

# A TRUST BASED RESPONSE TO ADDICTION

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## The Case for Connection

### 1. Compassion is Stronger

[https://www.simplepractice.com/blog/substance-abuse-tough-love-or-compassion-in-recovery/?utm\\_medium=email&utm\\_source=sp-pollen&utm\\_campaign=20221203-paid-trial-leads-pollen-weekly-grief-journey-vA-SL2-resend](https://www.simplepractice.com/blog/substance-abuse-tough-love-or-compassion-in-recovery/?utm_medium=email&utm_source=sp-pollen&utm_campaign=20221203-paid-trial-leads-pollen-weekly-grief-journey-vA-SL2-resend)

### 2. Rat Park

a. <https://www.youtube.com/watch?v=d-0KfwFCMRM>

b. <https://www.brucealexander.com/articles-speeches/rat-park/148-addiction-the-view-from-rat-park>

### 3. Craft

a. CRAFT Class: <https://www.youtube.com/watch?v=133CckmH4il>

b. The 20 Minute Guide [www.the20minuteguide.com](http://www.the20minuteguide.com)

c. Book: Beyond Addiction

### 4. Put the Shovel Down - YouTube Channel

a. How to be Kind to Someone with an Addiction Without Enabling.

<https://www.youtube.com/watch?v=EkpiMlwvbl0>

b. How To Talk to an Addict in Denial. Secret Formula. 8 Steps.

<https://www.youtube.com/watch?v=ED6vqEj6Tv0>

c. CRAFT -

[https://www.youtube.com/watch?v=yXVFRsloOjo&list=PLaaJWwlpP\\_zbES-MOzy2qub0LBViP6xxD](https://www.youtube.com/watch?v=yXVFRsloOjo&list=PLaaJWwlpP_zbES-MOzy2qub0LBViP6xxD)

d. Motivating

[https://www.youtube.com/watch?v=QrtW\\_JbjXxg&list=PLaaJWwlpP\\_zYtiUsXjYwB-GJEy2iJ24a4](https://www.youtube.com/watch?v=QrtW_JbjXxg&list=PLaaJWwlpP_zYtiUsXjYwB-GJEy2iJ24a4)

e. Detachment - Searched Put the Shovel Down

<https://www.youtube.com/c/AddictionRecoveryHelp/search?query=Detachment>

## The Case for Boundaries

5. Melody Beatie “The Language of letting Go” journal. December 5th.  
<https://www.soberrecovery.com/forums/friends-family-alcoholics/380389-language-letting-go-december-5-a.html>
6. Al-Anon
  - a. Serenity Prayer
  - b. Detachment - Attach to your higher power and trust.
  - c. Stay in your own Hula-Hoop
7. Put the Shovel Down - Why It's So Freaking Hard To Detach From Your Addicted Loved One!  
<https://www.youtube.com/watch?v=PvEVFCIQ8dE&t=436s>

## Build Your Capacity

1. Al-Anon - Meetings; Readings; Literature
2. CRAFT Method - 20 Minute Guide; Beyond Addiction; Put the Shovel Down
3. TBRI yourself
  - a. Connection - Cue your Nervous System for Emotional Felt-Safety
    - i. Safe People
    - ii. God - Meditation; Sing; Prayer (Serenity & St. Francis)
    - iii. Self - Attachment/History; Enneagram; Tapping
  - b. Empower - Cue your Nervous System for Physical Felt-Safety
    - i. Nutrition/Hydration/Movement
    - ii. Sensory Needs - Healthy Sight; Hearing; Smell; Taste; Touch
    - iii. Environment
    - iv. “50 Points of Joy” The Adoption Connection
  - c. Skills - Study and Learn the skills you need
    - i. TBRI Principles and Strategies
    - ii. Mindfulness & Self-Awareness (Enneagram)
    - iii. CRAFT Method - 20 Minute Guide & Amber Hollingsworth.  
Listening & Motivational Interviewing