

## SADBHAVNA PSYCHOTHERAPY PROTOCOL FOR THE DISEASE OF SUBSTANCE ADDICTION :

### A PRELIMINARY COMMUNICATION

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*“The disease is about brains, not drugs. It’s about underlying neurology, not outward actions,” Michael Miller, President, ASAM*

#### Introduction :

Different people use substances for different reasons. It becomes ‘Abuse’ when people:

1. Either use legal substances inappropriately
2. Or use illegal substances.
3. Or use prescription drugs in ways other than prescribed.

This includes the repeated use to produce pleasure, alleviate stress, or to escape reality. Addiction occurs when a person cannot control the impulse to use substances even after harmful effects.

In today’s rapid competitiveness and breakdown of aspirations, prevalence of **SubstanceAddiction** (e.g. alcoholism) is fast growing to an alarming concern in almost all geo-political regions of our country. It calls for a cost-effective sustainable combat strategy – with short-term and long-term defined goals.

According to National Institute of Drug Abuse, USA, Substance Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive substance seeking and use, despite harmful consequences. It is considered a disease because substances change brain’s structure (anatomy) and function (physiology).

#### What is addiction?

Addiction is a persistent, compulsive dependence on a behavior or substance. Although it starts as a voluntary episode, soon it leads to biological changes with behavioral and social impacts. Wikipedia defines it as a medical condition characterized by compulsive engagement to rewarding stimuli despite adverse consequences. The Tenth Revision of the **WHO** International Classification of Diseases and Health Problems **ICD-10** defines the main characteristic of the substance addiction syndrome is the strong overpowering desire to take the psychoactive drugs, alcohol, or tobacco.

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American Society of Addiction Medicine defines it as a **primary, chronic, relapsing disease of brain's reward, motivation, memory and related transmission systems**. Dysfunction in these circuits leads to characteristic physical, mental, social and spiritual manifestations. This results in pathological pursuance of reward or relief by substance abuse.

### **What are the types ?**

Addiction are of two types :**Substance Addiction** (e.g. alcohol, heroin, opium, tobacco) or **Behavioral Addiction** (e.g. activities like gambling). Addictive substances are both rewarding i.e., perceived as being mood-enhancing and reinforcing i.e., they enhance the likelihood that a person will seek repeated exposure to them.

### **How to diagnose Substance Addiction ?**

The diagnostic criteria prescribed by WHO are :

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- A strong sense of compulsion to take the substance
- Difficulty in controlling substance-taking behavior
- A physiological withdrawal state when substance use has ceased
- Tolerance, increased doses of the psychoactive substance are required in order to achieve same effects
- Progressive neglect of alternative pleasures or interests
- Persistent abuse in spite of harmful after-effects

As per **ASAM DSM 2013**, classic symptoms of addiction include preoccupation, impaired control and continued abuse of substances despite harmful consequences. It is characterized by immediate gratification i.e. short-term reward, coupled with late harmful effects. It is diagnosed if any two conditions occur within 12-month period :

1. The substance is often taken in larger amounts or over a longer period than was intended.
2. There is a persistent desire or unsuccessful effort to control use of the substance.
3. A great deal of time is spent in activities necessary to obtain the substance, use the substance, or recover from its effects.
4. Important social, occupational, or recreational activities are given up
5. Craving, i.e. an overpowering desire to use the substance
6. Continued abuse resulting in a failure at work, school, or home.
7. Continued abuse despite recurrent social or interpersonal problems
8. Continued abuse even in risky situations
9. Continued abuse despite recurrent physical or psychological problems
10. Tolerance i.e. need for gradually increasing amounts of the same substance to achieve the desired effect
11. Withdrawal symptoms on stopping the substance

### Genesis of Addiction

**Genetic predisposition** : Several gene transcription factors, e.g. **ΔFosB** is common in all forms of substance addictions. ΔFosB is used as an addiction biomarker. Addiction arises with the genetic over-expression of ΔFosB in the D1-type medium spiny neurons of the nucleus accumbens. ΔFosB expression in these neurons positively regulates drug self-administration and reward sensitization through positive reinforcement. It also decreases sensitivity to aversion.

During adolescence and young adulthood, the anatomy and physiology of brain's frontal lobe i.e. center of higher intelligence is still in the process of maturation.

**Early exposure** to substance use plays a significant role in the development of addiction.

50-60% of addiction is due to genetic factors. Most of the rest are due to **poor coping** skills to stress. Other contributing factors are **easy availability**, permissive **social environment**, existential angst (sense of **hopelessness**), **peer pressure** and **family circumstances**. Children of addicts are 8 times more likely to develop addiction.

### How a casual abuser turns into an addict?

After administration, most substances get accumulated in VTA, nucleus accumbens and caudate nucleus of brain. They flood these areas with neurotransmitter dopamine. The cells there grow newer receptors and impair their connection with other parts of brain controlling intelligence, emotion etc. Thus, repeated use of addictive substance may alter the brain neurochemistry and can turn a casual abuser into an addict.

### Is addiction a mental weakness or a voluntary behavior disorder ?

Addiction is prevalent in all socio-economic classes. It is independent of age, sex, education, religion or professional success. These indicate that it is not a mental weakness but a definite medical morbidity.

The first episode of Substance Abuse is often a voluntary conscious choice. But repeated episodes cause significant changes in brain's neurochemistry and functions; with biological, behavioral and social effects. The craving makes impulsive drug-seeking out of self-control. **Addiction is not a voluntary controllable behavior disorder.**

### Is Addiction a Disease ?

Disease is a condition of the living body or of one of its parts **that impairs normal functioning (dis-ease)**. It produces a **disorder of structure or function in the body** that produces distinguishable characteristic **signs and symptoms**. It may be caused by external or internal definite **causative factors**. It is not a direct result of physical injury.

Like heart disease or diabetes which is caused by genetic predisposition, social factors and lifestyle conditions, Substance Addiction too is caused by these factors.

Substance Addiction is not a compulsive disorder. It affects neurotransmission within reward structures of the brain, including the frontal lobe, nucleus accumbens, anterior cingulate cortex, basal forebrain and amygdala. PET Brain-imaging studies

show physical changes in areas of the brain that are responsible for judgment, decision-making, learning, memory, and behavior control.

**SUBSTANCE ADDICTION ALTERS THE STRUCTURE AND FUNCTION OF BRAIN, PRODUCES SPECIFIC SIGNS AND SYMPTOMS AND HAS RECOGNIZED ETIOLOGY. THUS SUBSTANCE ADDICTION CONFORMS TO ALL CHARACTERS OF A DISEASE.**

**Benefits of declaring Addiction as a 'Disease'**

By making Substance Addiction "A Disease" In consonance with scientific definition, the major benefits will be

1. Removal of Social Stigma  
Collateral Benefits :  
Unveiling of more victims  
Exacting the Statistics  
Victims will be covered under Health Insurance – both Govt. & Private
2. Treatment protocol will come under MCI Act  
Collateral Benefits :  
Treatment will be evidence-based and standardized  
Removal of quackery (Quackery is a cognizable offence)  
Clinical Establishments will be standardized by statutory bodies (AIIMS document of 'Minimum Standards of Care')  
Registration of the centre as well as the physician will be mandatory under state statutes
3. Role of Pharmacological Treatment (with substitution medicines) will be more precise, defined & limited  
Collateral Benefits :  
No Substitution-Therapy  
No medicine after Detox phase
4. Role of Non-Pharmacological Therapy will be enhanced  
Collateral Benefits :  
Rehabilitation, esp. vocational rehabilitation of victims  
Harm Minimization  
Behavior Modification Therapy, CBT, Psychotherapy procedures will be encouraged  
More job avenues for Clinical Psychologists / MA (Clin. Psy)
5. Acceptance of the fact that Relapse is common
6. Stress on Relapse Prevention Techniques
7. All proposals e.g. legalizing marijuana, should be evidence-based or otherwise refused
8. Promotion of Research and Evidence-Based Scientific Knowledge
9. Addiction Education can be made part of "Health & Physical Education" curriculum in School. The long-term Benefits are : a. Preventive Strategy as "Catch them Young." and b. Awareness Generation by dissemination of information at vulnerable age-groups
10. Promotion of more **Family Involvement** in treatment process.  
Collateral Benefits :  
More Family Support after recovery  
More Social and workplace support

Lesser co dependence,  
Lesser chance of alternative medicines,  
Lesser quackery-related side effects.

### **Treatment of the Disease of Substance Addiction**

Many addicts have genetic predispositions. However a marked difference may be impacted by enhancing coping skills, resulting in continuous self-imposed abstinence, changed behavior and social sobriety.

Recovery from Substance Addiction needs Restoration of previous lifestyle, acceptance by family and society as well as **Complete Abstinence**. Substitution of one substance by another, even medicines during treatment, ultimately makes the victim relapse on another drug or medicine. It also lowers the victim's inhibition. The patient refuses to learn new coping skills. His escapist wishes remain unchanged, rewarding himself.

Research shows that combining behavioral therapy by psychological interventions, coupled with medications, where available, is the best way to treat most patients. Treatment approaches are customized individualistically as per physical, psychological, and social problems. Relapse after treatment is common. Relapse indicates that treatment needs to be reinstated.

Without treatment, Substance Addiction is a progressive disease, characterized by relapses and remissions and may result in disability and premature death.

### **Psychotherapy Protocol - Principles :**

1. **Addiction is a complex but treatable brain disease.**
2. No single treatment is right for everyone.
3. **Quick & prompt** treatment is needed.
4. Effective treatment addresses all needs of the patients.
5. Staying in treatment for **optimum time** is critical for successful recovery and prevention of Relapse. **Relapse** does not mean that the treatment has failed. It signals that treatment is to be re-instated.
6. Counseling and other behavioral psychotherapies are the most effective treatment along with medical detoxification (initial phase for painless abstinence)
7. Treatment plans must be modified to fit the patients changing needs.
8. Treatment program should screen patients for AIDS, Hepatitis, Tb & other infectious diseases.
9. Patient is tutored regarding harm reduction and techniques to decrease their susceptibility to these diseases.
10. Treatment does not need to be voluntary to be effective
11. Family involvement and education about addiction are critical for recovery.
12. Self Help Groups like 12 step program, NA (Narcotics Anonymous), AA (Alcoholic Anonymous) etc. are central to promote sustainable recovery.

**Sadbhavna Psychotherapy Protocol :**

Day	Negative Attitude	Positive Attitude	JFT Topic	Story Telling Session	Motivation Lecture	Scientific Lecture	12-Steps Question
1	Angerz	Love	The love of fellowship/ Power of love	Anger control	Anger & strategies to control it	<b>Addiction; Addictive Substances</b> Addiction – Definition, Characteristics Addiction – Stages	<b>Step- 1</b> * Introduction * The disease of addiction <b>Question 1</b>
2	Abusing	Commendation / Praise	Attitudes	God's love story	Behavior	Substances – signs, symptoms, complications, and treatment Alcohol	<b>Step- 1</b> * Introduction, * The disease of addiction Denial <b>Question 2</b>
3	Blaming	Owning Responsibility	Trusting people	Trust	Trust	Substances – signs, symptoms, complications, and treatment Opiates, e.g. Opium, poppy husk	<b>Step- 1</b> * Introduction * The disease of addiction Denial <b>Question 3</b>
4	Dishonesty	Honesty	New levels of honesty	Lazy donkey	Honesty	Substances – signs, symptoms, complications, and treatment Opiates, e.g. Heroin, Smack	<b>Step- 1</b> * Hitting rock-bottom * Despair * Isolation * Powerlessness <b>Question 4</b>
5	Disorganized	Organized	Order	Discipline	Discipline in life	Substances – signs, symptoms, complications, and treatment Stimulants, Cocaine	<b>Step- 1</b> * Hitting rock-bottom * Despair * Isolation * Powerlessness <b>Question 5</b>
6	Irresponsibility	Responsibility	Responsibility	Responsibility	Responsibility	Substances – signs, symptoms, complications, and treatment Stimulants, Nicotine (cigarette)	<b>Step- 1</b> * Hitting rock-bottom * Despair * Isolation * Powerlessness <b>Question 6</b>
7	Interruption	Listening carefully / Attention	Active listening/ Listening	Paying attention to the things that are critical to your happiness	Paying attention	Substances – signs, symptoms, complications, and treatment Hallucinogens, Cannabis, Hashish	<b>Step- 1</b> * Surrender * Unmanageability <b>Question 7</b>
8	False Justification	Contradiction / Unbiased	Practicing honesty	Father's eyes	Honesty	Substances – signs, symptoms, complications, and treatment Prescription Drugs, e.g. Benzodiazepi	<b>Step- 1</b> * Surrender * Unmanageability <b>Question 8</b>

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9	Laziness	Activity / Initiative	Doing good feeling good/Active listening	Hardworking	Hardworking	Substances – signs, symptoms, complications, and treatment Sniffing Drugs, e.g. Petrol / Shoe-polish / Glue	<b>Step- 1</b> * Surrender * Unmanageability <b>Question 9</b>
10	Lying	Truthfulness	Tell the truth	To tell the truth	Truth	<b>Fight your disease – Know How Addiction Affects Self, Relationships, Families &amp; Society</b> 1. Life is Not Easy - Explore the ways how to handle tough situations so that they don't become an excuse to give up	<b>Step- 1</b> * Reservations * List of reservations <b>Question 10</b>
11	Not following directions	Faithfulness	Maintaining our faith	Last wish of Fireman	Faith	2. Denial	<b>Step- 1</b> * Reservations * List of reservations <b>Question 11</b>
12	Over-smart Clever Answer	Intelligent Thinking	The shape of our thoughts	Thinking out of the box	Positive attitude (Cont...)	3. Taking Help in self-help	<b>Step- 1</b> * Reservations * List of reservations <b>Question 12</b>
13	Over-smart Cunning mind	Higher Order of Thought	Look who's talking	Tess marshal's story	Positive attitude	4. Slips & Falls	<b>Step- 1</b> * Spiritual principles * Moving on <b>Question 13</b>
14	Procrastination	Taking Action	First things first	Commitment & action	Living sober-first things first	5. Slip Stoppers	<b>Step- 1</b> * Spiritual principles * Moving on <b>Question 14</b>
15	Reaction	Response	Attitudes	Building bridges	Behavior	6. Problem Solving	<b>Step- 1</b> * Spiritual principles * Moving on <b>Question 15</b>
16	Resentment	Calm / delight / Cheer	Resentment and forgiveness	Letting go of resentment/ Lightening the load	Living sober-Watching out for resentments	7. Craving Triggers & Traps	<b>Step- 1</b> <b>Question 16</b>
17	Stealing	Donating / Philanthropy / Altruism	What about the newcomer?	The butterfly	Donating nature	8. Handling the temptations	<b>Step- 1</b> <b>Question 17</b>
18	Stubborn	Obedience / Acceptability / Rationality	Self acceptance	The ugly fairy	Acceptance	9. How our thinking controls our behavior	<b>Step- 1</b> <b>Question 18</b>

19	Taking Life lightly	Seriousness	Choosing life	Struggle of your life	Life	10. Stages of change	<b>Step – 2</b> * Introduction * Hope <b>Question 1</b>
20	Holding a Guilt	Pride/self respect	Freedom from guilt	Guilt	Guilt	11. Identifying High Risk Situations	<b>Step – 2</b> * Introduction * Hope <b>Question 2</b>
21	Shrinking responsibility	Taking responsibility	Powerlessness & personal responsibility/ Responsibility	The power of responsibility	Responsibility	12. Coping with High Risk Situations	<b>Step- 2</b> * Insanity * Coming to believe <b>Question 3</b>
22	Carelessness	Taking care	Honesty & Spirituality	The parable of the marbles	Caring nature	13. Anger Triggers & Violence Traps	<b>Step- 2</b> * Insanity * Coming to believe <b>Question 4</b>
23	Hurting	Pleasing/ Comforting	Exchanging love/ Understand Humility/ People Pleasing	Love & the joy of hurting	Hurting	14. Getting out of a lapse	<b>Step-2</b> * A power greater than ourselves * Restoration to sanity <b>Question 5</b>
24	Greed	Selflessness/ Altruism	Self worth & Service/Being of Service	Ambitious violet. The	Greed	15. Guilt kills	<b>Step-2</b> * A power greater than ourselves * Restoration to sanity <b>Question 6</b>
25	Butting in/ Meddling/ Interfering	Facilitating/ Helping	Awakening	An awakening	Helping others	16. Self-Assessment	<b>Step- 2</b> * Spiritual principles * Moving on <b>Question 7</b>
26	Block in Medication	Willingness for Medicines for Recovery	Surrendering Self-will/Our own true will	Giving it the old college try. One more time	Surrendering Self-will	<b>Fight your disease – CO-DEPENDENCY</b>	<b>Step- 2</b> * Spiritual principles * Moving on <b>Question 8</b>
27	Backbiting	Encouragement	Dealing with Gossips/Encouragement	Backbiting caution	Encouragement	<b>Fight your disease – Motivation towards Recovery &amp; Relapse Prevention</b> * Accepting responsibility and holding oneself accountable for his addiction and behavior * Understanding his addiction cycle	<b>Step- 2</b> * Spiritual principles * Moving on <b>Question 9</b>
28	Disagreement	Faith	Fear or Faith? / Faithful feelings	Until death do us apart	Faith	* Understanding specific developmental life-experiences that contribute as motivational factors of addiction (past traumas, abuses, neglect, break-	<b>Step- 3</b> * Introduction * Decision Making <b>Question 1</b>

						ups) * Resolving various developmental and motivational factors to a less intense degree	
29	Defending-Excuse giving	Owning Responsibility obediently	Responsible recovery	Appreciation of Hard work	Responsibility & Obedience	*Understanding the dynamics of addiction *Learning to significantly control and reduce arousal and craving	<b>Step- 3</b> * Introduction * Decision Making <b>Question 2</b>
30	Manipulation	Straight	Surrender/ God's will	Being strong & courageous	Surrender	*Resolving other outstanding psychopathologies *Positive motivation toward steps to prevent relapse	<b>Step- 3</b> * Introduction * Decision Making <b>Question 3</b>
31	Not responding to confrontation	Submission & acceptance	Accepting life	Achieving Happiness with selfishness	Acceptance	*Self-care of hygiene *Developing consistent willingness and ability to apply newly learned behaviors	<b>Step-3</b> * Self-Will * The God of our understanding <b>Questions 4</b>
32	Lack of awareness	consciousness	An awakening of spirit/From rude awakening to spiritual awakening	Want to feel inspired	Consciousness	<b>Addiction and other Medical Conditions</b> Addicts with other Medical Conditions Alcoholism with Hypertension	<b>Step-3</b> * Self-Will * The God of our understanding <b>Questions 5</b>
33	Giving up	Fighting/ Withstanding	Hardships/ Acting as if	Never to Give Up	Never Give up	Inject able Drug User & HCV	<b>Step-3</b> * Self-Will * The God of our understanding <b>Questions 6</b>
34	Hitting back	Assist/ Agree/ Encourage	Courage to change	Why would God want me?	Courage	Inject able Drug User & HIV	<b>Step-3</b> * Turning it over <b>Question 7</b>
35	Threatening	Goodness	Being right/ Misery is optional	Lisa Honig BuksBaum	Being right	Addiction with Psycho-Social Disorder Marital Disharmony	<b>Step-3</b> * Turning it over <b>Question 8</b>
36	Taking things lightly	Seriousness	The first step- an action step	The important things in life	Seriousness	Anxiety	<b>Step-3</b> * Turning it over <b>Question 9</b>
37	Taking for granted	Taking Action	God's gifts	The little things we take for granted	Action	Insomnia & Nightmares	<b>Step-3</b> * Spiritual principles * Moving on <b>Questions 10</b>
38	Being a skid	Ascend/ Soar higher	Never-failing Power/A new way to live	Free to soar	Rising up in life	Depression	<b>Step-3</b> * Spiritual principles * Moving on <b>Questions 11</b>

39	Betraying	Supporting	The principle of self-support	Paid in full with a glass of milk	Supporting	Employment Difficulty	<b>Step-4</b> * Introduction * Motivation, * Searching * Fearlessness <b>Question 1</b>
40	Bickering	Obedience	Feet of clay	The end of the log	Obedience	<b>Alcoholism –</b> a treatable disease	<b>Step-4</b> * Introduction * Motivation, * Searching * Fearlessness <b>Question 2</b>
41	Care a Damn	Respectfulness	A curse into a blessing	Orphan Winfrey	Respect	Addiction & brain	<b>Step-4</b> * Introduction * Motivation * Searching * Fearlessness <b>Question 3</b>
42	Cribbing	Return/Original	Sharing the real me	Evening dinner with a father	Introspection/ Self observation	Stress & its management	<b>Step-4</b> * Moral inventory * Inventory of ourselves * Spiritual principles <b>Question 4</b>
43	Defying	Submission	Surrender to win/From surrender to acceptance	You are not what other say	Surrender	How mental illness & addiction influence each other	<b>Step-4</b> * Moral inventory * Inventory of ourselves * Spiritual principles <b>Question 5</b>
44	Direct Approach	Convuluted/ Beating around the bush	Difficult people	The personal story	Beating around the bush/ Approach indirectly	<b>Smoking &amp; tobacco –</b> Impact on Health	<b>Step-4</b> * Moral inventory * Inventory of ourselves * Spiritual principles <b>Question 6</b>
45	Lack of Communication	Connection/ Transmission	From isolation to connection	Teaching by example	Communication & its importance	The science of addiction - drugs, brain & behavior	<b>Step-4</b> * The inventory 1. Resentments <b>Question 7</b>
46	Slandering	Complimenting/Glorifying	Principles before personalities	Rising above	Complimenting/Glorifying	<b>Addiction; Addictive Substances</b> Addiction – Definition, Characteristics Addiction – Stages	<b>Step-4</b> * The inventory 1. Resentments 2. Feelings <b>Question 8</b>
47	Tripping/ Skipping/ Mis-Stepping	Orderly/Correct/Succeed	Eyeglasses and attitudes	Little boy's meeting with God	Success	Substances – signs, symptoms, complications, and treatment Alcohol	<b>Step-4</b> * The inventory 1. Resentments 2. Feelings 3. Guilt, Shame <b>Question 9</b>
48	In grateful	Being grateful	Gratitude/ Sharing our gratitude/The gratitude list	A sweep of gratitude	Living sober- Being grateful	Substances – signs, symptoms, complications, and treatment Opiates, e.g. Opium,	<b>Step-4</b> * The inventory 1. Resentments 2. Feelings 3. Guilt, Shame 4. Fear

						poppy husk	<b>Question 10</b>
49	Self pity	Confidence & Worth	Self pity	Oprath winfrey	Living sober- Eliminating self-pity	Substances – signs, symptoms, complications, and treatment Opiates, e.g. Heroin, Smack	<b>Step-4</b> * The inventory 1. Resentments 2. Feelings 3. Guilt, Shame 4. Fear 5. Relationships <b>Question 11</b>
50	Intolerance	Tolerance	Tolerance	Our god are so great	Tolerance	Substances – signs, symptoms, complications, and treatment Stimulants, Cocaine	<b>Step-4</b> * The inventory 1. Resentments 2. Feelings 3. Guilt, Shame 4. Fear 5. Relationships 6. Abuse <b>Question 12</b>
51	Aimless	Aim in life	Success	Life	Aim in life	Substances – signs, symptoms, complications, and treatment Stimulants, Nicotine(cigarette)	<b>Step-4</b> * The inventory 1. Resentments 2. Feelings 3. Guilt, Shame 4. Fear 5. Relationships 6. Abuse 7. Assets <b>Question 13</b>
52	Mercilessness	Forgiveness	Forgiveness	Forgive & forget	Forgiveness	Substances – signs, symptoms, complications, and treatment Hallucinogens, Cannabis, Hashish	<b>Step-4</b> * The inventory 1. Resentments 2. Feelings 3. Guilt, Shame 4. Fear 5. Relationships 6. Abuse 7. Assets 8. Secrets <b>Question 14</b>
53	Self deprecation	Self esteem	Self esteem	The golden Buddha	Self esteem	Substances – signs, symptoms, complications, and treatment Prescription Drugs, e.g. Benzodiazepine	<b>Step-4</b> * The inventory 1. Resentments 2. Feelings 3. Guilt, Shame 4. Fear 5. Relationships 6. Abuse 7. Assets 8. Secrets *Moving on <b>Question 15</b>
54	Pessimism	Hope	Hope/A vision of Hope	A new day	Hope	Substances – signs, symptoms, complications, and treatment Sniffing Drugs, e.g. Petrol / Shoe-polish / Glue	<b>Step-4</b> * Introduction * Motivation * Searching * Fearlessness <b>Question 16</b>

55	Detachment	Attachment	Detachment	The Lotus & the pond	Detachment or attachment	<b>Fight your disease – Know How Addiction Affects Self, Relationships, Families &amp; Society</b> 1. Life is Not Easy - Explore the ways how to handle tough situations so that they don't become an excuse to give up	<b>Step-4</b> * Moral inventory * Inventory of ourselves * Spiritual principles <b>Questions 17</b>
56	Arrogant	Being Humble	Surrender/ Surrendering self-will/ Understanding Humility/ Humility in action	What surrender looks like	Humility	2. Denial	<b>Step-4</b> *Revision of the Inventory list <b>Question 18</b>
57	Cruel	Merciful	People pleasing/Ask for mercy not justice	God's merciful providence	Merciful	3. Taking Help in self-help	<b>Step-4</b> *Revision <b>Question 19</b>
58	Isolation	Integration	Coming out of isolation/ Sharing the real me	Integration	Integration	4. Slips & Falls	<b>Step-4</b> *Revision <b>Question 20</b>
59	Lonely	Sociable	Loneliness vs. being alone/ Alone no more	The lethality of loneliness	Living Sober-Fending off loneliness	5. Slip Stoppers	<b>Step-4</b> *Revision <b>Question 21</b>
60	Insanity	Sanity	God could restore us to sanity/ Freed from insanity	One woman's ligancy of unconditional obedience	Sanity	6. Problem Solving	<b>Step-4</b> *Revision <b>Question 22</b>
61	Impatience	Patience	Patience	The beauty of patience	Patience	7. Craving Triggers & Traps	<b>Step-4</b> *Revision <b>Question 23</b>
62	Closed mind	Open mindedness	A closed mind	Power of thoughts	Open-mindedness in recovery	8. Handling the temptations	<b>Step-4</b> *Revision <b>Question 24</b>
63	Self harm	Self love	Learning to love ourselves	Self confidence	Self love	9. How our thinking controls our behavior	<b>Step-4</b> *Revision <b>Question 25</b>
64	Agnostic/ Atheist	Theist/Believer	A loving God/ God's guidance /God's gift	The love of God	God or Higher Power	10. Stages of change	<b>Step-4</b> *Revision <b>Question 26</b>
65	Thoughts of relapse	Being in recovery	Relapse & recovery/ Recovery/ Recovery: Our first priority	To the edge & back	Relapse & Recovery	11. Identifying High Risk Situations	<b>Step-5</b> *Introduction <b>Question 1</b>

66	Secretive	Disclosures	Sick as our secrets/ Secrets & intimacy/ When is a secret not a secret?	Potatoes, eggs & coffee beans	Sharing & its importance	12. Coping with High Risk Situations	<b>Step-5</b> *Introduction *Facing fears <b>Question 2</b>
67	Inco-operation	Co- operation	We need each other	Book, ink & feather	Co- operation	13. Anger Triggers & Violence Traps	<b>Step-5</b> *Facing fears *Admitted to God <b>Question 3</b>
68	Pessimistic	optimistic	Positive attitude	Be thankful	Positive attitude	14. Getting out of a lapse	<b>Step-5</b> *Admitted to God *To ourselves <b>Question 4</b>
69	Reserved mind	Open mind	Reservations	The elephant and the fly	Importance of open mindedness in recovery	15. Guilt kills	<b>Step-5</b> *To ourselves *And to another Human Being <b>Question 5</b>
70	Stormy mind/Violent mind	Calm mind/Relaxed mind	Meditation/ Meditation for beginners	Meditation	Relaxation techniques	16. Self-Assessment	<b>Step-5</b> *And to another Human Being *The exact nature of our wrongs <b>Question 6</b>
71	Apathy	Empathy	The language of empathy	Understanding motivation & apathy is key to education	Empathy	<b>Fight your disease – CO-DEPENDENCY</b>	<b>Step-5</b> *The exact nature of our wrongs *Spiritual Principles <b>Question 7</b>
72	Day dreamer	Facing reality	Living in the present/Living in the now/Letting go of the past	The day dreamers	Living in the present	<b>Fight your disease – Motivation towards Recovery &amp; Relapse Prevention</b> * Accepting responsibility and holding oneself accountable for his addiction and behavior * Understanding his addiction cycle	<b>Step-5</b> *Spiritual Principles *Moving on <b>Question 8</b>
73	Dissatisfaction	Satisfaction	Our greatest need	The challenge of living a satisfied dissatisfaction	Satisfaction/ Wants or needs?	* Understanding specific developmental life-experiences that contribute as motivational factors of addiction (past traumas, abuses, neglect, break-ups) * Resolving various developmental and motivational factors to a less intense degree	<b>Step-6</b> *Introduction <b>Question 1</b>

74	Pretending	Genuine/Real	The masks have to go/Sharing the real me	An introspective & inspiring story of a king	Introspection/ Self observation	*Understanding the dynamics of addiction *Learning to significantly control and reduce arousal and craving	<b>Step-6</b> *Introduction *Entirely ready for what? <b>Question 2</b>
75	Denial	Approval/ Agreement	Surrender is for everyone/ Surrendering self-will	The denial	Denial	*Resolving other outstanding psychopathologies *Positive motivation toward steps to prevent relapse	<b>Step-6</b> *Introduction *Entirely ready for what? <b>Question 3</b>
76	Anger	Love	The love of fellowship/ Power of love	Anger control	Anger & strategies to control it	*Self-care of hygiene *Developing consistent willingness and ability to apply newly learned behaviors	<b>Step-6</b> *Introduction *Entirely ready for what? <b>Question 4</b>
77	Dishonesty	Honesty	New levels of honesty	Lazy donkey	Honesty	<b>Addiction and other Medical Conditions</b> Addicts with other Medical Conditions Alcoholism with Hypertension	<b>Step-6</b> *...to Have God Remove... <b>Question 5</b>
78	Laziness	Activity / Initiative	Doing good feeling good/Active listening	Hardworking	Hardworking	Inject able Drug User & HCV	<b>Step-6</b> *...to Have God Remove... <b>Question 6</b>
79	Lying	Truthfulness	Tell the truth	To tell the truth	Truth	Inject able Drug User & HIV	<b>Step-6</b> *...to Have God Remove... <b>Question 7</b>
80	Procrastination	Taking Action	First things first	Commitment & action	Living sober-first things first	Addiction with Psycho-Social Disorder Marital Disharmony	<b>Step-6</b> *Our defects of character <b>Question 8</b>
81	Closed mind	Open mindedness	A closed mind	Power of thoughts	Open-mindedness in recovery	Anxiety	<b>Step-6</b> *Our defects of character <b>Question 9</b>
82	Irresponsibility	Responsibility	Responsibility	Responsibility	Responsibility	Insomnia & Nightmares	<b>Step-6</b> *Our defects of character <b>Question 10</b>
83	In grateful	Being grateful	Gratitude/ Sharing our gratitude/The gratitude list	A sweep of gratitude	Living sober-Being grateful	Depression	<b>Step-6</b> *Spiritual Principles <b>Question 11</b>
84	Reaction	Response	Attitudes	Building bridges	Behavior	Employment Difficulty	<b>Step-6</b> *Spiritual Principles <b>Question 12</b>
85	Resentment	Calm / delight / Cheer	Resentment and forgiveness	Letting go of resentment/ Lightening the load	Living sober-Watching out for resentments	<b>Alcoholism – a treatable disease</b>	<b>Step-6</b> *Spiritual Principles <b>Question 13</b>

86	Interruption	Listening carefully / Attention	Active listening/ Listening	Paying attention to the things that are critical to your happiness	Paying attention	Addiction & brain	<b>Step-6</b> *Moving on <b>Question 14</b>
87	Intolerance	Tolerance	Tolerance	Our god are so great	Tolerance	Stress & its management	<b>Step-6</b> *Moving on
88	Day dreamer	Facing reality	Living in the present/Living in the now/Letting go of the past	The day dreamers	Living in the present	How mental illness & addiction influence each other	<b>Step-6</b> *Moving on
89	Pretending	Genuine/Real	The masks have to go/Sharing the real me	An introspective & inspiring story of a king	Introspection/ Self observation	<b>Smoking &amp; tobacco –</b> Impact on Health	<b>Step-6</b> *Revision
90	Thoughts of relapse	Being in recovery	Relapse & recovery/ Recovery/ Recovery: Our first priority	To the edge & back	Relapse & Recovery	The science of addiction - drugs, brain & behavior	<b>Step-6</b> *Revision

### **Proposals**

1. **Substance Addiction should be declared as “Disease;” that too “A Notifiable Disease”** like AIDS, Hepatitis & other communicable and non-communicable diseases
2. A universally acceptable and applicable Treatment Protocol must be developed and enforced
3. All Treatment providers must be trained & registered.
4. All Treatment Centers must conform to a minimum standard of care and registered
5. Individual Counseling is imparted as per individualistic need and demand with a ‘total person approach.’ Group Therapy is done as daily routine. Enhancement Therapies, e.g. Art Therapy, Drama Therapy, Vocational Rehabilitation, Introspection sessions etc. are included as per need.
6. A Chapter on Substance Addiction Disease may be included in the 10<sup>th</sup> & 12<sup>th</sup> curriculum of Health & Physical Education.