- Anticipate addict-self attempts to sabotage spiritual self-development
- Conduct three-times daily check-ins to identify thoughts, feelings, and behaviors that activate addict self
- Anticipate addict self intrusions – they are not a sign of failure (on the contrary, awareness of them is a sign of progress)

Instruction to Therapist: In this segment you will inform clients that they are continuing their training in mastery of the mind and that today the topic is handling addict self intrusions before they have a chance to activate the addict self auto pilot. You will emphasize that addict self intrusions are to be expected and are not a sign of failure. Rather, failure occurs only when they fail to be aware of the intrusion, because without awareness they are powerless to stop it. You can explain that when they train their minds to be aware of the dangers of addict self intrusions, they are beginning to take back their power from the addict self. You will define an addict self intrusion as thinking about using drugs or using drugs seemingly ‘out of the blue’ – for example, when engaged in some other activity. Make sure that clients understand by asking them for an example of a recent addict self intrusion that occurred in their own life. Using the example the client gives you, you and the client can then begin to unpack the process together. Do this by asking about the thoughts, emotions, and behaviors that preceded the intrusion, and write them down in the space provided on the Worksheet in the client workbook. [Have extra copies of this Worksheet available for clients who do not bring their Workbook to the session.] Using the worksheet as a guide, make sure that clients see how these thoughts, emotions, and behaviors are bundled so tightly together that right now they are hard to separate. Work with the client to unpack it. Remind them that the term ‘breaking a habit’ means breaking it down into its component parts so that it loses its automaticity, and that creating a new habit pattern requires repeatedly practicing the separate components together until they become one seamless whole. Remember to stop frequently when delivering material to reiterate the rationale for the work you are doing together; don’t ever hesitate to repeat key concepts. Once you have identified the cognitive, affective, and behavioral components of your clients’ addict self that can be used as early warning signals for addict self activation, ask them to consider ways in which the addict self will attempt to sabotage their spiritual development, and more specifically your treatment sessions together. You might say to the client something like ‘what should we be prepared for’. In this way you can create a context in which you and the client can work together to defend against this unwelcome, automated process that will inevitably intrude upon your work together. When identifying ways the addict self will attempt to sabotage the client’s progress, use the checklist in the client workbook which lists behaviors such as missing sessions, lying about drug use, and so on, to guide your discussion, but feel free to add others that are relevant to each individual client. Once you have identified ways that the addict self could sabotage the client’s spiritual development and progress in therapy, tie it all together by reminding clients that this is one of the reasons why mindfulness practice is so important. This will provide a segue into the next segment.

Example of therapist script: Today we are going to continue the training in mastery of the mind. This time we will focus specifically on what to do when the addict self tries to intrude on the spiritual self, which it will. This is to be expected, and is not a sign of failure. In fact, the only opportunity for failure here, is **not** being mindful. When you are mindful, you are aware, and when you are aware, you have the opportunity to make changes. You can't make changes unless you are aware of the problem, right? Remember the addict self is an auto pilot that gets activated habitually whenever you are not mindful. Can you remember the last time you were doing something that seemed to be completely unrelated to drug use and the next thing you knew you were using drugs or craving drugs or engaging in some other behavior that could cause harm to you or others?

[Therapist probes for an example of an addict self intrusion in the client's life.]

It just seemed to happen automatically, right? Like someone else was in control. That's the addict auto pilot. Do you know what '**breaking a habit**' means? It means **breaking it down into its parts**. Think of it this way – if you were to break down an automatic pilot and separate all its parts, it would stop being automatic, right? Well, any habitual behavior is like that, too. A sequence of actions becomes a habit when we do them so often that we lose sight of the fact that the habitual behavior is actually a complex sequence of thoughts, feelings, and behaviors. As the habit becomes more and more automatic, it's as if we just go on auto pilot, and we become less and less aware of the sequence of thoughts, feelings, and behaviors that make up this auto pilot. It's like this when an addict self intrusion occurs. Because the addict self has become so automatic, it probably doesn't occur to you that you could weaken its power over you by breaking it down – by **taking the addict auto pilot apart** ---and seeing what it's made of. So, we are going to do this now using the Worksheet in your Workbook.

[Therapist shows client where the worksheet can be found in the Workbook.]

You dictate and I'll write. Can you describe to me what happened right before your last addict self intrusion -- what emotions were you feeling right before the intrusion? Many people report that negative emotions, such as anger or depression, trigger drug use.

[Therapist writes down on the Worksheet the emotions that preceded the client's last addict self intrusion.]

Do you know that what you tell yourself affects how you feel and what you do. So, prior to having these feelings, you must have had addict self thought. If you had angry or depressed feelings you must also have had angry or depressed thoughts, right? What kind of thoughts were you having right before the last addict self intrusion -- what do you tend to tell yourself repeatedly that leads to drug use? Do you see now how addict behaviors are linked to thoughts and addict feelings? You activate any one of these components of the sequence, and before you know it you get the others, too. So, let's turn to the behaviors that are part of the sequence. Some people say that the behavior associated with addict thoughts and feelings is isolating themselves. Others say that the addict thoughts and feelings come up when they are engaged in activities with other drug users. What kinds of behaviors are associated with your addict self intrusions? Let's write them down on your Worksheet.

[Therapist writes behaviors in space provided on Worksheet.]

Have you ever noticed that it's as if the addict self is trying to sabotage your spiritual development? It'll probably try to talk you out of practicing your meditation or doing your other assignments. One way to prevent the addict self from sabotaging your progress, is to be prepared for it. Be alert for it, so that it can't sneak up on you. Together let's think about what your addict self might do to sabotage our treatment sessions – what should **we** be prepared for?

[Therapist reads from the list provided on the worksheet, asking the client which they should be alert for. Note that therapist frames treatment non-adherence as addict self intrusion so that client can identify strategies to handle these intrusions].
As your coach, if any of these things come up to sabotage your progress, I'll be sure to let you know about it. Is that okay with you?
Can you see now how important it is to identify addict self intrusions early? Now that we have talked about identifying addict self intrusions, we can talk about how to interrupt them. If you don't interrupt them they can activate the entire addict habit pattern and this will inevitably result in harm to self and others.

Segment 2 -- Interrupting the Addict Self Auto Pilot

Schema interruption techniques:

- Self-schema check-ins
- Changing routine
- Thought stopping
- Observe and name

Instruction to Therapist: In this segment you will teach clients some techniques for interrupting the addict self auto pilot so that it does not play itself out all the way to its usual conclusion which is using drugs or doing something else that could harm self or others.

The first technique is one they are very familiar with and that is the '**Self-Check-In**'. Until now clients have been instructed to check in at least three times each day to see if their addict self is activated. Now that you have taught them how to unpack the components of their addict self, they can begin using their Self Check-Ins to determine if there are any components of the addict self currently active. For example, when checking in, the client might become aware of feeling bored and recognize this as a component of the addict self that activates the auto pilot. Simply by becoming aware of this component of the system, the automaticity is interrupted providing an opportunity for refocusing.

The next technique is '**changing routine**'. This technique works in tandem with the Self-Check-In. What the client will be doing here is using another habit, one that is more easily broken, to assist in interrupting the addict self. For example, if the client is in the habit of wearing a watch on the left wrist, then by wearing it on the right wrist the automaticity of this action sequence will be disrupted. Then, each time the client automatically looks at the left wrist to check the time, he or she will be startled to find no watch. Instruct clients to use this interruption of what we will call 'the time-telling action plan' to remind them to do a Self-Check-In to become aware if any components of the addict self are present. As clients become habituated to the disruption of the routine, select another routine to change. There are many to choose from. Moving familiar items in the home or work place, such as a frequently used coffee pot, is another example of how to interrupt the automaticity of daily activities sufficiently to become mindful of what components of the addict self may have arisen. Work with clients to identify one or

more routines that can be changed in their own lives that will provide an opportunity for interrupting the addict self.

The next technique is '**thought stopping**'. You can teach this technique by leading clients, with eyes closed, through a brief visualization in which they will have thoughts of using drugs. Use some of the early warning signs you identified in the previous session in your guided visualization. For example, if boredom is associated with drug use, lead the client in a visualization exercise in which he or she has feelings and thoughts associated with boredom. Using these personal early warning signs, ask clients to think about using drugs. Then, without warning, bang your hand or fist hard against the desk and loudly shout STOP. This will startle the client. You will then ask if at this moment the client is still thinking about drugs. The client will say no, you scared me; this will demonstrate that addict thoughts can be interrupted, and once interrupted there is an opportunity to refocus on the spiritual path. Explain that clients will need to shout STOP to themselves whenever they catch their thoughts or emotions wandering into dangerous territory that could trigger the addict auto pilot. For example, when they do the self-check in, if they find their addict self becoming active, they should shout STOP (to themselves). Give them a few minutes to practice thought stopping by leading them in the same guided visualization using the client's own early warning signals. Prior to beginning the visualization this time, instruct clients to shout STOP to themselves during the visualization as soon as they can actually feel their early warning signals being turned on. Before proceeding to the next technique make sure that clients understand the technique, that they were able to use it during this short practice, and that they understand how it can be used in daily life to handle addict self intrusions.

The next technique for interrupting the automaticity of the addict self intrusion is '**observe and name**'. In this technique, clients simply observe the early warning signal and then name it. It can be used alone or in conjunction with thought stopping. For example, let's take the example of boredom. As soon as they become aware of boredom, they would simply recognize and label it by saying to themselves, 'boredom' or 'this is boredom', or 'boredom has arisen'. They would do nothing else. Instruct them that they are not to get caught up in its trap. They should **not** say '**I feel bored**'. Make sure clients realize that there is no 'I' in it. There is only boredom. No me, no mine. Just boredom; with no 'I'. This technique provides distance from the feeling, and prevents clients from getting trapped by it. Again, emphasize that this is their training in mastery of the mind, and the goal is to stop getting trapped by thoughts and feelings that activate the addict self auto pilot and disconnect them from their true spiritual nature. This technique may be difficult for clients to understand initially, and you should acknowledge this and reassure them that it is a very powerful technique that has been used for thousands of years. It also sets the stage for the technique for overcoming craving that you will be teaching them in the next session, in fact observing and naming is the first part of the "insight into craving" technique, so it is important that they understand it. So, lead them through the same guided visualization that you did for the last technique. This time when you ask them to experience boredom in preparation for thinking about drug use, instead of yelling STOP, instruct clients to say to themselves 'boredom' or 'boredom has arisen.'

Ask them to simply observe it, name it, and not get caught in its trap. Ask them for a commitment to trying this technique in their daily lives.

Before proceeding to the next segment, be sure to remind clients that each of these strategies is listed in their client workbook.

Example of therapist script: So, let's talk about what to do once you become aware that you are going on addict auto pilot. Now you have to interrupt the habitual process before it plays itself out. There are several ways to do this. One way is just an extension of what you've been doing already – and that's the '**Self Check-In**'. Up until now you've been checking in with yourself three times a day to see if your addict auto pilot was active. Now you know about the addict auto pilot's parts, you will be able to interrupt yourself at least three times a day to determine if any of your addict self's thoughts, feelings, and behaviors are currently active. By becoming aware of any of the auto pilot's separate parts, you can prevent it from playing itself out automatically. Do you understand?

[Therapist checks that client understands the difference between doing the three times daily Self Check-Ins to become aware, in a general sense, of the addict self, and, more specifically, to become aware of the addict self's thoughts, feelings, and behaviors – the components of the addict self schema.]

Another strategy for interrupting the addict self is called '**Change in routine**'. This strategy uses another, harmless, habit to help you take apart your addict self's auto pilot. Let me explain. Do you wear a watch on your left wrist? If you do, you will have the habit of looking at your left wrist to check the time; most of us have this habit. This is the harmless habit you will interrupt to help you interrupt the harmful addict self. Think about what would happen if you put your watch on your right wrist. Every time you wanted to check the time, out of habit you would look at your left wrist, but it won't be there. For a moment you will be startled, right? Well that's the point. You can use this moment of being startled to remind yourself to check to see if any addict thoughts, feelings, and behaviors are active. Do you see how that works? You can use any harmless habit or routine to help you as long as it is something you do many times a day. Let's think of a routine you can change in your daily life that will remind you to check in with yourself.

Now I'm going to demonstrate another strategy. I'd like you to sit comfortably in your chair, with arms and legs uncrossed, your feet flat against the floor. Close your eyes, and take a few relaxing breaths. I'm going to ask you to imagine the last time your addict self intruded. Remember the thoughts and feelings that came up for you the last time your addict self intruded --- ----- [here therapist inserts the thoughts and feelings previously identified by the client as associated with addict self intrusions.] Take a moment to relive this, really get into it. I'll tell you when you can open your eyes.

[Therapist allows a few moments to pass and then **suddenly hits his or her hand hard against a table and shouts 'STOP' loud enough to startle the client.**]

I'll bet you aren't thinking those addict thoughts any more, right? This strategy is called '**Thought Stopping**' and it is very effective even when you do it to yourself. As soon as you identify addict thoughts or feelings, you shout 'STOP' silently to yourself. Not only are you interrupting your addict self's auto pilot when you do this, you are also making a very clear statement to yourself that you have no intention to follow the addict self to where it will surely lead. Let's try the visualization exercise again. So, get comfortable in your chair, and close your eyes. I'm going to ask you to imagine again the last time

your addict self intruded. Remember the thoughts and feelings that came up for you the last time your addict self intruded --- ----- [here therapist inserts the thoughts and feelings previously identified by the client as associated with addict self intrusions.] Take a moment to relive this, really get into it and then shout STOP silently to yourself. Do this several times if you need to. Then when you are ready, open your eyes. Do you think you can do this at home?

Another strategy is called '**Observe and Name**'. This strategy allows you to slow down the automatic pilot by simply observing whatever has arisen, such as anger, and naming it. Let's take one of the emotions that you said earlier was associated with your addict auto pilot. [Therapist selects one of the feelings that were identified earlier and written on the worksheet in the section on breaking the habit down into its component parts, and inserts this feeling in the example that follows]. So, whenever you become aware that feeling of _____(insert client feeling)_____ has arisen (e.g., an angry feeling), you will just observe it and name it by saying silently '....anger...' (or whatever the feeling is). **Don't say 'I am angry'** (or whatever the feeling is) – just name it. There is no 'I', no 'me' and no 'mine.' There is just the feeling. When you identify with it by saying 'I am angry' (or whatever the feeling is), you can quickly get caught up in it. So, just name it. Calm observation of the feeling or thought, without identifying with it, actually interrupts it sufficiently for you to return to your spiritual path. It stops you from getting trapped by it, and stops it from leading to behaviors that are harmful to you and others. This is a strategy that has been used by Buddhist monks for thousands of years. So, let's do the visualization again. So, get comfortable in your chair, and close your eyes. I'm going to ask you to imagine again the last time your addict self intruded. Remember the thoughts and feelings that came up for you the last time your addict self intruded --- ----- [here therapist inserts the thoughts and feelings previously identified by the client as associated with addict self intrusions; make sure you frame it in a way that will be easy for the client to identify it, e.g., thoughts and feelings associated with anger or boredom, etc.] Take a moment to relive these thoughts and feelings, really get involved in them for a moment, then make the effort to step back from them so that you can simply observe the thought or feeling, and then silently name it. Do this several times if you need to. Then when you are ready, open your eyes. Do you think you can do this at home?

All these strategies are listed in your Journal (Client Workbook), so look them over when you get home and start incorporating them into your daily life.
[Therapist shows client where to find the strategies in the Workbook.]

Segment 3 – Refocusing on a Spiritual Path

Cognitive refocusing: Once the addict self-schema has been interrupted, the client is taught to refocus immediately in order to activate a schema that is incompatible with drug use – the spiritual self-schema.

- prayer or mantra -- Self-affirmation is created in session and written on index cards for placement in convenient locations in client's environment
 - Make it brief and memorable
 - Consistent with client's spiritual/religious tradition
 - Rehearse it and enter it in 3-S Journal
- singing of hymns, chanting, or listening to inspirational music

- meaningful visual stimuli (e.g., a sunset, video, painting)
- meditation on in and out breath
- equanimity

Instruction to Therapist: In this segment you will teach clients that interrupting the addict self is not enough. If they don't turn their attention immediately to their spiritual path, they will quickly get caught up in the addict self auto pilot once again. Because the spiritual self-schema will not have been fully elaborated at this early stage in treatment, the therapist's task in this session is to introduce clients to a few simple strategies for cognitive refocusing. In a later session, during the training in wisdom, clients will be taught additional strategies for elaborating their spiritual self-schema, rehearsing it, and increasing its accessibility in daily life. Remind clients that it takes mental discipline to take back control from the addict self and refocus on their spiritual path, and that this is what this training in mastery of the mind is all about. To do this they will need not one, but an arsenal of tools for refocusing their mind.

The first is a **short prayer, mantra, or self-affirmation** that they will recite after they have interrupted the addict self (e.g., Majjhima Nikaya 99:21). For example, clients could simply affirm 'I am not my addict self; I am my spiritual nature' or they could choose a prayer or mantra that is specific to their religious faith. For example, Christian clients may choose to recite a prayer like the Jesus prayer -- 'Jesus Christ have mercy on me'; Muslim clients may choose to say 'As Allah wills it'. Some clients may simply wish to say 'God, give me strength'. The primary criteria for whatever prayer, mantra, or affirmation is selected by clients are that it be short, memorable, and personally meaningful to the client in that it should already be strongly associated with the client's spiritual faith. Be sure to write down on the worksheet whatever prayer or affirmation was selected so that clients can refer to it at home; as you will see in a later segment, it will also be part of their at-home assignment this week. Also make a note of it for your own records as you will need to refer to it frequently in future sessions. Then give clients 5 to 10 blank index cards and instruct them to write their selected prayer or affirmation on these cards and then place them in conspicuous locations in their home, car, and workplace. That way, whenever the addict self intrudes, they can interrupt it, and refocus on their spiritual path. Help clients to get started with this assignment by writing the prayer or affirmation for them on at least one of the index cards and then give them the rest to complete at home.

The next tool for refocusing is **music and song**. Ask clients to identify a hymn or chant or any inspirational music that they can hum, chant, or sing softly to themselves after they have discovered that the addict self is becoming active. Some clients might want to put the words of their affirmation or prayer to music, so that they can sing it to themselves whenever they need help refocusing on their spiritual path. To help clients understand the rationale for this technique you might suggest that they think of when they were children and would try to block out some sound or something someone was saying, by putting their fingers in their ears and humming loudly. Tell them that this is similar to that except this time it is the voice of the addict self that they are attempting to block out. Be sure to write down the name of the song or hymn that the client chooses on the worksheet.

Next, ask clients to select **something that they see frequently in their environment** that reminds them to remain on their spiritual path. For some clients this might be a religious statue or religious jewelry, or a picture of a spiritual leader. For others, it might be a photograph or an object in nature that has special spiritual significance. Later, in the experiential component, you will be helping clients identify objects in nature that they can use to refocus on their spiritual path. But for now, simply instruct clients that whenever the addict self intrudes, they should interrupt it and then focus their attention on whatever special object they just selected that reminds them of their spiritual path. Again, write down whatever object the client selects on the worksheet.

The final tool to be reviewed in this segment for helping clients refocus on their spiritual path is one that clients are already familiar with, and that is **meditation on the in- and out-breath**. Remind clients that focusing on their ‘anchor’ is a powerful barrier to the addict self. As soon as they interrupt the addict self, or components of the addict self, they should focus their attention on the area below their nostrils and above their upper lip where they first feel the touch of the breath as they breathe in and as they breathe out normally and naturally through their nose. This is their anchor in emotional storms. This is the place that they can enter where they can feel safe and where they are connected to their spiritual home.

Having taught these strategies for helping clients to refocus on their spiritual path, you can introduce them to the word ‘equanimity’ which will be their spiritual quality to practice during the week. Explain that whatever strategy they choose to use to refocus their minds on their spiritual path, it should provide them with equanimity. Define equanimity for them as ‘having a calm and balanced mind’ and explain that when they have equanimity, it is impossible for their mind to get caught in the trap of the addict self.

Example of therapist script: So now that you have identified the addict self intrusion and have interrupted it, what do you do now? **You refocus your mind on your spiritual path.** Notice again how much mental discipline is required. That is why this training is called mastery of the mind. You have to train your mind to refocus. There are several ways you can do this.

The first one we will talk about is reciting a **brief prayer or self-affirmation**. Let’s write an affirmation that you can use to refocus on your spiritual self during the week whenever the addict self tries to intrude. You dictate it and I’ll write it in your Workbook. [Therapist helps client create an affirmation, being sensitive to the client’s spiritual/religious beliefs. It should be brief so that it is easily remembered – e.g., ‘I am my Spiritual nature’ or ‘God keeps me safe in His loving arms’ or ‘Jesus have mercy on me’, or ‘As Allah wills it’]. Now that you have your affirmation, you need to remember to use it. One way to help you remember is to write it on cards and place the cards around your home, car, and workplace. Let’s do that together now. [Therapist and client write the affirmation on 5-10 index cards which the client will take home.]

Another way to refocus your mind is to **sing a song or hymn or chant** that reconnects you with your spiritual nature. Can you think of a song or hymn that is personally meaningful? Let’s write it on your Worksheet. [Therapist helps client identify a song or hymn and writes it in the space provided on the Worksheet.]

The third strategy is to **refocus on a Spiritual object**, like a picture or piece of jewelry that reminds you of your Spiritual nature. Do you have an object like this that you can keep with you at all times that could remind you of your Spiritual nature? [Therapist helps client identify an object for refocusing. If the client is religious, this object could be a religious picture or piece of jewelry that has religious symbolism, such as a crucifix. If the client is not religious, the object might be a photograph of a loved one or a picture of a scene in nature. It should be small enough for the client to keep with him/her at all times, so that it is readily available following addict self identification and interruption.]

The fourth strategy listed on your worksheet is your anchor. Don't forget, when you need to refocus on your Spiritual nature, that you always have your anchor – the sensations caused by the in and out breath. Turning your attention to your anchor when the addict self tries to intrude is a very effective way to refocus your mind.

So, you now have a number of different ways to quickly refocus your mind whenever the addict self tries to intrude. Whatever strategy you select to refocus your mind should be something that helps restore the balance of the mind. Do you remember the word for restoring the balance of your mind? The word for that is **equanimity**. It is another of the spiritual qualities that you will be practicing on your spiritual path this week. When you have equanimity you are able to regain the balance of your mind that the addict self has tried to take from you. So, equanimity is a very important word to remember and to practice during the week when you are faced with addict self intrusions. We'll be focusing on helping you strengthen your equanimity next during our Spiritual workout.

Segment 4 -- Experiential component

Gym metaphor: exercise spiritual muscles

- Contrast self-medication with illicit drugs to self-medication with the beauty of nature – ‘The Whole Earth is Medicine’ (*The Blue Cliff Record, Volume 3, p. 559*)
- Mindful interaction in-session with natural objects (leaf, shell, feather, rock, etc.)
 - to introduce quality of ‘equanimity’
 - to increase mindfulness
 - to provide healthy example of ‘self-medication’
 - to develop alternative action plans associated with the spiritual self

Instruction to Therapist: In this segment, you will do a spiritual workout with your clients that focuses on helping them experience equanimity. You will explain that when the addict self interacts with the world, the world reflects back addict self qualities. But when the spiritual self interacts with the world, it reflects back quite different qualities. In this segment you will be helping clients to begin to interact with the world as their spiritual self by introducing them to a Zen saying ‘the whole earth is medicine.’ As this saying probably won't be familiar to most clients, begin by discussing a concept that is familiar to most clients in addiction treatment -- the concept of ‘self-medication’. Discuss with clients how the addict self turns to drugs to relieve its suffering, but in the long run, of course, it doesn't relieve suffering at all. On the contrary, it further disturbs the person's equanimity or balance of mind, and causes further suffering. Contrast the concept of self-medication with the Zen saying ‘the whole earth is medicine.’ Explain that this saying means that there are things all around us that can help to restore the balance of our minds, and that when we interact with the world with a pure mind, one

that is not defiled by habit patterns like the addict self, we are better able to experience this equanimity. You can give the example of how one feels when watching a beautiful sunrise or sunset – when we become fully absorbed in the beauty of a sunrise or sunset, we become calm and tranquil. Talk about the natural elements of earth, air, water, and fire, reminding clients that these elements that are all around us and in us, support our life, yet we are usually quite unaware of them. Then show clients several natural objects, one at a time. These objects should have different colors and textures, such as rocks and shells and feathers and leaves. Ask clients to handle each object mindfully and to become aware of their increased equanimity as they focus on the object and examine it mindfully. Ask clients to find some natural objects of their own that they can place in their home or workplace that will help them refocus on their spiritual path after they have interrupted an addict self intrusion. By doing this they can regain their equanimity -- the balance of their minds.

Example of therapist script: As you know, every week we do a spiritual workout. It's like going to the gym to work out your spiritual muscles. This week we are going to focus on developing the spiritual quality of equanimity. So, let's begin.

Have you ever heard people talk about addiction as self-medication? The addict self has a one-track mind – it wants drugs to feel better, right? When the addict self is active you don't usually notice anything in your surroundings that isn't related to getting drugs. Drug users say that if they're craving drugs, they get so caught up in getting and using drugs that they probably wouldn't even notice if their hair was on fire. You've probably had that experience, right? It's like you've completely cut yourself off from the world. The only world you know is drug use, and drug use may promise to self-medicate – to heal your pain, but it only makes the pain worse in the long run. So it's not very good at self-medicating – it's actually bad medicine.

There's a Zen Buddhist saying you may have heard -- 'The Whole Earth is Medicine.' Do you know what that means? One meaning is that the beauty of nature is healing, and that there are things all around us in nature that can give us equanimity – can help restore the balance of our mind if only we open our eyes to them. When your addict self is active, you cannot see or benefit from the Medicine that is all around you. But when your spiritual self is active, you are able to see more clearly what this means.

Let me give you some examples. If you're feeling bad, or something happens that bums you out, rather than turning to drugs, you could go to the remedy that is all around you – in the four great elements of earth, water, air, and fire. These elements are around you and in you. Let's begin with earth. Think of the earth that supports you and provides your food and clothing. Look around at the trees, green grass, beautiful flowers, animals, and other people – all are part of the earth. Some people see God in the beauty of nature. When you experience craving and desire, look to nature to fill your needs rather than to drugs. Now let's consider the element of water. Think of the rain and snow, rivers, and oceans. Rain provides water for us to drink. Without it we couldn't survive. When you feel agitated, try listening to the soothing sound of water. How about the air element? Think of the air we breath, it too supports our lives. Just think of our meditation on the in- and out-breath -- it provides an anchor and connects us with our Spiritual nature. We can also look up at the sky, and find peace in the clouds. How about the fire element? Fire is life energy. When you feel tired, think of the sun that warms us, the moon and stars that light the night sky, and the vital energy source that gives us life; without this energy, we cannot survive.

So, when you think of the four great elements it's easy to see the meaning of the phrase 'The Whole Earth is Medicine.' The earth really is the best medicine, we just need to be aware of it, and recognize our inter-connectedness with it. The problem is that the addict self is incapable of doing this. That's why it's so important to interrupt the addict self and train your mind to activate the spiritual self instead. Your spiritual self is able to see the potential for healing that is all around us and in us. Let me give you an example. Have you ever looked at a beautiful sunset and forgotten all about yourself for a while? It's like getting lost in the beauty. In that moment there is no 'me,' no 'I', no 'mine'; there is only the present moment. It is by being fully absorbed in the present moment that we can restore the balance of our mind, and regain our equanimity.

Do you understand what I'm saying? I'll bet you can think of some things in nature that you find so beautiful that you can lose yourself in them for a moment. They don't have to be big things. Let me give you some examples. I brought in some objects that, when I look at them and touch them, bring to mind the saying 'The Whole Earth is Medicine' and help me connect with my spiritual nature.

[Slowly, and one at a time, therapist presents client with a variety of natural objects to feel, such as polished or rough rocks or shells, feathers, leaves]

When you touch these in a mindful way, you can feel the wonderful texture of each. Here, try it. Feel the smoothness of the rock (shell), and the lightness of the feather, the softness of the leaf. What a wonderful planet we live on that has these things for us to experience! Your addict self would probably ridicule all this, but your Spiritual self understands, right?

During the next week, I'd like you to take time to experience the healing planet earth that you live on and to allow it to restore the balance of your mind. I recommend you do this by finding some small, simple objects from nature, perhaps like the ones I just showed you, that connect you with your Spiritual nature, and keep them in your home and workplace. Then, if the addict self tries to intrude, just remember the saying 'The Whole Earth is Medicine' and instead of craving or using drugs, refocus your attention on your special objects and activate your Spiritual self.

Segment 5 -- At-home practice assignments

- Continue: Meditation on the in and out breath daily for 15 minutes (increasing 5 minutes each session to 60 minutes by treatment completion)
- Continue: 3 times daily self-schema check-ins (with cue)
- Continue: Daily 3-S stretch
- New: Use spiritual **self-affirmation** (or prayer) to refocus after an addict self intrusion
- New: Spiritual quality assigned -- '**equanimity**' – maintaining a calm and balanced mind)

Instruction to Therapist: In this segment, clients are given their at-home assignments. They are reminded that being on a Spiritual path requires strong determination and effort (these are the spiritual qualities assigned in previous sessions), and that they are to continue the at-home assignments previously assigned in addition to the ones you will be assigning today. Be sure to refer clients to the page in the Client Workbook on which the at-home exercises for today are written, and then go over each one to ensure that clients

understand what is to be accomplished during the coming week. Clients are to continue the daily Spiritual Stretch, the 3 times daily self check-ins, and the daily meditation on the in and out breath. Their daily meditation time is increased as appropriate. This will depend on how each client is progressing. Keep in mind that the goal is to have the client meditating for one hour each day by the end of treatment. Once the usual routine is reviewed, the new assignments are added. The new Spiritual quality to strengthen during the week is '**equanimity**'. The new assignment is to begin using the prayer or self-affirmation that the client chose during the session to refocus on their spiritual path after interrupting an addict self intrusion. Clients are told to place index cards on which the prayer or affirmation has been written around their home and workplace to remind them to recite their prayer or affirmation whenever they catch the addict self trying to intrude. During the session clients were also encouraged to use the other techniques taught for identifying, interrupting, and refocusing, but don't overload the client by including them in this segment. Focus instead on using the prayer or self-affirmation. This segment ends as it always does with the therapist asking for clients' commitment to interrupting the addict self and refocusing on their spiritual path.

Example of therapist script: The session is almost over. Let's go over your training schedule for the week.

Continued: You will continue your daily spiritual stretch and your mindfulness practice of checking in with yourself three times a day to see what habit pattern of the mind is active. Use your cues to interrupt yourself at least three times a day (therapist reviews the interrupting cue with client), You will also continue your in- and out-breath meditation practice – if you can, increase the time to 15 minutes each day that you practice [Therapist gauges amount of practice time to client's progress.]

Added: Your new assignment for the week is to begin using the **self-affirmation (or prayer)** that you wrote today to refocus on your spiritual path when the addict self tries to intrude. When you get home, put your affirmation (on a card or post-it note) in as many places around your house as possible. Recite it frequently, especially when you notice the addict self auto pilot is in danger of becoming active.

Your spiritual quality for the week is '**equanimity**' -- which means remaining calm and being able to restore the balance of your mind. You have already demonstrated that you have this quality today. So keep up the good work. Remember, you will need equanimity during the week as well as strong determination and effort.

Commitment: Can you make a commitment to staying on your spiritual path during the week, to do this training in mindfulness and concentration every day, and to express the spiritual quality of equanimity?

Segment 6 – Summary

Summary of session content to facilitate client understanding:

- Mastery of the Mind – Effort, Mindfulness, Concentration
- Addict self intrusions are to be anticipated, not sign of failure
- Become aware of addict self-intrusions and identify their component parts – this takes vigilance, and is a sign of progress
- Interrupt the flow of the addict self intrusion; then refocus your mind on your spiritual self
- Equanimity is the quality that will restore the balance of your mind.

Instruction to Therapist: In this segment of the session you will provide a brief review of the session content in order to facilitate client understanding. The summary for this session include the following concepts: First, you should remind clients that this session has continued their training in mastery of the mind, and that mastery of the mind is essential for handling the addict self intrusions that are normal, to be expected, and something to prepare for at this phase in recovery. The three words for clients to remember for this session are ‘identify’, ‘interrupt’, and ‘refocus’. Clients learned to identify components of the addict self-schema – the scripts and action plans -- that are associated with addict self activation. They also learned strategies for interrupting the addict self auto pilot; these were the self-check-in, changing routine, thought stopping, and observing and naming. They also learned strategies for refocusing on their spiritual path. These including activating a new spiritual self script by reciting a prayer, mantra, or self-affirmation, recalling inspirational music, looking at inspirational objects, and turning their attention to their anchor in meditation on the in- and out-breath. They also learned the importance of the spiritual quality for the week which is equanimity – regaining the balance of their minds – and that when they are on their spiritual path they will find that there are many things in the natural world that will bring them peace and healing for their spirit.

Example of therapist script: Before we end today’s session, let’s review briefly what we covered. Today we continued the training in Mastery of the Mind with its three components – effort, mindfulness, and concentration. We talked specifically about addict self intrusions and how they are to be expected and are not a sign of failure. In fact, becoming aware of them is a sign that you are on the right path, because you cannot change what you are not aware of. You learned that breaking a habit means breaking it down into its parts, and you learned to break down the addict auto pilot by identifying the addict thoughts, feelings, and behaviors that are associated with drug use. You also learned how to interrupt the addict self auto pilot and how to refocus on your Spiritual path. All this takes effort and strong determination. These were the qualities you worked on during previous weeks. Another quality that is needed is equanimity. This is the quality you will work on this week. By mindfully examining beautiful natural objects, you learned that one way you can regain your equanimity in daily life is to become aware of your oneness with the beauty of everything around you. By strengthening your equanimity, you will be able to restore the balance of your mind whenever the addict self tries to intrude.

Segment 7 -- 3-S Stretch

- 3-S Stretch with ‘equanimity’ inserted

Instruction to therapist: Each 3-S therapy session ends with the spiritual stretch. You will find a diagram of the stretch in this manual and also in the Client Workbook. The goal of the stretch, which is to be performed daily at home, as well as at the end of each session, is for clients to affirm both physically and verbally their commitment to spiritual practice. At each stage in the stretch, which is performed slowly, therapists and clients affirm, aloud, the commitment to the client’s spiritual path and to developing the spiritual quality assigned for the week, in this case ‘Equanimity’. The words spoken during each

part of the stretch are to remind clients that being on a spiritual path requires making their thoughts, words, emotions, actions, and perceptions consistent with the highest spiritual ideals. You will do the stretch with your client at the end of each session so that you can correct any mistakes as the stretch is executed, and ensure that clients know how to do the stretch at home. Until clients are familiar with the wording, have them repeat each phrase after you. Explain that the stretch is a simple way to begin their day that can remind them to stay on their spiritual path. Remind them that the stretch is one of their at-home practice assignments, and show them once again where they can find it in their workbook. Then do the stretch together and end the session.

Example of Therapist script: As equanimity is the quality you will be working on this week, let's end the session by focusing on this quality while doing our spiritual stretch.

[Therapist and client stand and perform the stretch together – see appendix for posture.]

'Today I take my spiritual path. May my thoughts reflect equanimity; may my words reflect equanimity; may my emotions reflect equanimity; may my actions reflect equanimity; may my perceptions reflect equanimity; may I be open and receptive to equanimity. I am my spiritual nature.'

End

Example of therapist script: Thank you for coming today (client name). I look forward to seeing you at our next session.

3-S+ Worksheet: Session #3: Handling addict self intrusions

Identify – Interrupt – Refocus

IDENTIFY

BREAKING A HABIT = BREAKING IT DOWN INTO ITS PARTS:

Identify the Addict Self's ...

Feelings: _____

Thoughts: _____

Behaviors: _____

BE PREPARED FOR ADDICT SELF INTRUSIONS:

Predict ways the addict self may try to sabotage your spiritual progress:

Place a check mark next to items below that describe your addict self's sabotage tricks:

Missing 3-S therapy sessions	___	Missing daily methadone dose	___
Missing drug counseling	___	Missing urine tests	___
Denying any drug use	___	Minimizing harm caused by drug use	___
Isolating yourself	___	Going to high risk places	___
Being with high risk people	___	Doing high risk activities	___

Don't be discouraged if the addict self intrudes. Intrusions are to be expected. Being aware of them, and being willing to interrupt them, is a sign of spiritual progress.

INTERRUPT

IF YOU CAN'T PREVENT ADDICT SELF INTRUSIONS, INTERRUPT THEM:

1. Self-Check-In. I will check in with myself at least 3 times daily to catch it in the act.
2. Change routine. When you change your routine frequently, you interrupt the addict self's auto pilot long enough to be able to return to your Spiritual path.

I will change my routine as follows: _____

(Examples: wear watch on other wrist or ring on different finger; take a different route home, sit in a different chair, move frequently used items, set an hourly beeper).

3. Thought Stopping. When addict thoughts intrude, I will silently shout 'STOP'
4. Observe and Name. When addict feelings intrude, I will not get caught up in them. Instead I will name the feeling and let it pass away.

REFOCUS

ONCE YOU HAVE IDENTIFIED AND INTERRUPTED THE ADDICT SELF INTRUSION, REFOCUS ON YOUR SPIRITUAL PATH:

1. Recite a short prayer or affirmation _____
2. Sing or hum a spiritual song, hymn, or chant. _____
3. Focus on an object that reminds you of your spiritual path _____
4. Meditate on the in- and out-breath – your anchor.