



Barry Costello



Any healing from addiction, for individuals, must take into account their internal climate - the beliefs, mind-states and emotions that feed addictive impulses and behaviours

(Dr. Gabor Maté, 2012)



RecoverMe and Compassion

‘Compassion can be defined as behaviour that aims to nurture, look after, teach, guide, mentor, soothe, protect, offer feelings of acceptance and belonging in order to benefit another person.’

(Dr. Paul Gilbert 2010)



- RecoverMe asks both participants and facilitators to bring an attitude of kindness and compassion towards the experiencing of emotions and thoughts.
- The programme encourages, acceptance of 'Where I am at' in my journey.
- Working in this way, builds confidence and goal setting becomes more realistic and aligned to where participants are in their current stage of change.



RecoverMe and Success

RecoverMe asks participants to recognise **success** as something to be embraced no matter how insignificant it might seem.

‘Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?’

Marianne Williamson (1992)



RecoverMe and the ‘Middle Way’

Creating a space
and
finding flexibility
in recovery



Emotions in the context of Recovery

Alan Marlatt's top three reasons for lapse or relapse are:

1. Difficult/challenging emotional states
2. Social pressure
3. Interpersonal conflict



What are emotions?

“Emotions are actually bundles of thoughts, raw feelings, bodily sensations and impulses (such as the desire to scream or storm out of the room)...they’re like a background colour that’s created when your mind fuses together all of your thoughts, feelings, impulses and bodily sensations to conjure up an overall guiding theme or state of mind”

(Williams, et al, (2011), page 19)

They are neither fixed nor are they permanent, they are constantly changing.



Throughout the RecoverMe programme participants are asked to bring this awareness to their own experience by using emotions diaries

Emotions Diary- By filling out this diary sheet you will begin to see patterns in how your feelings/emotions connect with your drug use and what triggered them. It also reminds us how we coped, what we did, what we felt after our actions (e.g. when we make good decisions we don't always feel good afterwards). This information will help in your self-awareness and prompts us in taking control of our actions

Day and Time	Trigger <small>Was there an event/situation or thought that made me want to drink/use or behave negatively?</small>	Immediate Thought <small>What were the first thoughts that accompanied the trigger?</small>	Emotion <small>What was the emotion I felt?</small>	Body Sensation <small>Where do I feel the emotion in the body?</small>	Behaviour <small>What did I do? Did I respond positively or react negatively to the trigger or thought?</small>	Emotion <small>What emotion was I feeling afterwards?</small>	Consequences <small>What were the consequences of your actions – both good and bad?</small>



Day and Time	Trigger Was there an event/situation or thought that made me want to drink/use/ or behave negatively?	Immediate Thought What were the first thoughts that accompanied the trigger?	Emotion What was the emotion I felt?	Body Sensation Where do I feel the emotion in the body?	Behaviour What did I do? Did I respond positively or react negatively to the trigger or thought?	Emotion What emotion was I feeling afterwards?	Consequences What were the consequences of your actions – both good and bad?
Tue 04/04/20** 10am	Car tried to cut me off on the road;	How dare they cut me off? Who do they think they are?	Angry	Stomach tight, chest heavy, heart beating faster	Slowed down, let it go as best I could	Irritated, annoyed	Was not thinking about it was able to sleep
Wed 05/04/20** 5pm	Friend told stories about me put me down	She's a Bitch, I told her in confidence, thought she was my friend, everyone will be talking about me, 'I will get her back'	Hurt Sad Angry	Knot in my stomach, wanted to cry	Went for a drink	Felt calmer at first then got angry	Drank all evening, have not spoken to my friend since or anyone about it, still feel angry
Thurs 06/04/20** 7.30pm	Sitting at home doing nothing Bored	Could do with getting something to fill the time	Restless like anxiety	Butterflies in stomach, joints felt tense	Went for a walk rang a friend and had a chat	Tired and happier in myself	Filled in the evening



The programme is inspired by the women of
SAOL

Collaboration
and
Partnership



Two routes we could take

1. Do we give participants a sheet with the different words and ask them to learn it?

or

2. Do we design a programme that would not only help improve emotional vocabulary but also help people understand their meaning?



Collaboration with other agencies

Key agencies in this process were:

- Ballymun Star Project
- Coolmine (Day Programme)
- Ballyfermot Star Project
- Aras (Kildare)
- SAOL Project



Some key feedback:

1. Something that has been missing from the addiction recovery field.
2. Recognising impermanence
3. Gender focus



Each Module follows the same structure

1. Grounding Exercise I
2. Check-in
3. Review of emotions diary (and drug/alcohol diaries) and any other homework and emotions board
4. Specific content of the session
5. Review of the session and preparation for the next session
6. Grounding Exercise II
7. Safety plan
8. Feedback form



1. Introduction
2. The Role of Automatic thoughts
3. As simple as 'ABC'
4. "I Disagree"
5. Being more than 'Fine'
6. More than Words
7. Keeping the Wheels in Motion
8. Embracing success
9. Facing Fear
10. Becoming my own Lighthouse
11. The Middle Way
12. I'm On My Way



On participating

- Participants do not have to be drug free
- Working in the 'here and now'



RecoverMe, then, can be summarised as:

A programme where new beliefs are presented, tried out and then used to create new goals for continued recovery; this occurs in a reflective environment of participation, acceptance, compassion and evocation where the facilitator is as actively engaged with the learning as the participant.

THANK YOU

