

How to “10-90” Life: Using R.E.B.T. Skills In a Recovery Lifestyle

Presented by: Randy Evans, LAC, CADAC II
Proud Grandpa of Seven



Learning to “Reprogram our brain” so that it works FOR US



“ATTITUDE is more important than facts . . . than the past . . . than what other people think, say, or do. LIFE is 10 % of what happens to you, and 90% of how you react to it.

ATTITUDE !”





A client of mine, a recovering alcoholic who had gone through this teaching in my IOP, lost his 25 year-old son to a heroin overdose on July 4.

In his deep grief, he was blaming all the people who had been using with his son, whom he was sure could have prevented this tragedy.

The day after his son's funeral, he texted me with this message:

“10-90 and your talk about disease kept me from jail . . . thank you.”

let's talk



**WE'RE ALL
IN THIS TO
GETHER**

Let's refresh our memory



Addiction:

1595-1605; < Latin *addictiōn-*
(stem of *addictiō*) a giving over,
surrender; enslaved

A pathological relationship with any mood-altering experiences which results in life-damaging consequences.

John Bradshaw

Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain; they change its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviors.

National institute of Drug Abuse

Diagnostic and Statistical Manual of Mental Disorders - 5

Substance Use Disorders: mild, moderate, severe

“The essential feature of a substance use disorder is a cluster of cognitive, behavioral, and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems.”

Page 484

“Note Some clinicians will choose to use the word *addiction* to describe more extreme presentations, but the word is omitted from the official DSM-5 substance use disorder diagnostic terminology because of its uncertain definition and its potentially negative connotation.”

Page 485

Potential Symptoms of this Neurological Disorder

A ***mild*** disorder is suggested by the presence of **two to three symptoms**

A ***moderate*** disorder is suggested by the presence of **four to five symptoms**

A ***severe*** disorder is suggested by the presence of **six or more symptoms**

(addiction)

- Tolerance
- Withdrawal
- Loss of Control
- Preoccupation
- Cravings
- Neglect of responsibilities
- Continued use “in spite of” adverse consequences

No one ever said ...

“Wow - that was pretty awesome! I can't wait until I really get hooked on that stuff!”



Non-Substance Related Disorders: mild, moderate, severe



Tolerance ?
Withdrawal ?
Preoccupation ?
Cravings ?
The “have to” syndrome ?



“Where would we be
without our I-phones?”

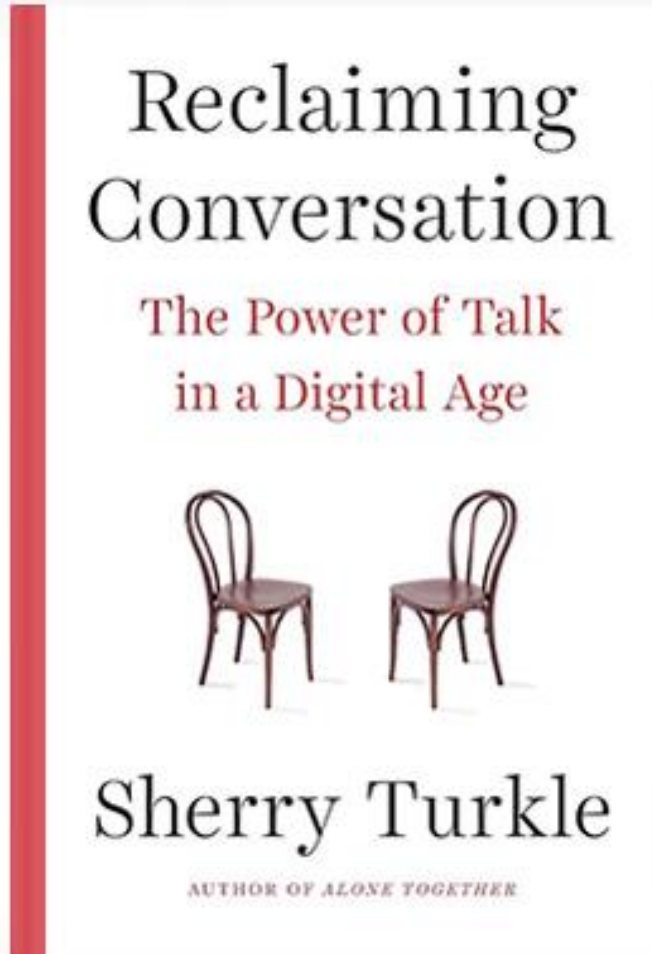




Thank you, my children,
my minions,
my fellow technophiles.



Sherry Turkle is Abby Rockefeller Mauzé Professor of the Social Studies of Science and Technology in the Program in Science, Technology, and Society at MIT.



A small but important glimpse into Neurology

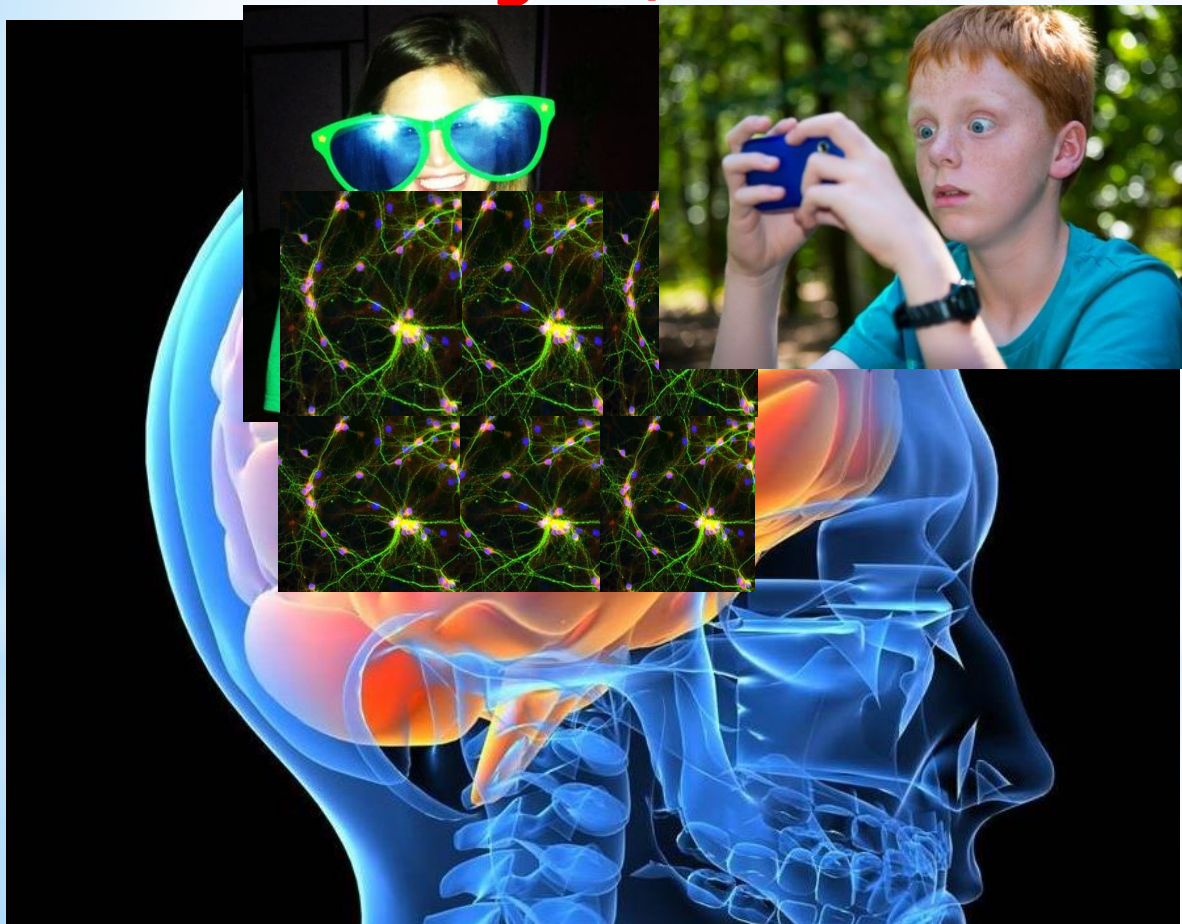


85 + BILLION brain cells (neurons)

This number is reduced to
around 3 or 4 thousand in teen-
agers)

Simplest way to explain
how our brains work:

Electrical impulses which trigger
chemical messengers called
neurotransmitters



All human activity

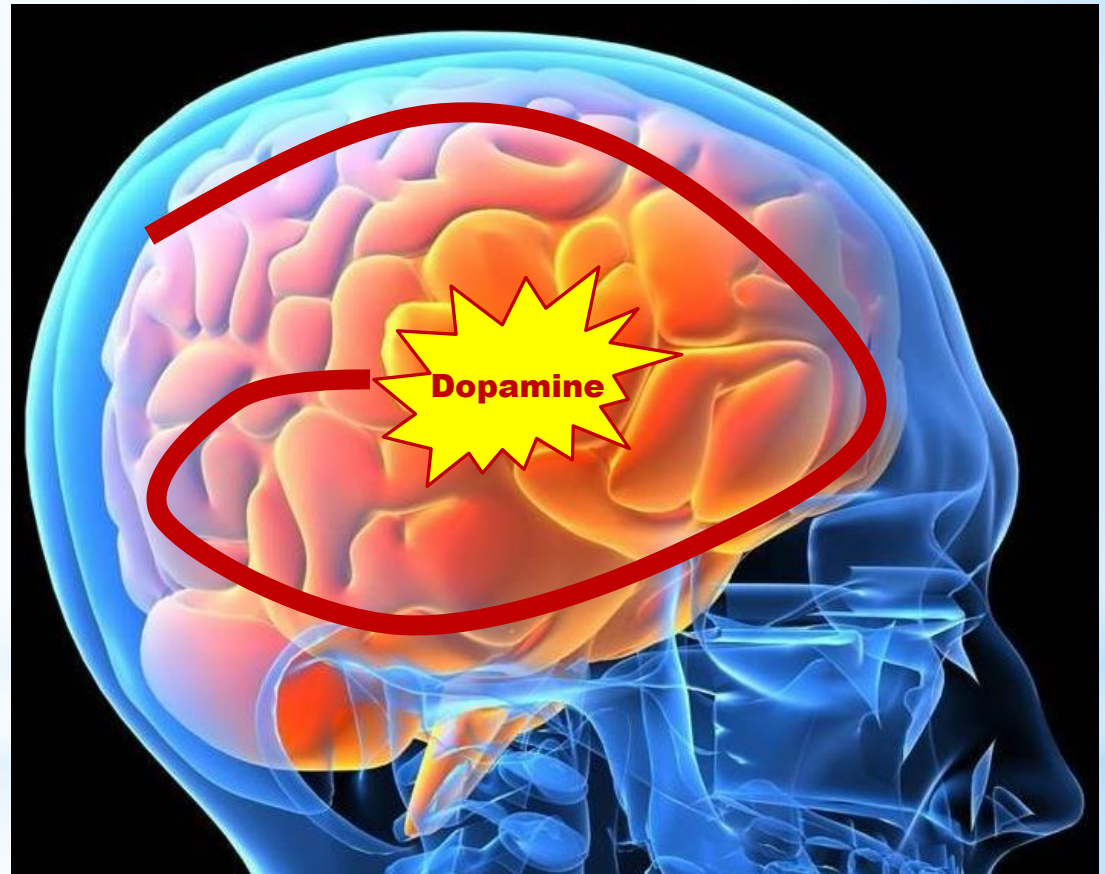
TRILLIONS

of

neural pathways.

A Substance Abuse Neural Pathway

An addicted person
has literally
“programmed their
brain to work
against them.”

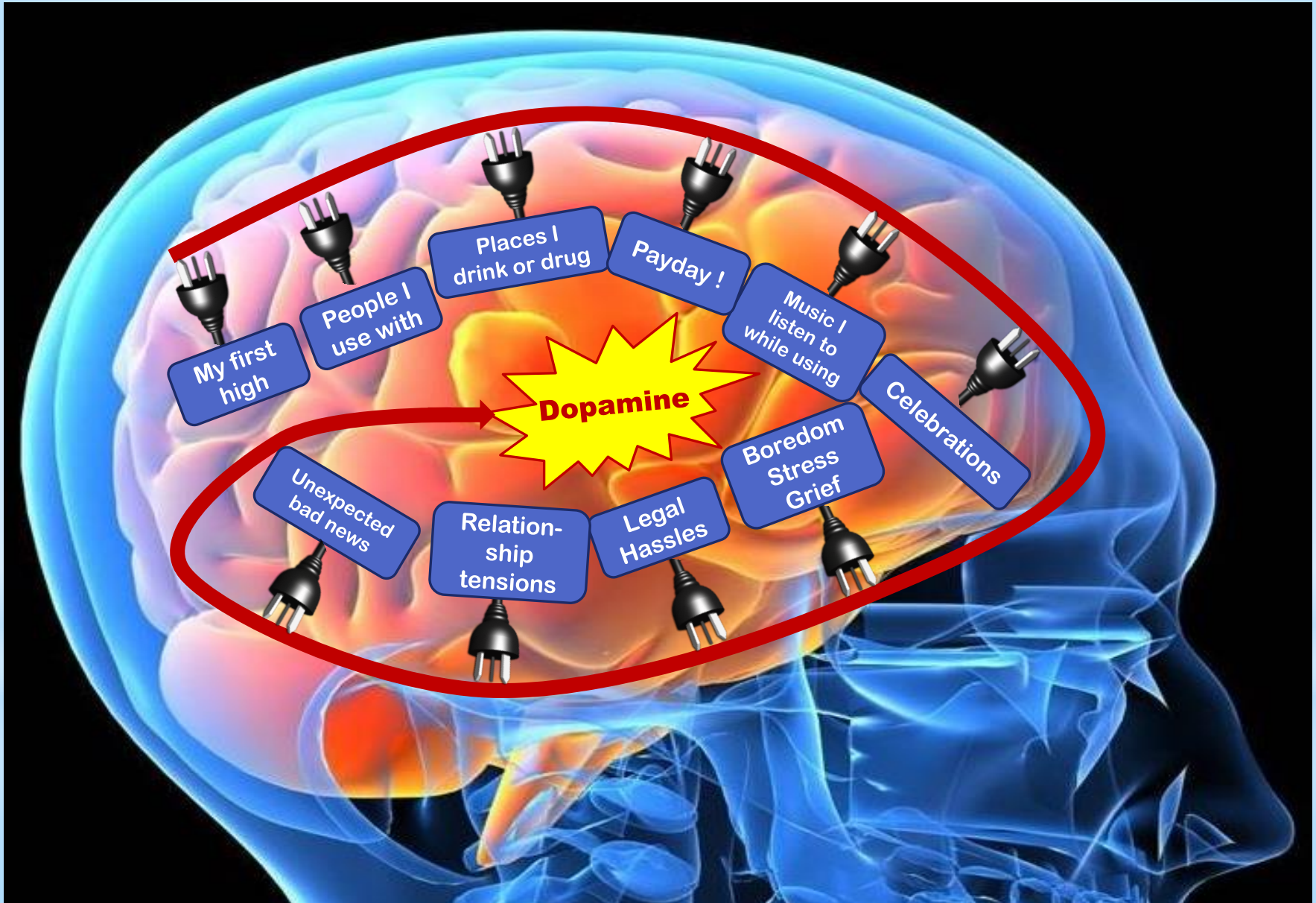


Dopamine is a brain chemical involved in many different functions including movement, motivation, reward — and addiction. Nearly all drugs of abuse directly or indirectly increase dopamine in the pleasure and motivation pathways and in so doing, alter the normal communication between neurons.

Also, the firing of dopamine neurons occur when a pleasurable activity is expected, regardless of whether it actually happens or not.

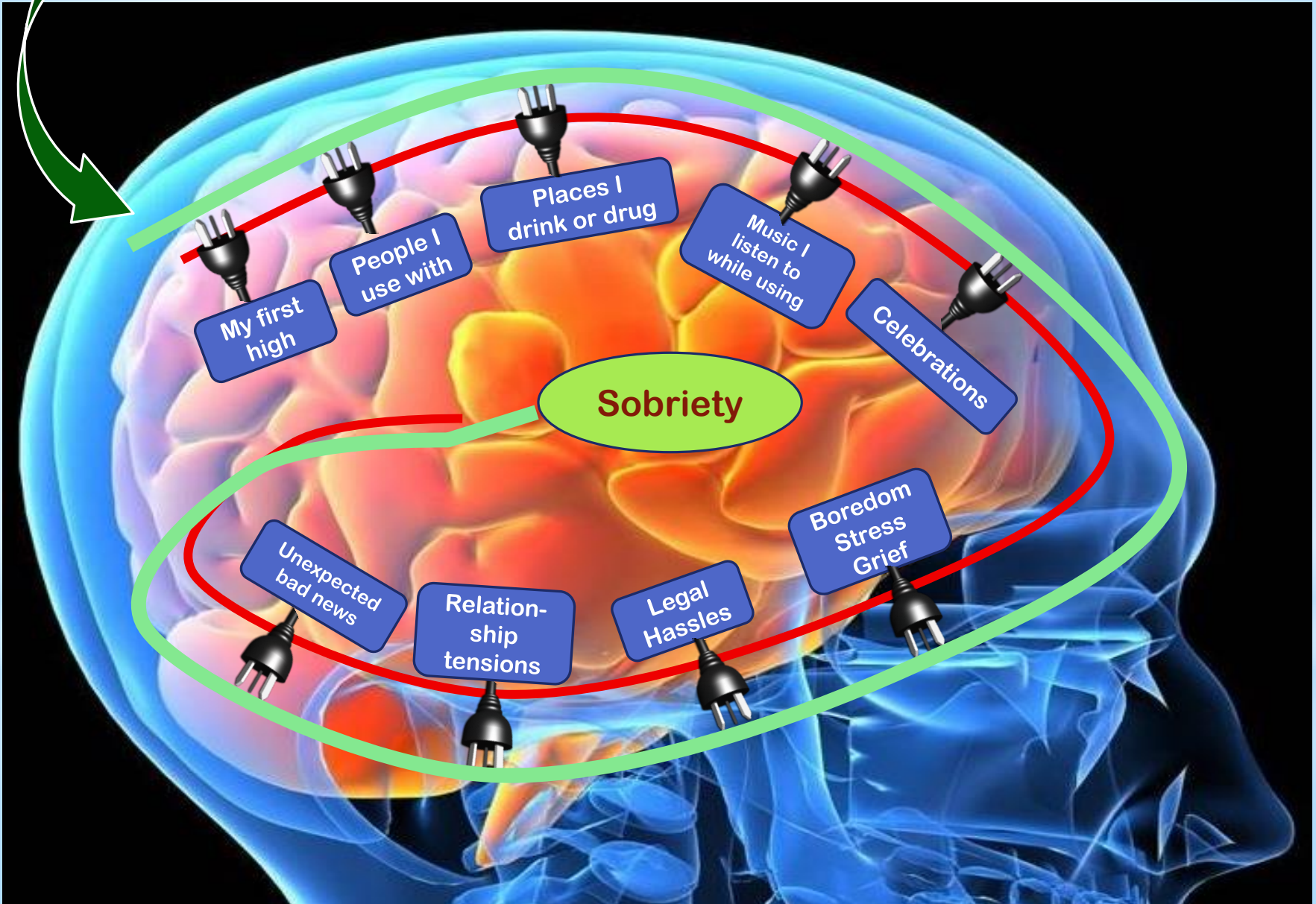
This suggests that dopamine may be involved in desire rather than pleasure.

Triggers: Beginning the “Reaction of Relapse”



RECOVERY: "Sober Neural Pathway"

Learning to reprogram our brain



“I’m dying of thirst!”



“I’m starving to death – I haven’t eaten all day!”



“Can I bum a cigarette? I’m about to go crazy.”



It’s been said that no one is more motivated and energized than a Crack Cocaine addict at 3 a.m. in the morning looking for his next fix.

Damage to our brain's "Reward center"

“Under normal conditions, this neurological system controls an individual’s natural rewards such as hunger, food, and social interactions. It is therefore an important determinant of motivation and incentive drive.”

Icahn School of Medicine at Mt. Sinai
“Brain Reward Pathways”

“(Addiction) is considered a brain disease because drugs change the brain; they change its structure and how it works.”

NIDA definition

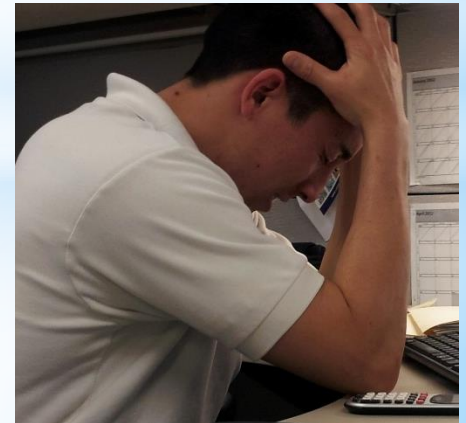
The tyranny of cravings: a “Hi-jacked brain”

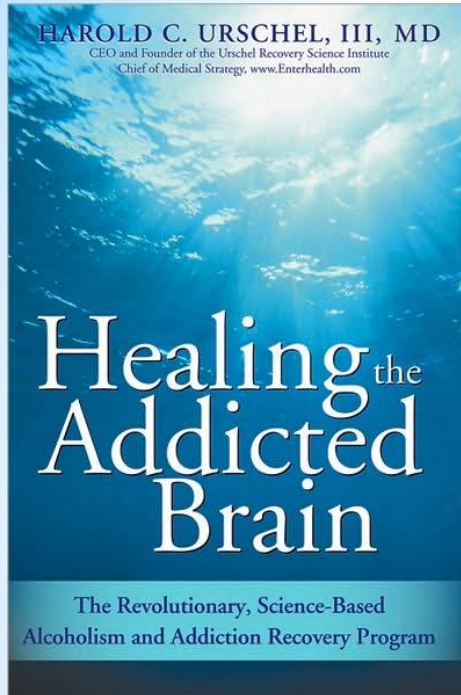
Here’s the message to your pre-frontal cortex:

“Cocaine/alcohol/heroin is **essential** for your continued existence.”

GO GET SOME NOW !!!

...cravings can be so penetrating that he will do things that he never would have thought he was capable of doing.





“When alcohol or drugs activate the dopamine system, the hippocampus – which creates new memories - ‘switches on,’ ensuring that you will remember everything about the experience very clearly—not only the high, but also the people, places, objects, smells, and tastes associated with it.”

“Once the brain has been damaged by alcohol or drugs, these signals will continue racing through your head, urging you to drink or use **even when there is no substance in sight.**”

“One of the major goals of drug addiction treatment is to teach addicts how to deal with the cravings caused by inevitable exposure to these conditioned cues.”

**ALAN I. LESHNER, MD
“Addiction is a Brain Disease”
The Addiction Recovery Guide**

What is REBT



Rational Our **THINKING**

Emotive Our **EMOTIONS**

Behavior Our **ACTIONS**

Therapy Our **HEALING/GROWTH**



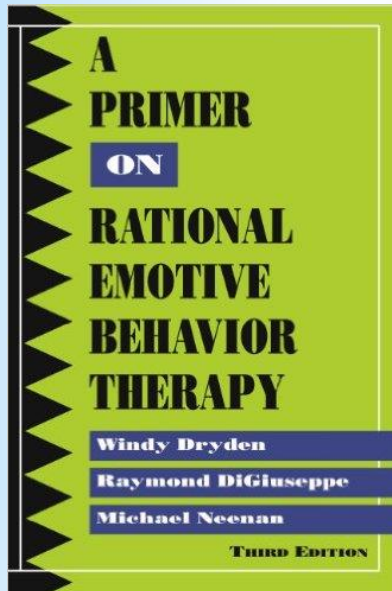
“In REBT, to be **rational** it is necessary to be

- (a) Flexible and non-extreme
- (b) Pragmatic
- (c) Logical, and
- (d) Reality based.

Thus rationality is defined as that which is adaptable and moderate, helps people to achieve their basic goals and purposes, is logical, and is empirically consistent with reality.

Conversely **irrational** refers to that which is rigid and extreme, prevents people from achieving their basic goals and purposes, is illogical, and is empirically inconsistent with reality.”

Part I, Theory



Windy Dryden
Raymond DiGiuseppe, Ph.D
Michael Neenan



Albert Ellis, Ph.D

“Rational emotive behavior therapy (REBT) is a comprehensive approach to psychological treatment that deals not only with the emotional and behavioral aspects of human disturbance, but places a great deal of stress on its thinking component.

REBT is based on the assumption that what we label our "emotional" reactions are largely caused by our **conscious and unconscious evaluations, interpretations, and philosophies.”**

**From: The Essence of Rational Emotive Behavior Therapy:
A Comprehensive Approach to Treatment by Albert Ellis**

The Three Basic Musts (or “Have to’s”)

1. I **must** do well and win the approval of others for my performances or else I am no good.

Often leads to **anxiety, depression, shame, and guilt.**

2. Other people **must** treat me considerately, fairly and kindly, and in exactly the way I want them to treat me. If they don't, they are no good and they deserve to be condemned and punished.

Leads to **rage, passive-aggression and acts of violence.**

3. I **must** get what I want, when I want it; and I must not get what I don't want. It's terrible if I don't get what I want, and I can't stand it.

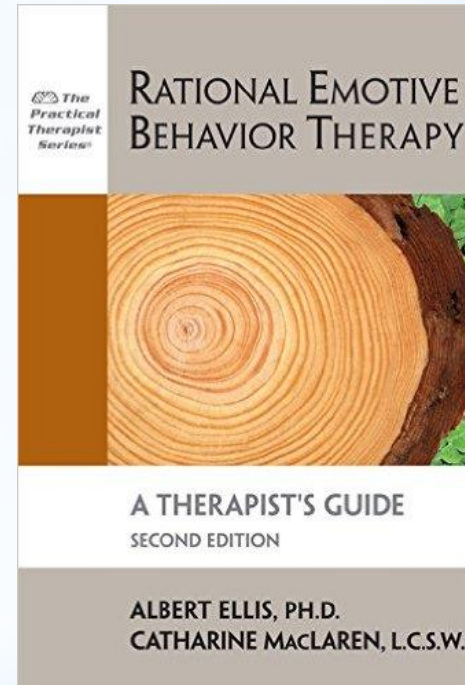
Leads to **self-pity and procrastination.**

It is the **demanding** nature of the beliefs that causes the problem.

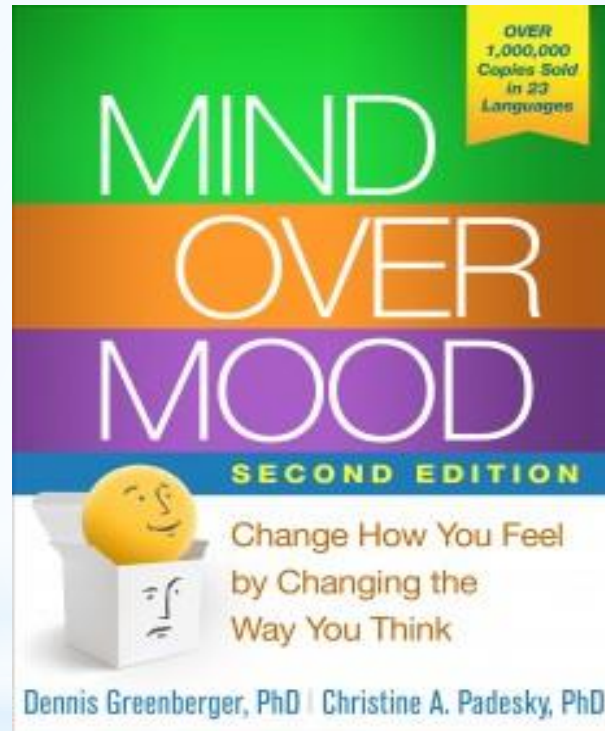
Less demanding, more flexible beliefs lead to healthy emotions and helpful behaviors

**Online resource:
for information,
worksheets, etc.
on REBT:**

**<http://rebtnetwork.org>
Will Ross, Webmaster**



An comprehensive overview of CBT therapy and practice





Hardly any of my clients through the years
can remember the initials
REBT, or what it stands for . . .

But
they DO
remember

Life IS
10% OF WHAT
HAPPENS TO YOU,
AND **90%** OF
HOW YOU REACT
TO IT.

Attitude (from Dictionary.com)

Manner, **disposition**, feeling, position, etc., with regard to a person or thing; a tendency or orientation, especially of the **mind**.

“Attitude” Learning to “10/90 Life”

by Charles Swindoll

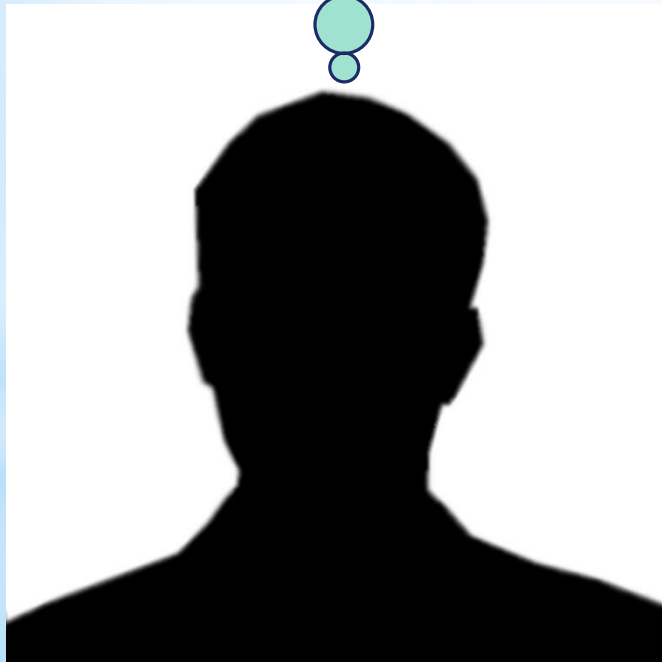
“Attitude is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do.

It is more important than appearance, giftedness or skill. It will make or break a business, a church, or a home.

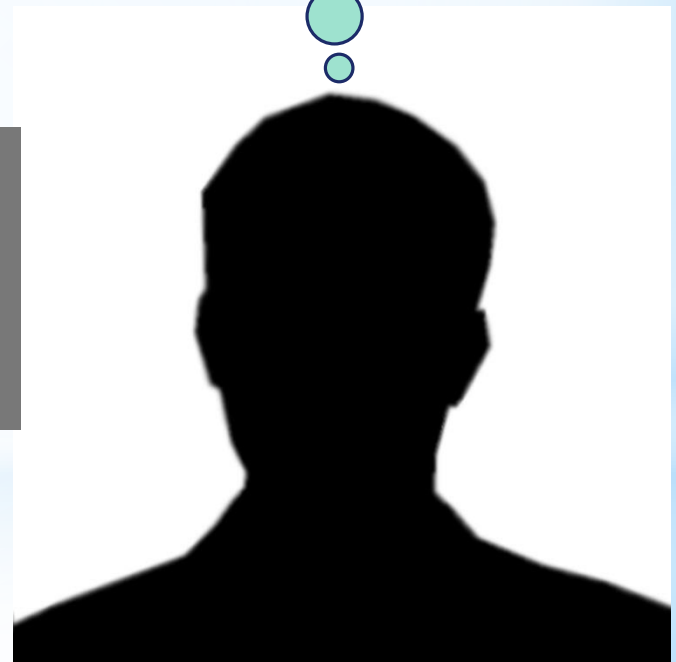
The remarkable thing is, we have a choice every day of just what our attitude will be. We cannot change the past, we cannot change the actions of others, we cannot change the inevitable.

The only thing we *can* change is our attitude.

Life is 10% of what happens to us, and 90% of how we react to it.”



Or

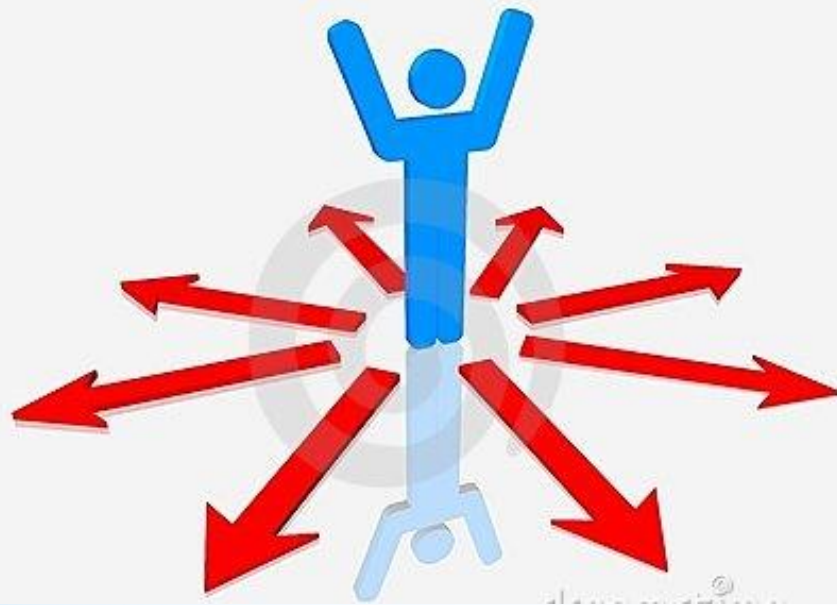


React ?



*Or choose to
respond . . .*





“A lot more choices than I assumed I had – sweet.”

Four

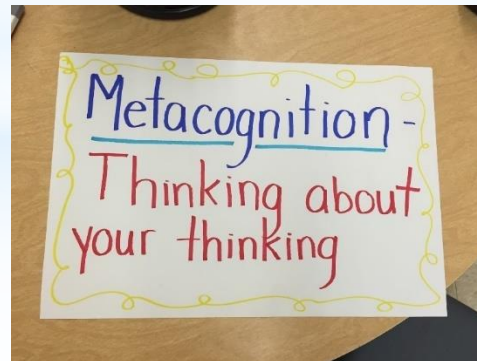
Most

**IMPORTANT
IMPORTANT
IMPORTANT**

Words



PAY
ATTENTION
TO YOURSELF!



Metacognition -
Thinking about
your thinking

A challenge to
recognize that we
DO LIFE
from “the inside out.”

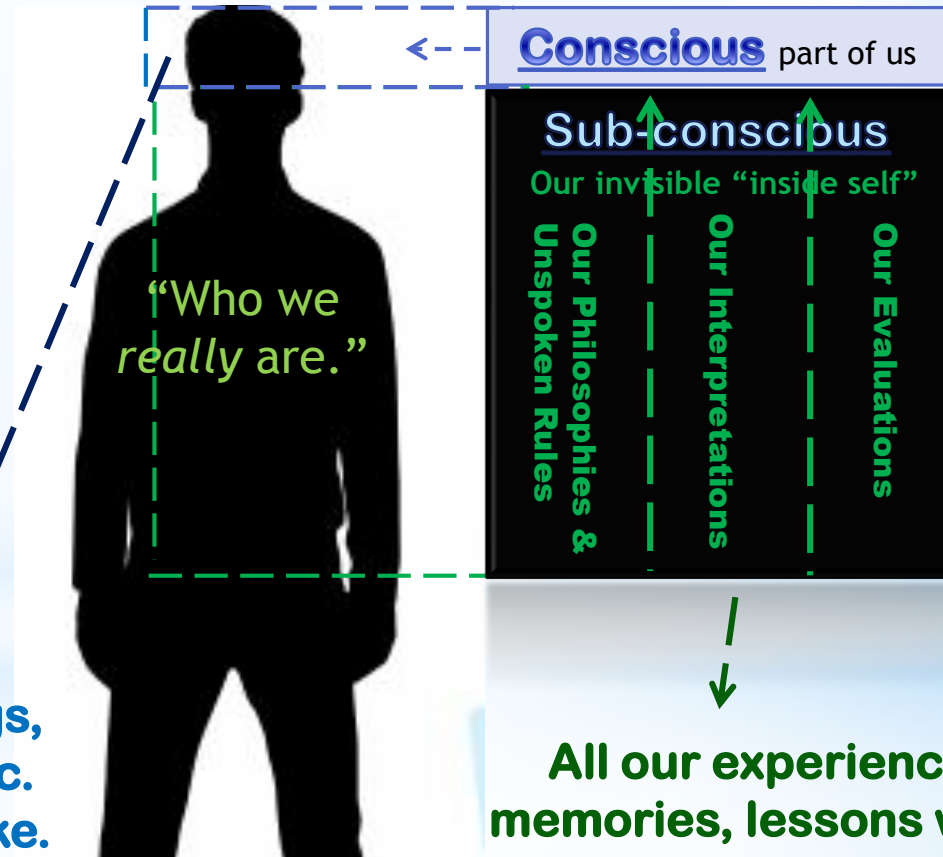


The **AMAZING, MYSTERIOUS, WONDERFUL** gift of
OUR MIND



Our minds are more complex and amazing than the most sophisticated and astounding computers in the world. Let's

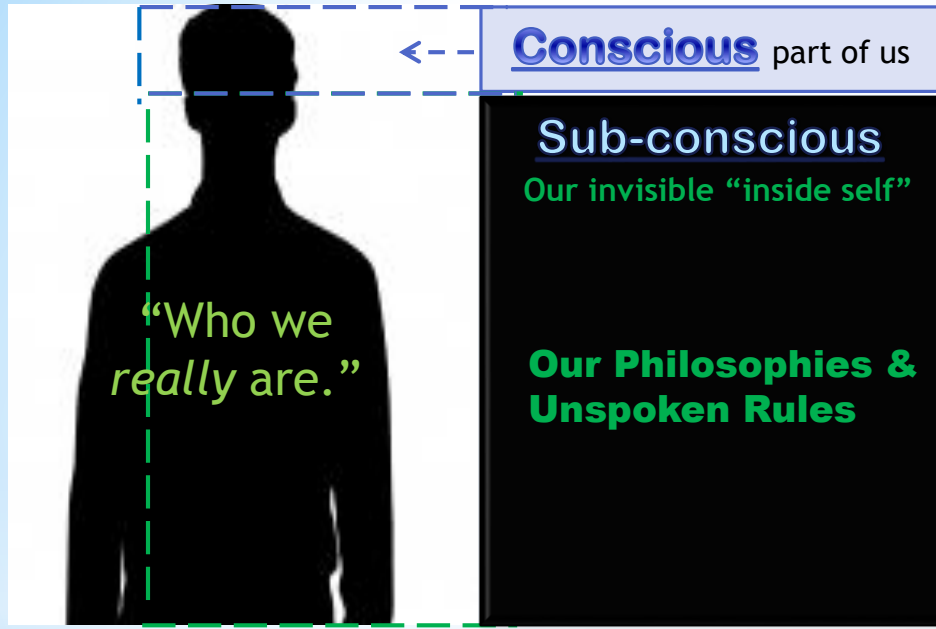




Our thoughts, feelings, words, intentions, etc. whenever we're awake.

Just a very tiny percentage of ourselves at any given time.

All our experiences, memories, lessons we've learned, choices, etc. formed in us by our parents, peers, or culture, are somehow stored here.



Philosophies

This is our worldview.

“Everything happens for a reason!”

“If something bad happens to me, it’s because I did something to deserve it.”

“You can’t trust the police – they’re really only out there to catch you doing something wrong. . . And if they get the chance, they’ll shoot you for no reason.”

“Sooner or later, *everyone* you love will cheat on you.”

“Yeah, I know smoking causes cancer, but hey, you gotta go some way ...”

“Nothing good ever comes from pain and suffering . . . NOTHING!”



You only go around once in life.
So grab for all the gusto you can.
Even in the beer you drink.

Why settle for less?

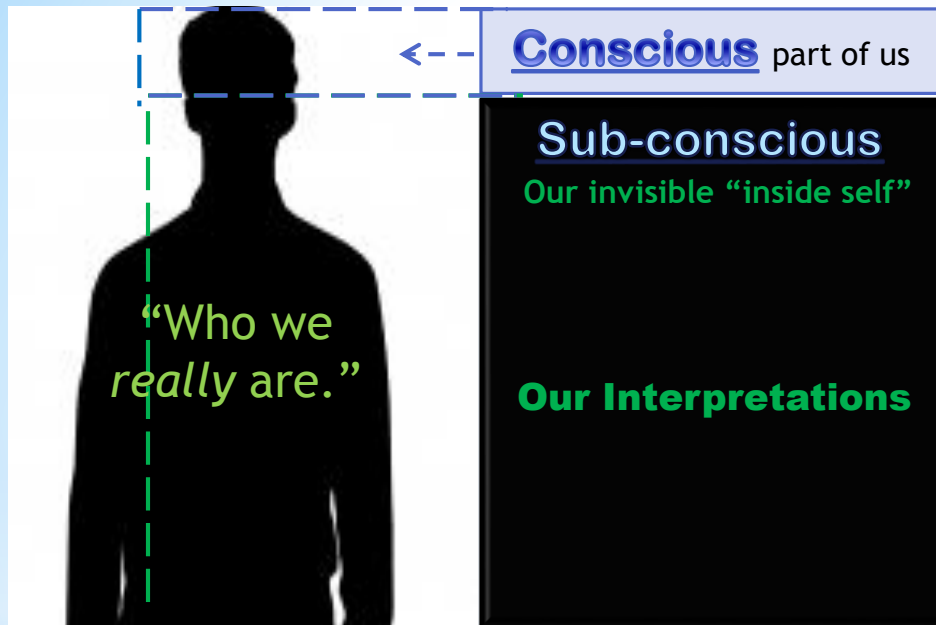


When you're out of Schlitz, you're out of beer.

© 1995 Schlitz Brewing Co. Milwaukee and other great cities.



“How’s all that GUSTO workin’ out for you tonight?”



Interpretations

These are based on our philosophies.

We human-types are "meaning-makers." It's what we do. When starting to talk, the first question we learn to ask our primary caregivers is: _____

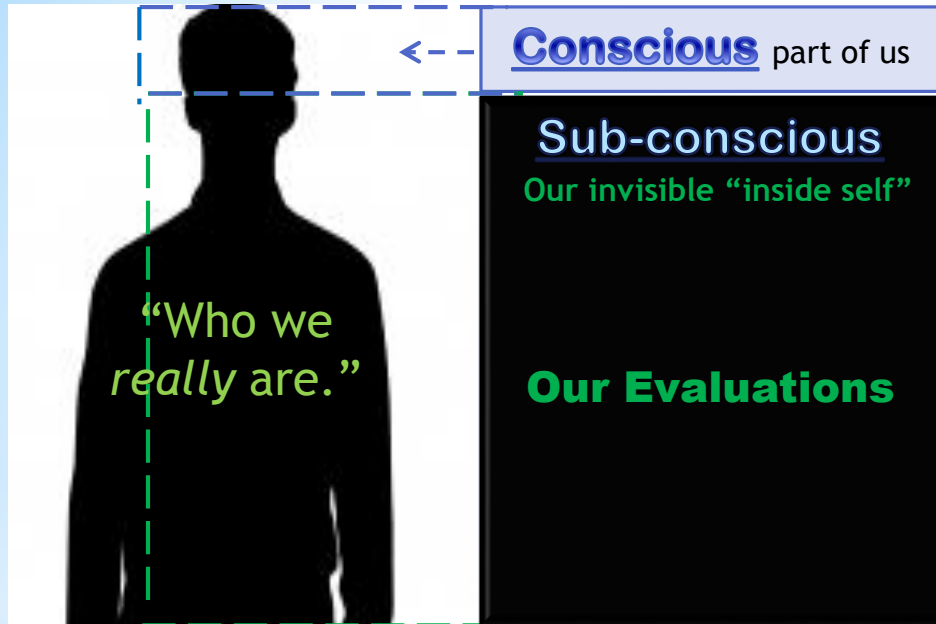
"He just did that to hurt me !!!"

"Oh that? That proves there's a conspiracy in Washington . . ."

"There's NO OTHER POSSIBLE REASON she said that – she's up to something, I just know it."

"See – that promotion I got? I'm just being set up to fail."

"Why did they smile that way when I came into the room? Have they been talking about me behind my back?"



Evaluations

It's usually our placing a value on some event or person which has the most control over our emotions, for good or bad.

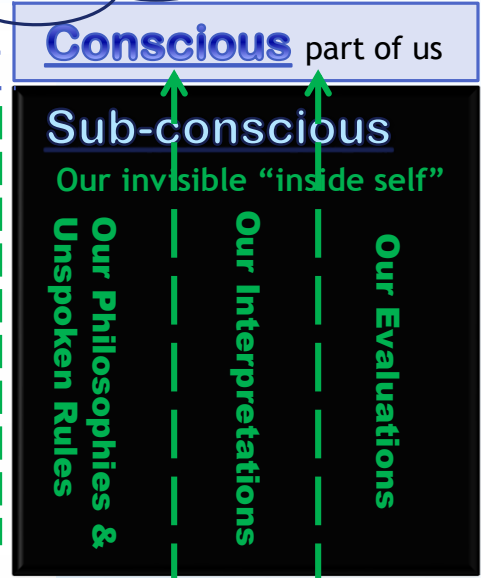
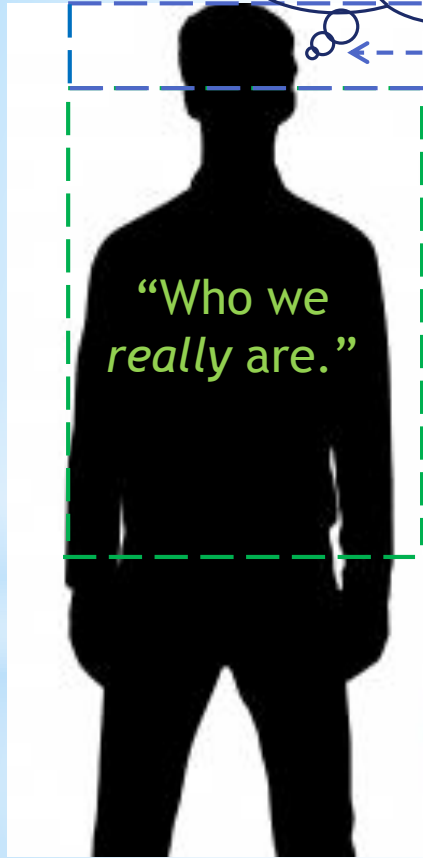
“Wow, that was a great movie!!! Didn't you think so?” “Well no, I think I just wasted \$35. What a joke!”

“This class is SO BORING – I'm dying inside.”

“You're an idiot – I've never heard anything so stupid as that.”

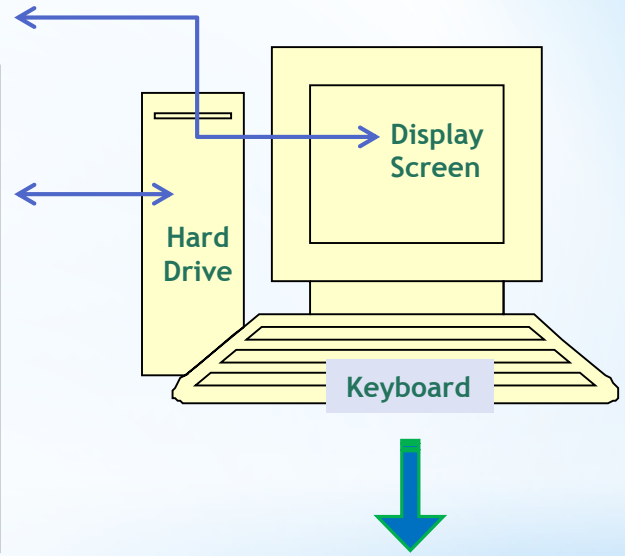
“I know Charlie's probably not good for me, but he's such an interesting guy . . . and I feel important to someone when he's around.”

(or) This is the worst that could happen to me!
(or) I'll NEVER get a decent job I like!
for me.



gets 'filtered' through ...

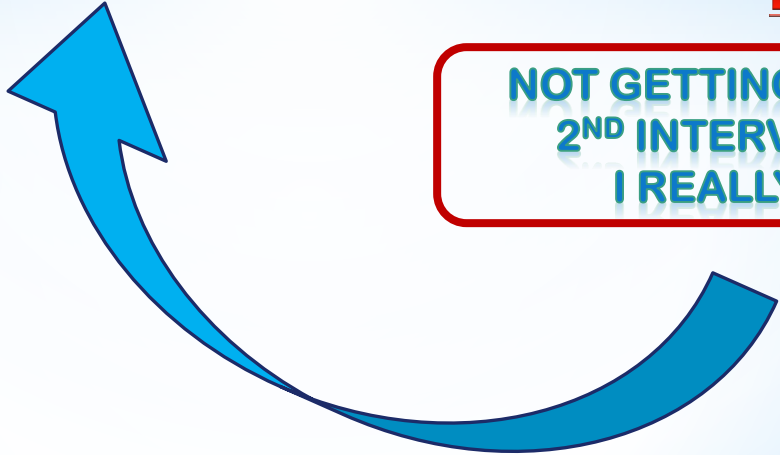
This, in many ways, is similar to a computer



THINGS IN LIFE THAT HAPPEN,

LIKE

NOT GETTING CALLED FOR A 2ND INTERVIEW AT A JOB I REALLY WANTED !



I'll NEVER get a decent job I like!

Conscious part of us

Sub-conscious

Our invisible "inside self"

Our Philosophies
& unspoken rules

Our Interpretations

Our Evaluations

"Who we really are."

Attitude (what's stored in our 'hard drive') is more important than anything that may happen to us.

REBT teaches us that whatever we think about something determines how we feel about it.

And how we feel, often determines what we say or do (our actions). In other words, how we choose to "do life" at any given moment.

If our choices work against us in some manner, i.e. if they **ARE IRRATIONAL**, the way to prevent that in the future is to **"10-90 it"**.

EXAMINE – CONSIDER – and be WILLING TO CHANGE, our THINKING.

Changing our thoughts and beliefs about a situation gives us a different experience, a different set of emotions. Choosing new thoughts can help us greatly reduce, or even eliminate, high-risk feelings which may easily lead us to want to drink or drug.

If someone understands and practices this skill, it will go a long way towards preventing relapse.



What you see is a

BUNCH OF BLACK LINES

AND WHITE SPACES

It's your

PARADIGM

That makes you

say, either

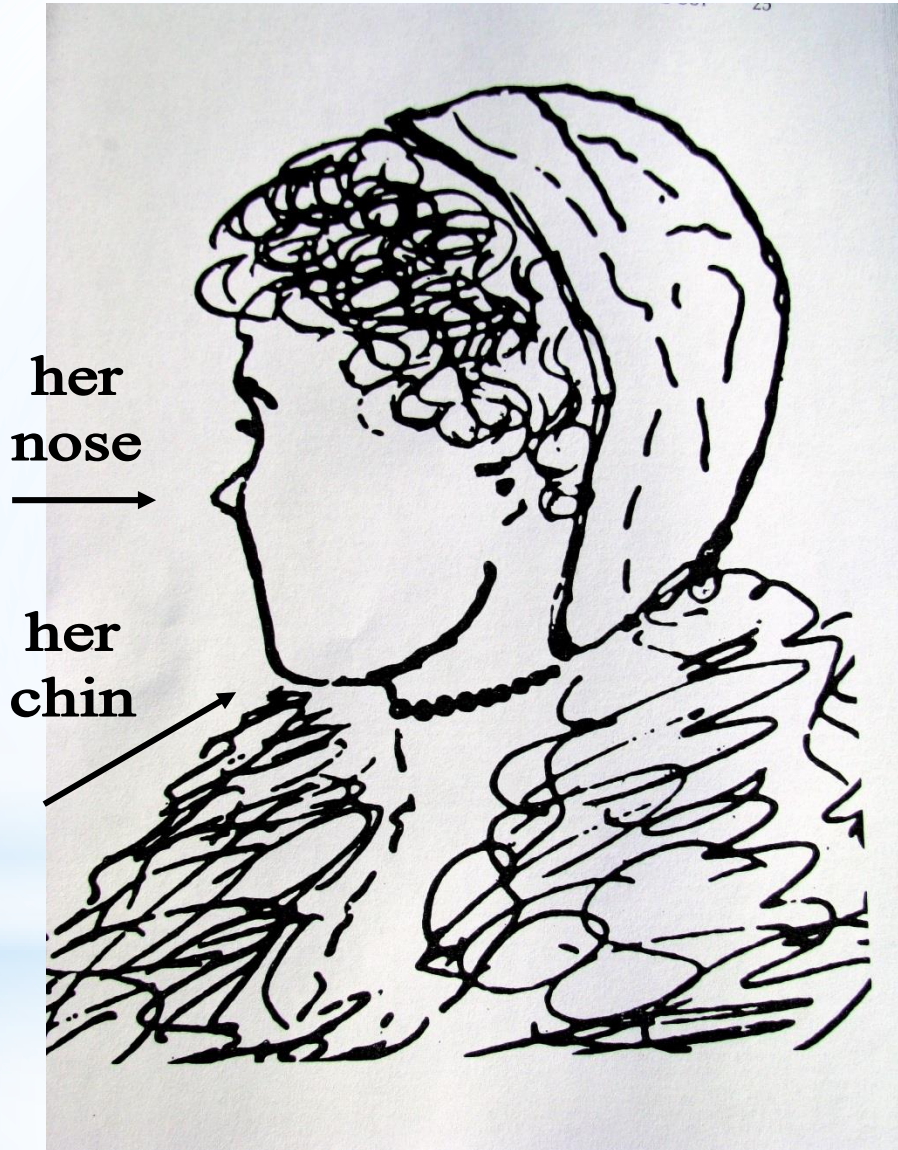
**“That’s an old woman” or
“That’s a pretty young girl.”**

**D
o
e
s

t
h
i
s

h
e
l
p

?**



**Hint:
(she doesn't want
to look at you)**

For example, here's a young woman whose **paradigms** about important life issues shape her conscious thoughts, which then initiate her at-risk feelings, which then cause her to go use.

Scenario:

This woman has been struggling with heroin addiction for 9 months. But she has an NA sponsor, and she's been clean for 8 days now. She's gaining some hope she can stay sober.



She's on her lunch break at an outdoor food court.

She spots her boyfriend across the way, talking to an attractive young woman.

They're eating their lunch, laughing, and obviously having a really fun time with each other.



(uh-oh)

All of her past experiences and memories shape her P's, I's, and E's in this scenario.

They shape her paradigms. . .



“My boyfriend’s flirting with his secretary!”

Interpretation

“He’s a real jerk!”

Evaluation

“Why do these things always happen to me?”

Philosophy

Her filters, assumptions, perspectives

Her **inside self triggers**
“**high risk emotions**” in her
Addictive Neural Pathway

Smoking heroin is **THE WAY**
not to have to feel what I am feeling.



“GIRL, you wouldn't believe what I found out yesterday - MY MAN'S CHEATIN' ON ME. Of course I got high.”



“Hey girlfriend, I'm glad you told me you relapsed last night. But we need to talk about what happened -- what was going on with you ?”



Her NA Sponsor

She needs to “10-90”
this situation

Paradigm Shift

a new filter or lens
through which to

THINK DIFFERENTLY
about what she has just
witnessed her boyfriend doing.



“Pepsi please.”



“Wait . . . I need to step back a minute and **think differently** about this situation. I am really feeling angry and jealous, and I’m wanting to go get high right now!”

“So ... (deep breath)... let me find a better and healthier way to evaluate and interpret this situation so I can de-energize my urge to smoke heroin again.”



“. . . OK – I really don't know who that woman is . . . It's quite possible it's his new supervisor, and assuming I know what's going on is really upsetting me. I DON'T NEED THAT!”

“Clearly, it would be better if I did know who she is, but I don't have to know right this minute; plus so far he hasn't given me any reason to doubt his commitment to me. I CAN WAIT until tonight to talk about it.”

“. . . Whatever he's doing, it's just NOT TRUE that things like this ALWAYS happen to me. I think I'm just trying to find a reason to get high . . . I'm calling my sponsor right now.”



REBT or “10-90-ing” a situation **isn’t magic!**
Her boyfriend may very well be cheating on her.

But **ATTITUDE** – how she chooses to process the
“stuff” in her life – *is more important* than the
tensions or disappointments with her boyfriend.
Or of what *anyone* thinks, says, or does.



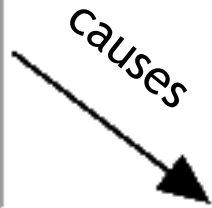
Learn Your
ABC's

Our
“Train of thought,
feelings & actions”

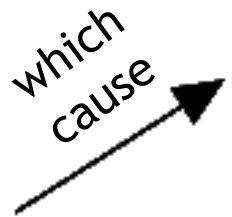




A
Activating
Event or
Adversity



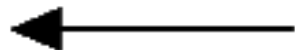
B
Beliefs
about
Event or
Adversity



C
The emotional
Consequences



E
Effective new
beliefs replace
the irrational
ones



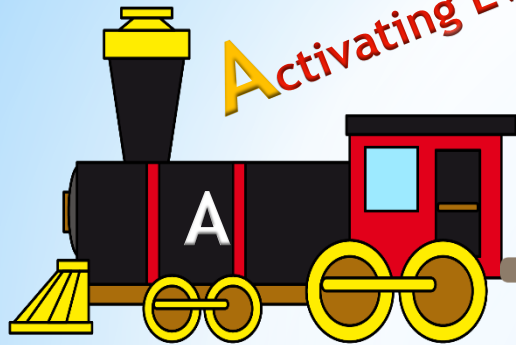
D
Disputations
to challenge
irrational
beliefs

And then
we "10-90"
the situation

Leading us to

Healthier, less
disruptive emotions

Activating Event (Trigger)

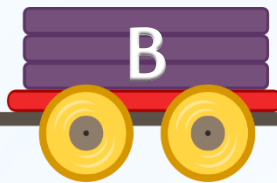


Something happens (LIFE) and we react to it.
The Train starts rolling!

I see my boyfriend flirting with a cute girl at a party !!!



Beliefs/thoughts



Beliefs-Thoughts:
Cognition

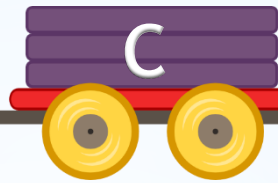
“OMG!! This guy’s a real jerk!”

“He’s flirting with my best friend!”

“Why does this always happen to me?”

“I freaking can’t believe this #^@*#%^!”

Consequence - FEELING

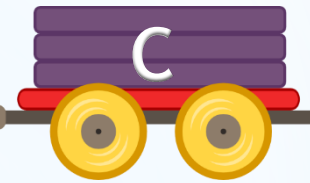


Emotions: How we feel about what just happened.

Anger!
Jealousy!
Sad!
Craving!
Revenge!



Consequence - ACTION



Behaviors

What we say or do about what just happened.

“THAT’S IT – I’m gonna show his sorry butt!”

“I can’t believe it – I must be such a loser – guys ALWAYS end up cheating on me!”

“I can’t stand it – I’ve gotta get something to drink!”

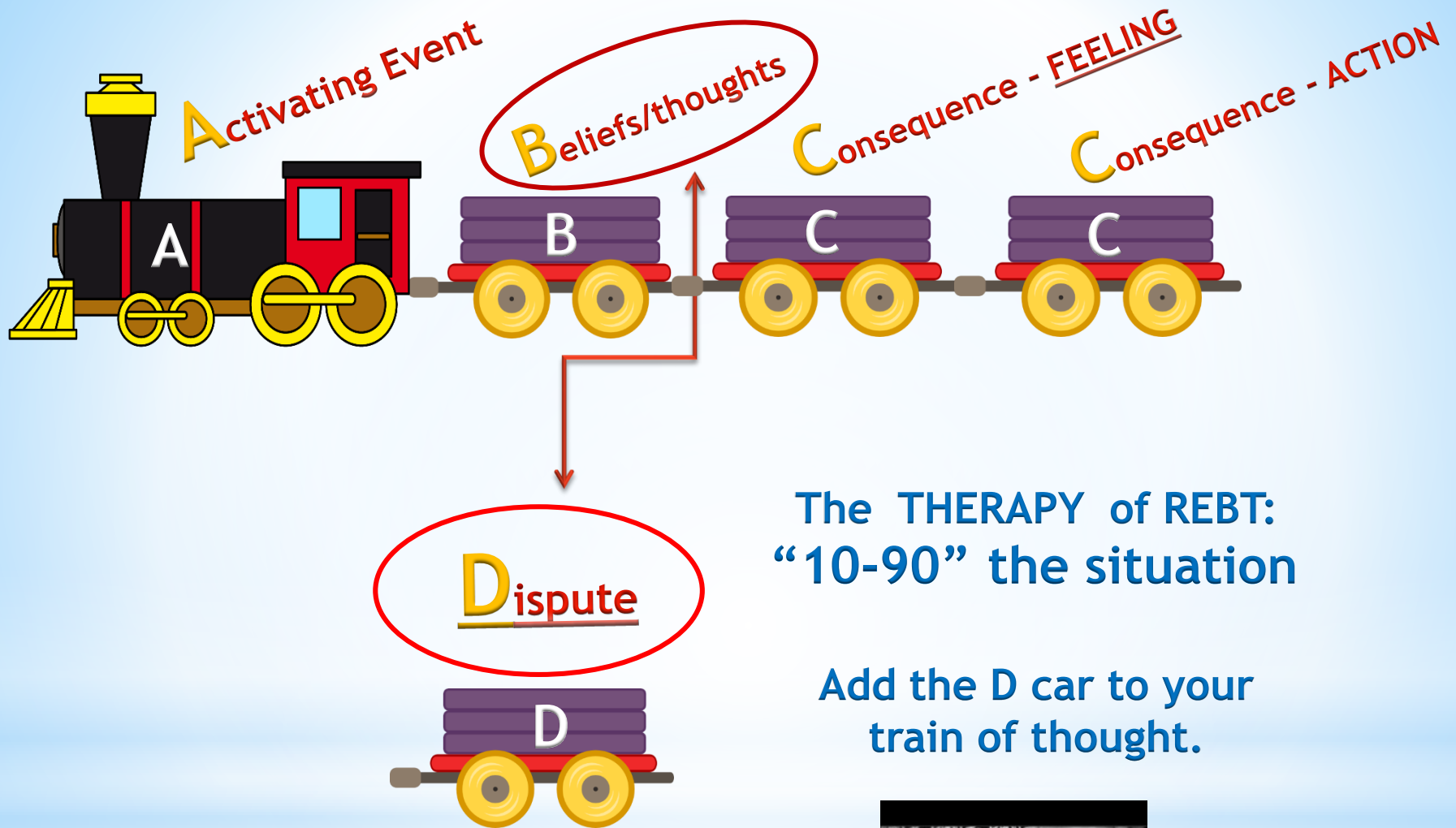
“Where’s the nearest bar?”





I've lost control
again.





The THERAPY of REBT:
“10-90” the situation

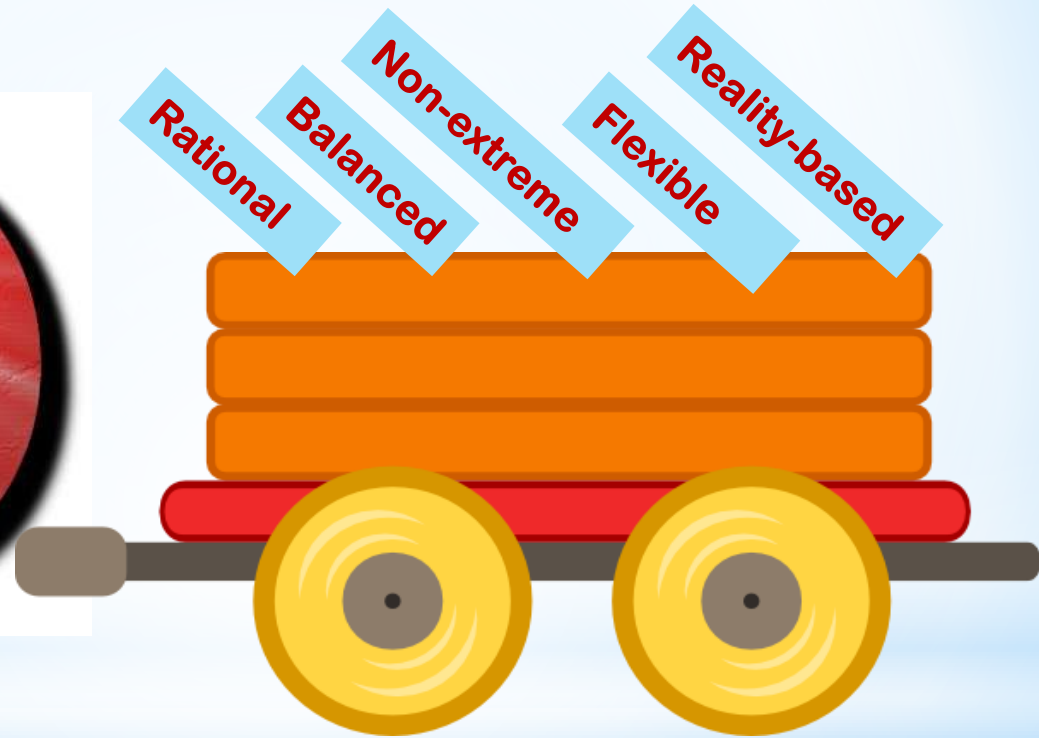
Add the D car to your
train of thought.



The Power of the



Car





Recognizing and debating
irrational thoughts

Thinking Errors I.D. Card

If you can identify them, you can change them!

 **Jumping to Conclusions:**
Judgement without facts or info, like fortune telling, mindreading, or catastrophizing.

 **Discounting & Filtering:**
Only noticing the negative aspects and neglecting to see the positive ones.

 **Should Statements:**
Saying "I should..." or making rules for how you (or others) "should" be.

 **Personalization & Self-Blame:**
You see yourself as the cause, when you had nothing (or little) to do with it.

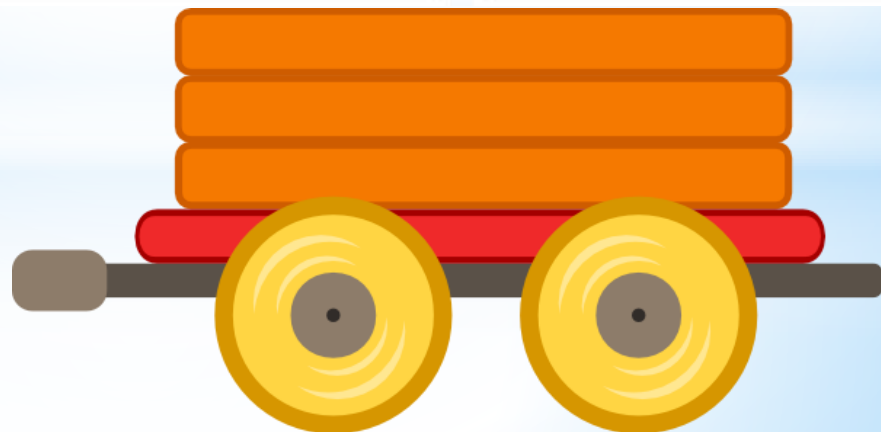
 **All or Nothing:**
Extreme rules, like saying "always" and "never", includes generalizing, labeling, and blaming.

 **Emotional Reasoning:**
Judgement based on emotions like guilt, anger, anxiety, or hopelessness.

**Change Thinking Errors
Towards a Healthier
Way of Thinking!**

Find out how at cogtoolz.com
Follow us!
@cogtoolz   

 cogtoolz





→ **RULES** for
Rational Thinking

“A good place to start **DISPUTING**
my thoughts and beliefs ...”



1. Are my thoughts based on *all* the facts relevant to the situation?
2. Are my thoughts helping me protect my life and my health?
3. Are my thoughts helping me achieve my short and long term goals?
4. Are my thoughts helping keep me out of conflict with others?
5. Are my thoughts leading me to feel the way I want to feel without having to resort to alcohol or drug abuse?

And a 6th Rule for Rational Thinking:

“Your crystal ball is broken!”



creative SUPPORT



Anyone! can help a friend who struggles with addiction to learn how to “10-90” life’s many “trigger” issues.

let's talk



**WE'RE ALL
IN THIS TO
GETHER**

Acknowledge what they're feeling:

“Looks like you're really freaked out about what just happened.”

“Ok, take a deep breath, let's relax a bit.”

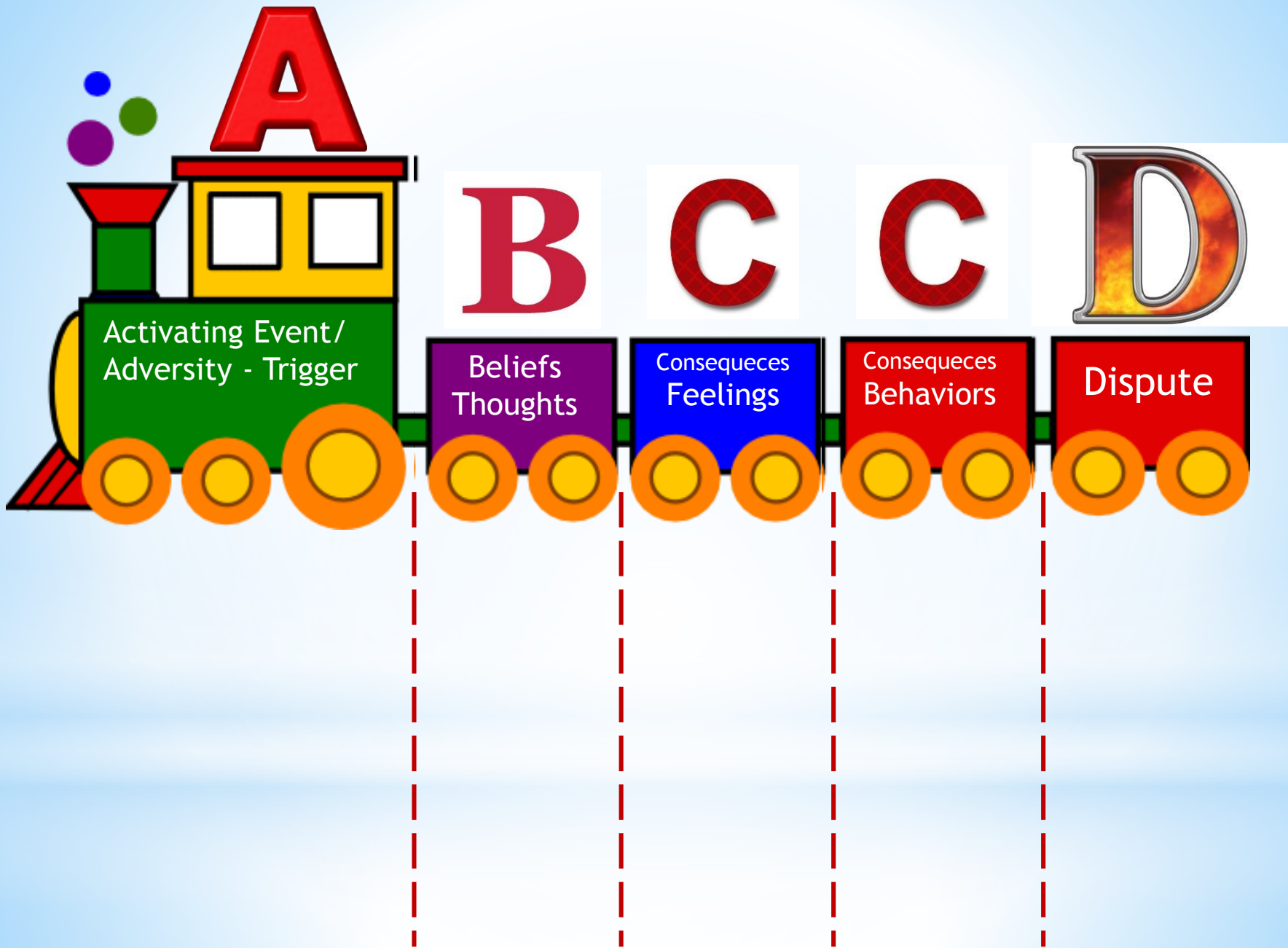
“Are you wanting to go get high right now?”

“Let's figure this thing out together – how's that sound?”

“What are some of the things you're thinking right now?”

“Can you imagine another way to think about the situation you're in?”





BE KIND
— *for* —
EVERYONE
YOU MEET *is*
FIGHTING
a HARD BATTLE

Philo, Egyptian
Philosopher, 50 BCE



Learning to practice and use
REBT will help us
escape some of
the cages our
THINKING
has put us in!

“Just **10-90** it,
Bro.”





MY JOB HERE IS DONE

Celebremix[★]

1. All-or-Nothing Thinking

This refers to your tendency to evaluate your personal qualities in extreme, black-or-white categories. All-or-nothing thinking forms the basis for perfectionism. It causes you to fear any mistake or imperfection because you will then see yourself as a complete loser, and you will feel inadequate and worthless.





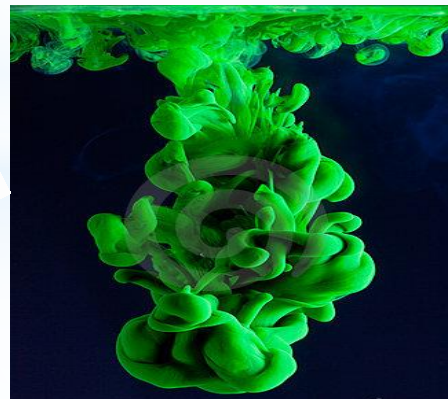
2. Overgeneralization

When you overgeneralize, you arbitrarily conclude that one thing that happened to you once will occur over and over again, **will multiply like rabbits**. Since what happened is invariably unpleasant, you feel upset. You see a single negative event as a never-ending pattern of defeat.



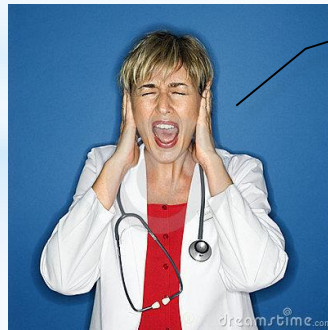
3. Mental Filter

You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened, like the drop of ink that colors the beaker of water. When a person is depressed, they wear a pair of eyeglasses with special lenses that filter out anything positive. Because you are not aware of this “filtering process,” you conclude that *everything* is negative.



4. Disqualifying the Positive

You reject positive experiences by insisting they “don’t count” for some reason or other. In this way you can maintain a negative belief that is contradicted by your everyday experiences. You don’t just ignore positive experiences, you cleverly and swiftly turn them into their nightmarish opposite. This thinking error is one of the most destructive forms of cognitive distortion.



“No no no no - you don’t get it. It’s all bad - useless, no hope. . .”

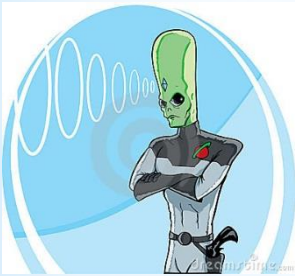


5. Jumping to Conclusions

You arbitrarily jump to a negative conclusion that is not justified by the facts of the situation. Two examples are: “mind reading” and “the fortune teller error.”

Mind reading – you make the assumption that other people are looking down on you, and you’re so convinced about this that you don’t even bother to check it out.

Fortune Telling – it’s as if you had a crystal ball that foretold only misery for you. You imagine that something bad is about to happen, and you take this prediction as a fact even though it is unrealistic.

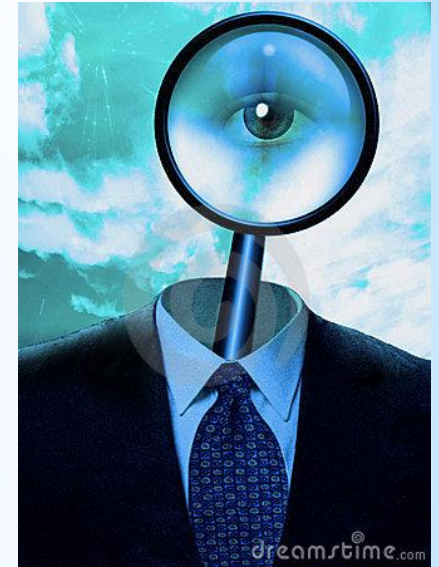


Na-nana-boo-boo!



6. Magnification and Minimization

You exaggerate the importance of things (such as your goof-up or someone else's achievement), or you inappropriately shrink things until they appear tiny (your own desirable qualities or the other fellow's imperfections). This is also called the **“binocular trick.”** Magnification commonly occurs when you look at your own errors, fears, or imperfections, and exaggerate their importance. This has also been called **“catastrophizing”** because you turn commonplace negative events into nightmarish moments. **Think about** your strengths,





“See -- I knew it! I just knew it was gonna rain! Geez... I can’t believe this!”

7. Emotional Reasoning

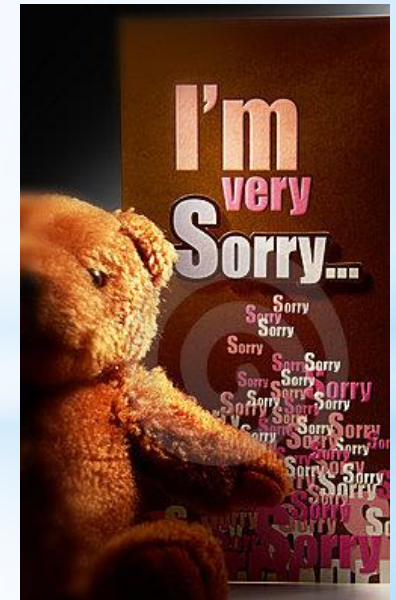
You assume that your negative emotions necessarily reflect the way things really are: “I feel it, therefore it must be true. I feel like a jerk, so I must really be a jerk.” Or “I feel overwhelmed and hopeless, therefore my problems must be impossible to solve.”





8. Should Statements

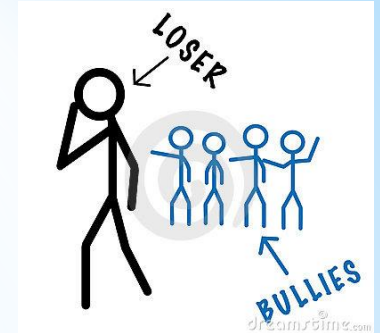
You try to motivate yourself with shoulds and shouldn'ts, as if you had to be whipped and punished before you could be expected to do anything. Other offenders are “musts” and “oughts.” The emotional consequence is guilt. When you direct should statements toward others, you feel anger, frustration, and resentment.





9. Labeling and Mislabeling

This is an extreme form of over-generalization. Instead of describing your error, you attach a negative label to yourself: “I’m a loser.” When someone else’s behavior rubs you the wrong way, you attach a negative label to him: “He’s a no-good s.o.b.” Mislabeling involves describing an event with language that is highly colored and emotionally loaded.



10. Personalization

You see yourself as the cause of some negative external you were not prin Personalization c crippling guilt. Yo paralyzing and bu responsibility tha the whole world c have confused intiuence with control over others.

